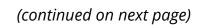
### NOTE CATCHER



Name:	_ Date:	

# SKILLS FOR SUCCESS

	l need to develop this skill	l'm developing this skill	l have this skill	I'm excelling with this skill
Time-Management This includes setting aside enough time for each part of the application, such as filling out forms, writing essays, and gathering necessary documents, while also balancing schoolwork and other responsibilities.				
Organization Keeping track of deadlines, requirements for applications, and materials (such as transcripts, test scores, letters of recommendation).				





## NOTE CATCHER



## SKILLS FOR SUCCESS

	l need to develop this skill	l'm developing this skill	l have this skill	I'm excelling with this skill
Goal Setting Setting clear, achievable goals for completing parts of the application can help students make consistent progress.				
Stress Management The application process can be stressful. Developing healthy coping mechanisms, such as regular exercise, adequate sleep, and time for relaxation or hobbies, is vital.				
Communication  Effective communication skills are necessary for requesting letters of recommendation, asking for help or clarification, and potentially interviewing.				



