

TRANSITION YEAR

Student Edition

Your College Emotional Health Guide

Right Fit Worksheet

This worksheet will help you determine the emotional fit level of a school. Once completed, refer to the Grading Key to calculate your Right Fit Score.

School Name: _____ *Right Fit Score:*

GENERAL INFORMATION

Location: _____

Distance from Home (circle one): Near Far

Diversity of Student Body: _____

Environment (circle one): Rural Urban

School Size: _____

Personality: _____

Annual Tuition: _____

The basic culture and demographic of this school for me is (circle one):

- a) A good fit
- b) A manageable fit
- c) Not a fit

Notes:

Tuition to attend this school would (circle one):

- a) Not be an issue
- b) Be stressful, but manageable
- c) Very stressful

Notes:

ACADEMIC SUPPORT

Class Size: _____

Advisor System: _____

Right Fit Worksheet

Tutoring/Support Program: _____

Academic Intensity: _____

Academically, I feel like this school is (circle one):

- a) A strong fit
- b) An ok fit
- c) A poor fit

Notes:

STUDENT LIFE

Popular Activities / Organizations (circle all that apply):

Greek Life Sports Culture Groups Academic Clubs Community Service

Housing (circle one): Mostly Dorms Mostly Off-Campus

Based on cultural and social groups with which I identify (circle one):

- a) I see myself fully represented in campus activities/groups
- b) I see parts of myself represented in campus activities/groups
- c) I don't see myself reflected in campus activities/groups

Notes:

Based on my specific talents/interests/activities, this school has:

- a) Lots of outlets for me
- b) Some outlets for me
- c) Not enough relevant outlets for me

Notes:

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TRANSITION SUPPORT

New Student Orientation: _____

Know someone who is attending? Yes No

Programs that support Freshman: _____

I feel like the transition to this school would be (circle one):

- a) Very smooth
- b) Manageable
- c) Challenging

Notes:

EMOTIONAL WELLNESS

Gym: Cost: _____ Hours: _____

Health Center Information: _____

Counseling Center: _____

Wellness/Mental Health Programs: _____

24-hr Mental Health Help? Yes No

Nearby Mental Health Resources? Yes No

Insurance Coverage:

- Student Health Center _____
- Counseling Appointments _____

On-site support for pre-existing medical/mental health conditions? Yes No

This Level of emotional and wellness support feels (circle one):

- a) Very Good/Supportive
- b) Sufficient but not ideal
- c) Insufficient/Lacking

Notes:

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Grading Key — Scoring Your Right Fit Worksheet

Once you have completed a Right Fit worksheet for a specific school, assign points to each of your answers based on the follow grading key to find out what your Right Fit score with that school is on a scale of 0 – 100.

GENERAL INFORMATION

The basic culture and demographic of this school for me is:

- | | |
|---------------------|--------|
| a) A good fit | 0 pts |
| b) A manageable fit | 5 pts |
| c) Not a fit | 10 pts |

Tuition to attend this school would:

- | | |
|---------------------------------|--------|
| a) Not be an issue | 0 pts |
| b) Be stressful, but manageable | 5 pts |
| c) Very stressful | 10 pts |

ACADEMIC SUPPORT

Academically, I feel like this school is:

- | | |
|-----------------|--------|
| a) A strong fit | 0 pts |
| b) An ok fit | 10 pts |
| c) A poor fit | 20 pts |

STUDENT LIFE

Based on cultural and social groups with which I identify:

- | | |
|--|--------|
| a) I see myself fully represented in campus activities/groups | 0 pts |
| b) I see parts of myself represented in campus activities/groups | 5 pts |
| c) I don't see myself reflected in campus activities/groups | 10 pts |

Based on my specific talents/interests/activities, this school has:

- | | |
|---------------------------------------|--------|
| a) Lots of outlets for me | 0 pts |
| b) Some outlets for me | 5 pts |
| c) Not enough relevant outlets for me | 10 pts |

TRANSITION SUPPORT

I feel like the transition to this school would be:

- | | |
|----------------|--------|
| a) Very smooth | 0 pts |
| b) Manageable | 10 pts |
| c) Challenging | 20 pts |

EMOTIONAL WELLNESS

This Level of emotional and wellness support feels:

- | | |
|-----------------------------|--------|
| a) Very Good/Supportive | 0 pts |
| b) Sufficient but not ideal | 10 pts |
| c) Insufficient/Lacking | 20 pts |

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Stress Check: Signs of a Problem

While some degree of stress is often associated with the transition to college, too much stress can lead to unhealthy and potentially serious physical and emotional consequences. If any of these warning signs persist over a series of weeks or interfere with your – or someone you know's – ability to function, it's important to reach out for help.

- Changes in sleep patterns (taking longer to fall asleep, waking up tired, not feeling well rested)
- Changes in eating patterns
- Increased frequency of headaches
- More short-tempered than usual
- Recurring colds and minor illness
- Frequent muscle ache and/or tightness
- More disorganized than usual
- Increased difficulty in task completion
- A greater sense of persistent time pressure
- Increased generalized frustration and anger

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Campus Connections: Contact List

Department	Phone/Email	Location
Housing		
Academic Advisor		
Student Life		
Financial Aid		
Dining		
Computer Center / Tech Services		
Student Athletics		
Campus Bookstore		
Campus Health Services		
University Counseling Center		
Student Disability Resource Center		
Victim Advocate Center		
Campus Ministries		