

May

2009

IMPRESSIONS

INSIGHTS FROM THE PRACTICE OF CLINICAL PSYCHOLOGY

IMPRESSIONS

*is published by
Dr. Michelle Eabon
a clinical
psychologist in
practice in Fairfax,
Virginia and covers
topics which may
be of interest to
professionals
providing services
to children,
adolescents, adults
and their families.*

Sometimes graduating seniors are not ready to go to college. They may be ready for 13th grade, but freshman year...not so much.

Students with problems in organization, structuring their days, or planning and scheduling themselves can be in need of training for their first year in college. Paid employment for a year or two prior to undertaking even part-time college can be good training for the skills needed to succeed independently at college.

These skills include getting to work on time, completing tasks within a time frame, do-

Employment *Training For College*

*Michelle F. Eabon, Ph.D.
Clinical Psychologist*

ing work which may be routine and repetitive, recognizing authority and following directions. All of these skills are needed for getting to class on time, studying, completing assignments and taking required courses which seem unpalatable.

Not only are these skills learned but they can evolve into established habits, if the

young person works long enough for them to become permanent.

Sometimes those who delay college think that working a semester is sufficient to overcome those poor learning skills which plagued them in high school. They handicap themselves with this choice and do not give themselves time to change old habits and replace them with new ones. Habit formation takes time and the student who works a year or two and succeeds in the work environment approaches college learning with new maturity and new confidence.