

GLOBAL ADAPT METHOD

A FREE GUIDE FOR PARENTS

Is your child ready to study abroad?

The International Student Readiness Checklist: 20 questions to see where your child is ready, and where they could use support.

Many students who struggle abroad do well academically. What trips them up is routines, independence, stress, and adjusting to a new culture. This checklist helps you spot those areas early.

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HOW TO USE THIS CHECKLIST

Check each statement that is true for your child **most of the time**. Be honest: this is for you, not a test. Then add up your checks on the last page.

A Daily Routines & Organization

- ☐ 1 Wakes up, gets ready, and gets to class on time without reminders.
- ☐ 2 Keeps track of assignments and deadlines on their own, with a planner, calendar, or app.
- ☐ 3 Can plan a week that balances classes, studying, activities, and rest.
- ☐ 4 Keeps a reasonable sleep routine, even during busy weeks.

CHECKS IN THIS SECTION _____ / 4

B Independence & Responsibility

- ☐ 5 Manages their own money for everyday expenses.
- ☐ 6 Handles basic tasks alone, like laundry, simple meals, and appointments.
- ☐ 7 Makes everyday decisions without checking with you first.
- ☐ 8 Takes responsibility when something goes wrong instead of waiting for someone to fix it.

CHECKS IN THIS SECTION _____ / 4

C Communication

- ☐ 9 Asks teachers or professors for help when they need it.
- ☐ 10 Can explain a problem clearly and calmly to an adult outside the family.
- ☐ 11 Speaks up in a group, even when it feels uncomfortable.
- ☐ 12 Is comfortable using the language of the new country, both in class and in daily life.

CHECKS IN THIS SECTION _____ / 4

D Stress & Pressure

- ☐ 13 Recognizes when they are stressed or overwhelmed.
- ☐ 14 Has at least one healthy way to calm down, such as exercise, music, talking, or time outside.
- ☐ 15 Handles a bad grade or a setback without giving up.
- ☐ 16 Can stay focused while studying without constant phone distractions.

CHECKS IN THIS SECTION _____ / 4

E Cultural & Social Adjustment

- ☐ 17 Is curious and open about different ways of doing things.
- ☐ 18 Makes new friends without relying on a familiar group.
- ☐ 19 Knows how to get involved in clubs, teams, or activities.
- ☐ 20 Can cope with homesickness without it taking over their week.

CHECKS IN THIS SECTION _____ / 4

YOUR TOTAL

A · Daily Routines & Organization	_____ / 4
B · Independence & Responsibility	_____ / 4
C · Communication	_____ / 4
D · Stress & Pressure	_____ / 4
E · Cultural & Social Adjustment	_____ / 4
Total	_____ / 20

Tip: ask your child to complete the checklist too, then compare your answers.

The places where you see things differently are often the best starting point for a conversation.

YOUR RESULTS

What your score means

16–20

A strong foundation

Your child has many of the skills that make a transition smoother. Keep building on them, and watch for new challenges in the first few months.

10–15

Some areas need attention

Your child is partly ready. Focus on the sections with the fewest checks, ideally before the move.

0–9

Extra support will help

This is common and nothing to worry about. These skills can be learned, and structured support makes a real difference.

Whatever the total, any section with **2 or fewer checks** is the best place to start.

Three things you can do now

1. **Talk about it together.** Share the results with your child and ask which area feels hardest to them.
2. **Practice one skill at a time.** Pick one or two areas and work on them now, while your child is still at home.
3. **Step back gradually.** Each month, hand over one task you usually manage for them.

This checklist is a conversation starter, not an assessment or a diagnosis. If you are concerned about your child's mental health, please speak with a licensed professional.

Want a personalized plan?

Global Adapt Method is a 90-day program that helps international students build the skills, routines, and confidence to succeed on their own. Schedule a free conversation to see if it's the right fit.

WEBSITE
[website]

EMAIL
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