

Transition to University Questionnaire (TUQ)

Listed below are concerns and worries that you may (or may not) experience about transitioning to university. Please rate how worried you are about each of them at this point in time.

When I think about going to University, I am concerned about: Leaving home				
Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree

When I think about going to University, I am concerned about: Leaving family				
Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree

When I think about going to University, I am concerned about: Leaving friends				
Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree

When I think about going to University, I am concerned about: Lack of support				
Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree

When I think about going to University, I am concerned about: The change in my routine				
Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree

Please turn over

When I think about going to University, I am concerned about:

Having independence

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

When I think about going to University, I am concerned about:

My ability to cope alone

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

When I think about going to University, I am concerned about:

Getting the food I like

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

When I think about going to University, I am concerned about:

Cooking for myself

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

When I think about going to University, I am concerned about:

Getting lost

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

When I think about going to University, I am concerned about:

Being able to manage/budget my finances

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

Please turn over

When I think about going to University, I am concerned about:
Managing my time effectively

Strongly agree Agree Neither
agree or disagree Disagree Strongly disagree

When I think about going to University, I am concerned about:
The course workload

Strongly agree Agree Neither
agree or disagree Disagree Strongly disagree

When I think about going to University, I am concerned about:
The course difficulty

Strongly agree Agree Neither
agree or disagree Disagree Strongly disagree

When I think about going to University, I am concerned about:
Meeting course deadlines

Strongly agree Agree Neither
agree or disagree Disagree Strongly disagree

When I think about going to University, I am concerned about:
Whether I will be successful on the course

Strongly agree Agree Neither
agree or disagree Disagree Strongly disagree

When I think about going to University, I am concerned about:
Whether I will enjoy the course

Strongly agree Agree Neither
agree or disagree Disagree Strongly disagree

Please turn over

When I think about going to University, I am concerned about:

Doing group work

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

When I think about going to University, I am concerned about:

Living in shared accommodation

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

When I think about going to University, I am concerned about:

Getting on with flatmates

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

When I think about going to University, I am concerned about:

Developing friendships

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

When I think about going to University, I am concerned about:

Fitting in

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

When I think about going to University, I am concerned about:

Being bullied

Strongly agree

Agree

Neither
agree or disagree

Disagree

Strongly disagree

Please turn over

When I think about going to University, I am concerned about:
Being isolated by myself

Strongly agree Agree Neither agree or disagree Disagree Strongly disagree

When I think about going to University, I am concerned about:
Freshers' week (the first week of university)

Strongly agree Agree Neither agree or disagree Disagree Strongly disagree

When I think about going to University, I am concerned about:
Socialising with other students

Strongly agree Agree Neither agree or disagree Disagree Strongly disagree

If you have any concerns or worries in addition to the ones listed above, please list them below and rate how worried you are about them at this point in time.

Concern 1:

1 Not worried	2 Slightly worried	3 Moderately worried	4 Very worried	5 Extremely worried
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Concern 2:

1 Not worried	2 Slightly worried	3 Moderately worried	4 Very worried	5 Extremely worried
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References:

Lambe, S., Russell, A., Butler, C., Fletcher, S., Ashwin, C., & Brosnan, M. (2019). Autism and the transition to university from the student perspective. *Autism*, 23(6), 1531-1541;

Lei, J., Calley, S., Brosnan, M., Ashwin, C. and Russell, A. (2020). Evaluation of a Transition to University Programme for Students with Autism Spectrum Disorder. *J Autism Dev Disord* 50, 2397–2411.

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