



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!

Child's Name: _____ Parent's Names: _____

Date Completed: _____