

Part of the Cautiously Optimistic Series



SHARING THE TRANSITION TO COLLEGE WORKBOOK

A COLLECTION OF WORKSHEETS,
ACTIVITIES & REAL-WORLD SCENARIOS
FOR THE COLLEGE-BOUND STUDENT

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Sharing the Transition to College Workbook

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EXCLUSIVE WORKBOOK ACTIVITY: Task Initiation & Doing Things We Don't Want To

Read the list of activities below and use the rating scale to circle how much you WANT or DONT WANT to do the activities. Once you've rated each activity, identify the 2 activities that you DONT WANT to do the most (the activities where you circled 1 or 2). Write them in the space near the bottom of this page. Then identify 1 thing you could do to try to improve your ability to start this activity - even though you don't want to!

1 = I really don't want to do this

3 = I don't mind doing this

5 = I like to do this

Activity:

Your Rating:

Make My Bed	→	1	2	3	4	5
Go Shopping	→	1	2	3	4	5
Go to the Beach	→	1	2	3	4	5
Play Basketball	→	1	2	3	4	5
Do Math Homework	→	1	2	3	4	5
Do Science Homework	→	1	2	3	4	5
Write a Poem	→	1	2	3	4	5
Listen to Music	→	1	2	3	4	5
Read a Book	→	1	2	3	4	5
Hang out with Friends	→	1	2	3	4	5

Choose two activities from the list you don't want to do and come up with ways you could help yourself to initiate this activity

1. _____

2. _____

