

Cardinal TRANSITION to college Life Skills Sessions \$200
Sharing is Healing



Week	Service Provided	Sample goals/focus
Orientation day	Join for part of orientation depending on availability	Plan ahead for what/when you'd like me to join you
6 weeks prior to class	1-1	Getting to know each other/personality styles/learning styles/Move-in plan
5 weeks prior to class	Paperwork for family to complete	Calendar Option selection/ setting up campus apps/ zoom log in for check ins
1 month prior to class	Paperwork for family to complete	Financial budgeting plan
	Paperwork for family to complete	Self care
3 weeks prior to class	Paperwork for family to complete	Practice High/Low/Buffalo
	Paperwork for family to complete	Course work organization- color coding system
2 weeks prior to class	1-1	Campus exploration together/ cy ride ride
Week prior to moving in	1-1	Review of move in plan

Clients living over 60 minutes will be responsible for traveling to Ames for 1 - 1 sessions.