

## PREPARING FOR THE AD&D PROGRAM: TIPS & TRICKS



Make sure to plan ahead when deciding on if the program is right for you! It takes a huge time commitment and is also mentally and physically strenuous. It's not something to rush into, which is why we have our Skill Development Series to help get you acclimated.



Get your English, math, and computer requirements done early! The sooner you get those completed the easier your Skill Development journey will go. Make sure to meet with the Advising Department right away to ensure you are on the list for AD&D and have met all the requirements. Don't wait until the last minute or you may be at risk of not being able to enroll in time for Fall.



It's never too early to start your financial planning. We recommend keeping outside work to approximately 10 hours a week to maintain the workload of the program. Start saving for school ahead of time and remember to talk with the Financial Aid Department. They can help you apply for student funding and can guide you through the process. There are scholarships available! Look for applications on [seattlecentral.edu](http://seattlecentral.edu) starting Feb. 15th. Submit your FAFSA early to receive the maximum assistance possible.



Prepare your home space ahead of time! You'll be able to manage your time best if you have a productive area to do your construction and patternmaking homework. Although not required, it can be helpful to purchase an industrial sewing machine and a table for patternmaking. Subscribing to the Adobe Suite at home will make your computer course homework a breeze. (Student discounts available!)



Deadlines are super important in your course load, so being on top of your schedule will be key to your success! Plan to accommodate for commuting, child care, outside work, and personal time. Having a calendar or personal planner can help you organize and remember how to juggle your time wisely.



Once in the program you'll be super busy, and it will be easy to forget about your personal needs. Factor in ways of getting the self-care you deserve. Having a support network and taking care of your mental and physical health will keep you going during those stressful times. Counseling and other support services available. Start practicing these habits early to keep you happy and healthy throughout your AD&D journey.