

Life Area	Strengths	Challenges
<p><b>Daily Living:</b>  Living arrangements:  Roommate:  Food- (shopping, preparation and diet):  Housekeeping:  Restful environment:  Wake up in time?  Clothing/laundry:  Money Management – (paying bills, checking account, credit cards, etc.)  Transportation:  Access to community businesses, services and resources:  Other:</p>		
<p><b>School:</b>  Reading, writing, and math skills:  Learning style:  Study habits, note taking, organization: Test taking:  Computer skills:  Research/library skills:  Grades:  Communication with professors:  Connection with student services on campus:  Other (School):</p> <p><b>Work:</b>  Punctuality:  Work speed:  Teamwork:  Attention to detail:  Initiative:  Accept feedback: Endurance:  Work schedule  Other (Work):</p>		

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<p><b>Health:</b>            Current health status:            Medical conditions:            Healthy diet:            Adequate sleep:            Mental health:            Stress management:            Level of fitness:            Medication management:            Health management:            Health insurance:            Other:</p>		
<p><b>Relationships:</b>            Social skills:            Conflict resolution: Problem solving:  <b>Communication skills:</b>            Family:            Friends:            Significant other:            Roommate:            Support system:            College faculty and administrators:            Lonely?            Other:</p>		
<p><b>Recreation/Leisure:</b>            Hobbies:            Activities:            Sports:            Unwind time:            Community involvement/activities:            Volunteer work:            Other:</p>		
<p><b>Spirituality/Purpose:</b>            Comfortable with who you are?            Spirituality:            Religion:            Life purpose:            Vision for the future:            Motivation level:            Do you have a mentor?</p>		