



## College Transition Check List

	Communicate with insurance providers about medical providers in Terre Haute Area
	If on medications, discuss medication management while at college with physician
	Locate pharmacy in Terre Haute area
	Keep copy of insurance card
	Notify dining services of any dietary needs
	Stay organized with personal planners as well as large wall calendar in dorm
	Schedule time in each week for self-care activities (yoga, prayer, reading, journaling, art, exercise, etc.)
	Review services provided at ISU Student Counseling Center located in Gillum Hall
	Research stress and time management strategies
	Explore the Student Recreation Center, take note of weekly Group X Classes and Fresh HIT
	Explore options in Terre Haute that meet personal spiritual needs
	Find time to spend in nature and disconnect from technology
	Research impacts of alcohol and drug use on college performance
	Walk the campus several times to become acquainted with surroundings
	Take note of safety features on campus and review services at Public Safety
	Research Community Service Opportunities in the Terre Haute Area
	Develop a consistent sleep schedule