

# THE ADHD COLLEGE PREP CHECKLIST

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## *50 Things to Do Before Senior Year*

*You've got this. Let's break it down.*

This checklist covers everything you and your teen should tackle **BEFORE** senior year begins. *Checking these off now means less panic later.*

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Print this out. Put it on the fridge. *Check things off as you go.*

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### DOCUMENTATION & ACCOMMODATIONS

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- Confirm current IEP or 504 Plan is up to date
  - Request copies of all special education records from school
  - Get updated documentation of ADHD diagnosis (within 3 years)
  - Request psychoeducational testing if documentation is old
  - Apply for SAT/ACT accommodations (takes 7+ weeks)
  - Confirm accommodations are approved before registering for tests
  - Save all documentation in one folder (digital and paper)
  - Research which accommodations transfer to college
  - Have your teen practice explaining their ADHD
  - Discuss self-advocacy with your teen (they'll need it in college)
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# COLLEGE RESEARCH & PLANNING

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- 11. Discuss potential majors and interests with your teen
- 12. Create initial college list (20-30 schools to start)
- 13. Research disability services at target schools
- 14. Identify schools with strong ADHD support programs
- 15. Check if schools are test-optional
- 16. Categorize schools: reach, match, safety
- 17. Research application deadlines for each school
- 18. Note which schools require CSS Profile (in addition to FAFSA)
- 19. Schedule college visits (spring break, summer)
- 20. Visit disability services office during campus tours
- 21. Create questions list for campus visits
- 22. Start college comparison spreadsheet
- 23. Research ADHD-specific scholarships IEP/504 college accommodations
- 25. Have realistic conversations about college readiness

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## TESTING & ACADEMICS

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- 26. Take PSAT (fall of junior year)
  - 27. Decide: SAT, ACT, or both?
  - 28. Take diagnostic SAT and ACT to compare
  - 29. Register for spring SAT or ACT (with accommodations)
  - 30. Create test prep plan
  - 31. Take tests in spring (retake in fall if needed)
  - 32. Maintain GPA (junior year grades matter most!)
  - 33. Choose challenging senior year courses
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## APPLICATION PREP

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- 36. Identify 2-3 teachers for recommendation letters
- 37. Build relationships with potential recommenders
- 38. Meet with school counselor about college plans
- 39. Create Common App account
- 40. Begin essay brainstorming (brain dump)
- 41. Attend college essay workshops (if available)
- 42. Update extracurricular activity list
- 43. Document achievements, awards, volunteer work
- 44. Decide whether to disclose ADHD in essay
- 45. Start drafting main college essay

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## LIFE SKILLS & INDEPENDENCE

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- 46. Practice independence skills (laundry, cooking basics)
- 47. Have teen manage their own medication
- 48. Open checking account in teen's name
- 49. Practice professional email communication
- 50. Discuss realistic expectations for freshman year

# YOUR PROGRESS TRACKER

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Total items checked: \_\_\_\_\_ / 50

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1-15: *Just getting started (that's okay!)*

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16-30: Making good progress

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31-40: Ahead of the game

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41-50: *Ready for senior year!*

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## WANT THE COMPLETE SYSTEM?

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This checklist is just the start.

The ADHD Vault College Prep System includes:

- College Application Tracker (visual, ADHD-friendly)
- Essay Writing System (step-by-step for ADHD brains)
- Self-Advocacy Starter Kit (scripts and templates)
- College Readiness Assessment
- Financial Aid Organizer
- 5 Quick-Reference Templates
- Parent's 18-Month Roadmap
- The Real Talk Guide (for your teen)

*All designed specifically for ADHD families.*

**GET THE COMPLETE SYSTEM → [adhdvault.com/college-prep](https://adhdvault.com/college-prep)**

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*“Evidence-based systems for ADHD families”*

Questions? Email us at [hello@adhdvault.com](mailto:hello@adhdvault.com)