



Recheck Your Skills

Now that you've completed the module, let's see how you feel now about returning to school. Read each of the statements below and select the response that best describes you.

Statements	I can do this	I would like to do this better	I can't do this
I know how going to college is different than going to high school			
I can identify strategies to get ready to return to learning			
I know why returning to school can be stressful			
I can identify strategies to reduce stress			
I am familiar with study skills			
I know how to manage my time effectively			
I know how to motivate myself			

Now you can return to the assessment that you completed prior to starting the module and see where else you can continue to focus.

Additional Resources

Below you will find a list of other resources you can look at to help you with your return to school.

10 Tips to Manage Stress (video 1:10)

<https://www.webmd.com/balance/guide/tips-to-control-stress>