

# Questions to Ask Students Regarding Realistic Expectations about Attending College

1. Do you consider yourself an independent learner? If not, what is your plan for becoming one?
2. Do you know how to read for college (it's different than reading for high school)?
3. Do you have a system for taking class notes? What if the lecture was three hours long and the instructor talked too fast; could you keep up?
4. Did you know that missing one class in college is often like missing an entire week in high school?

## Talk about the Big Leap!

## Talk about Taking a Gap Year!

Explain that a “gap year” can ease the transition from high school to college. Compare it to taking a half-step instead of a full step into adulthood! Talk about how it builds confidence for being able to handle the adult world, just fine.

### Explain the benefits of a gap year:

- Especially for students who learn differently and/or are young or immature.
- That it is especially good for students who might feel completely depleted and need a break after high school.
- That it is perfect for students who are challenged by traditional classroom learning.
- That it allows for experiential exploration of interests, which will boost an individual's excitement about learning through the gap year experience.

The research presented here about the “gap year” was adapted from Holly Bull's website.

Please take a look at her amazing website to explore this option with your students and their families:  
**[www.interimprograms.com](http://www.interimprograms.com)**.

And lastly, ask parents to consider having their son or daughter take College Readiness Assessments. There are many excellent resources online that families, students, and professionals can explore as you help students transition out of high school and on to success as they prepare for work and for independent life and above all, happy and rewarding lives.