



Is My Kid Struggling at College?

More than 40% of college students have unrecognized or untreated barriers that can stand in the way of succeeding at college. This survey can help identify barriers to success that your young adult may need assistance in overcoming. There are no “right” or “wrong” answers . . . be as truthful as you can.

Check the best answer for each statement:

TEMPERAMENT: My kid’s personality

| | Really True | Sort of True | Not True |
|---|-------------|--------------|----------|
| Easily gets frustrated, gives up easily | | | |
| Highly sensitive, prone to worry and anxiety | | | |
| Extremely obsessive about things | | | |
| Overreacts to problems, disappointments, and failures | | | |
| Excessively shy, slow to warm up to new situations and people | | | |
| Has a very hard time adjusting when things change | | | |
| Gets very moody, negative, seems unhappy most of the time | | | |
| Has significant difficulty persisting to complete things he/she has started | | | |

READINESS SKILLS: My kid’s abilities

| | | | |
|--|--|--|--|
| Has difficulty understanding what others say | | | |
| Has difficulty expressing him/herself and maintaining conversations | | | |
| Doesn’t read social cues and struggles to maintain friendships | | | |
| Doesn’t like to read and struggles to understand/remember what he/she has read | | | |
| Has problems taking notes | | | |
| Has extreme difficulty remembering things he/she has studied | | | |
| Has difficulty developing a well organized and clearly written paragraph, paper, theme | | | |
| Has underachieved for his/her ability level | | | |
| Is unable to manage money responsibly | | | |

ATTENTION: My kid’s ability to focus and regulate his/her behavior

| | | | |
|---|--|--|--|
| Feels sleepy much of the time, struggles to stay alert when studying, reading, etc | | | |
| Makes a lot of careless errors | | | |
| Makes impulsive decisions about drinking, using drugs, having sex, or driving | | | |
| Requires excessive structure and reminders to complete homework, study for tests, and complete projects in a timely fashion | | | |
| Cannot solve problems on his/her own | | | |
| Easily gets distracted and struggles to sustain her/his focus | | | |
| Fails to check over work to make sure it is right | | | |
| Doesn’t recognize when his/her behavior is inappropriate | | | |
| Has significant difficulty exerting self control over his/her behavior | | | |
| Frequently skips or fails to go to class | | | |
| Struggles to process information and generate a response in a timely fashion | | | |
| Procrastinates and puts off things until the last minute | | | |
| Has difficulty remembering and following through with directions | | | |
| Is disorganized, frequently forgets and misplaces things | | | |

NEUROMATURATION: My kid's physical abilities

| Really True | Sort of True | Not True |
|-------------|--------------|----------|
|-------------|--------------|----------|

| | | | |
|--|--|--|--|
| Seems very susceptible to illness, gets lots of colds, flu or other infections | | | |
|--|--|--|--|

| | | | |
|---|--|--|--|
| Is extremely overweight or underweight, has an eating problem | | | |
|---|--|--|--|

| | | | |
|---|--|--|--|
| Has a hearing or vision problem that is not being treated | | | |
|---|--|--|--|

| | | | |
|--|--|--|--|
| Has difficulty falling asleep, staying asleep or waking up on time | | | |
|--|--|--|--|

STRESSES: Challenging circumstances in my kid's life

| | | | |
|---|--|--|--|
| Has a chronic health problem requiring him/her to comply with ongoing treatment | | | |
|---|--|--|--|

| | | | |
|--|--|--|--|
| Has a mental health problem requiring him/her to comply with ongoing treatment | | | |
|--|--|--|--|

| | | | |
|--|--|--|--|
| Struggles to remember to take medication or other treatments | | | |
|--|--|--|--|

| | | | |
|--|--|--|--|
| Has had problems related to drinking or drug use | | | |
|--|--|--|--|

| | | | |
|---|--|--|--|
| Had an IEP or 504 agreement in elementary or secondary school | | | |
|---|--|--|--|

| | | | |
|---|--|--|--|
| Is involved in a dysfunctional relationship (with parent, sibling, or boyfriend/girlfriend) | | | |
|---|--|--|--|

| | | | |
|-------------------------------------|--|--|--|
| Has never spent time away from home | | | |
|-------------------------------------|--|--|--|

| | | | |
|--------------------------------|--|--|--|
| Has been involved with the law | | | |
|--------------------------------|--|--|--|

ATTITUDES: My kid's values

| | | | |
|--------------------------------|--|--|--|
| Doesn't value academic success | | | |
|--------------------------------|--|--|--|

| | | | |
|--|--|--|--|
| Struggles to prioritize responsibilities over having fun | | | |
|--|--|--|--|

| | | | |
|---|--|--|--|
| Lacks a set of beliefs to guide his/her behavior or decisions | | | |
|---|--|--|--|

| | | | |
|--|--|--|--|
| Is overly dependent upon others to do things for him/her | | | |
|--|--|--|--|

| | | | |
|--|--|--|--|
| Takes parental financial support for granted, doesn't plan to contribute to college expenses | | | |
|--|--|--|--|

| | | | |
|---|--|--|--|
| Doesn't see value in having a support system to turn to when problems arise | | | |
|---|--|--|--|

COMPARISONS: My kid's standards

| | | | |
|--|--|--|--|
| Struggles to accept that he/she has any problems | | | |
|--|--|--|--|

| | | | |
|--------------------------------------|--|--|--|
| Has low self esteem, seems depressed | | | |
|--------------------------------------|--|--|--|

| | | | |
|---------------------------------------|--|--|--|
| Struggles to speak up for him/herself | | | |
|---------------------------------------|--|--|--|

| | | | |
|--|--|--|--|
| Doesn't take responsibility for his/her behavior | | | |
|--|--|--|--|

| | | | |
|---|--|--|--|
| Struggles to maintain healthy routines for sleeping, exercise, eating, & personal hygiene | | | |
|---|--|--|--|

| | | | |
|---|--|--|--|
| Lacks motivation and doesn't have a strong work ethic | | | |
|---|--|--|--|

| | | | |
|-----------------------------------|--|--|--|
| Is extremely judgmental of others | | | |
|-----------------------------------|--|--|--|

| | | | |
|---------------------------------|--|--|--|
| Has unusual thoughts or rituals | | | |
|---------------------------------|--|--|--|

| | | | |
|---|--|--|--|
| Has thought about harming him/herself or has considered suicide | | | |
|---|--|--|--|

| | | | |
|----------------------------------|--|--|--|
| Has wide swings in his/her moods | | | |
|----------------------------------|--|--|--|

TEMPERAMENT: Significant others in my kid's life

| | | | |
|---|--|--|--|
| Has had extreme clashes with a peer, roommate, teammate, boyfriend/girlfriend | | | |
|---|--|--|--|

| | | | |
|--|--|--|--|
| Has had extreme clashes with a professor, instructor, coach, or other authority figure | | | |
|--|--|--|--|

Interpretation: Answering "really true" to any one of the statements or "sort of true" for three or more of these statements suggests that there may be reasons for your young adults' struggles at college that could be addressed by reaching out for help. Talk to your young adult about concerns and reach out to an advisor, professor, physician or a mental health professional for help and guidance now!