

# *STUDENT LIFE READINESS GUIDE*

A Practical Living & Housing Resource for Students

This guide is part of the Student Life Readiness Program, designed to help students develop practical life skills for both current living situations and future independent living.

## **What This Guide Is**

- Education-only
- Optional
- Independent of leases, policies, programs, or institutions

This guide helps you apply these skills NOW in your current living environment, while building the foundation for NEXT life beyond college.

## **Who This Is For**

- Students & Families

## **Section 1: 5 Quick Home Readiness Tips**

### **1. Plan Your Space Before Move-In**

Before bringing anything into your space, take time to understand how you will actually use it day to day. Think about where you will sleep, study, store items, and move around comfortably.

Start by reviewing the layout, measuring key areas if possible, and identifying what functions your space needs to support. Planning ahead helps you avoid clutter, reduce unnecessary purchases, and create a setup that works for your routine from the beginning.

### **2. Buy Based on Function, Not Just Preference**

Instead of purchasing items based on appearance or impulse, focus on what will actually support your daily routine. Ask yourself what problems you are trying to solve, storage, lighting, comfort, or organization.

Measure your space and coordinate with roommates before buying shared items to avoid duplication or overcrowding. Prioritizing function over preference helps you spend more intentionally and build a space that works, not just one that looks good.

### **3. Create a Study-Friendly Environment That Supports Focus**

Your environment plays a direct role in your ability to concentrate, stay organized, and manage your time. Set up a dedicated area for studying that is clear, well-lit, and free from distractions.

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Even in a small space, separating where you relax from where you work can improve focus and productivity. A simple, consistent setup helps reinforce routine and reduces the effort it takes to get started on academic tasks.

#### **4. Learn and Practice Basic Home Care Skills**

Maintaining your living space is part of everyday life management. This includes cleaning regularly, organizing your belongings, managing trash, and keeping shared areas usable.

Start with small, consistent habits such as resetting your space daily, doing laundry regularly, and cleaning as you go. These habits prevent buildup, reduce stress, and make your environment easier to manage over time.

#### **5. Build Independence Through Preparation and Routine**

Independence is not something that happens all at once, it is built through consistent preparation and follow-through. Begin developing simple systems that help you stay organized, manage your time, and handle responsibilities without last-minute stress.

This can include planning your week, preparing for move-in in advance, tracking responsibilities, and creating routines that support your daily life. The more you practice these habits now, the more confident and prepared you will feel as your responsibilities increase.

### **Section 2: Move-In Preparation: What to Do Before Day 1**

Preparing before move-in helps reduce stress, prevent common mistakes, and create a smoother transition into your new living environment.

- Review lease responsibilities
- Confirm housing rules and expectations
- Coordinate shared items with roommates
- Measure room dimensions
- Plan storage solutions
- Establish routines early

### **Section 3: How to Create a Low-Stress Home Setup**

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A well-prepared living environment supports not only comfort, but also academic focus, time management, and overall well-being.

A well-organized space:

- Reduces anxiety
- Improves academic focus
- Builds responsibility
- Supports emotional well-being

## **Explore the Full Student Life Readiness Program**

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