



# POST-SECONDARY “READINESS” FAMILY CONVERSATIONS

So many families grapple with the societal pressure to push forth into post-secondary studies directly after high school – there is often a nagging feeling that maybe the student isn't quite ready for postsecondary. But how do you know?

## PARENTAL OBSERVATIONS

We know how strongly our young people want to do what their friends are doing, but sometimes we have to use our life-experience, our parenting intuition and our observations to intervene and provide guidance on alternatives. These questions will help you to unpack if your kid is ready for post secondary.

1

### Academics

- Do they have the grades and the right courses to get into a program that interests them?
- Are their studies a priority for them?
- Are they interested in learning?

2

### Emotional

- Can your kid manage their own emotions?
- How do they deal with stress?
- Can they regulate their emotions without you by their side?
- Do their responses to strong emotions result in responsible actions?

3

### Social

- Can they accurately assess the risk of a new situation?
- Can they stand up to peer pressure?
- Do you trust their decision making and (almost more important) do *they* trust their own decision-making?
- Does your child reach out for support when they are faced with a challenge and recognize *when* they need the support?
- Can they make new friends?

4

### Life Skills

- Do they need to be reminded to eat healthy or get enough sleep? To go to bed and get enough sleep?
- Can they do their own laundry and cook their own food?
- Do they make their own doctor's appointments or schedule meetings with professionals?
- Can they allocate appropriate time to important activities like homework, or does someone else enforce these timelines?

5

### Motivation/Excitement

- Who did most of the research for different schools?
- Who filled out all of the applications or scheduled the campus tours?
- Are they excited about their next steps?



## FAMILY CONVERSATIONS

No one knows your kid better than you. Except them – they know themselves better than you do. A combination of your life-experience and their understanding of their own motivation and inner situations will help clarify things.

1

Are you ready to go to university/college next year? Why/why not? (Yes, ask this outright – you might be surprised by the answer.)

2

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If you want **additional support** in deciding if a gap year is the right fit, please **book a free 30-minute conversation** with me. [www.cangap.ca/call](http://www.cangap.ca/call)