



Key Learning Objectives for program:

- Become familiar with the high school requirements necessary for college acceptance
- View a transcript from their high school and discuss the various components of one
- Learn about and begin assembling a college resume
- *(optional)* Hear from current seniors about their college search process, what they would have done differently in high school if given the chance and recommendations that they have for freshmen students (if you decide to incorporate a student panel of 4-5 senior students as part of the program)

Length of program:

Without a student panel: recommended 35-40 minutes

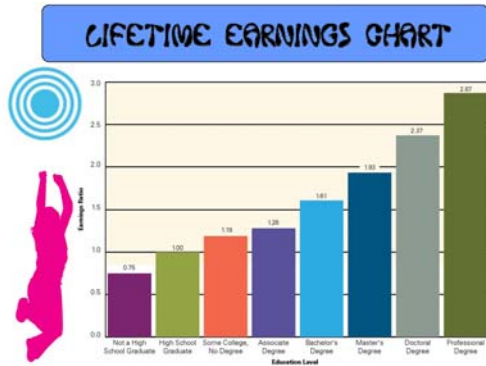
With a student panel: recommended 50-60 minutes

Materials:

- *About the Center for College Planning Flyer* (please call our office in advance of your presentation if you would like us to send you enough flyers for your students)
- *An LCD Projector and screen*

Speaking Points:

- Introduce your School Counseling Office
- Provide quick overview of The Center for Counseling Planning (CCP)
The CCP is a non-profit organization whose goal is to promote higher education as the means to achieving personal, career and life goals. They provide free outreach presentations to students and families at their high school, as well as offer smaller, library sessions in our Concord office. Please share with them our contact information found on the About the Center for College Planning Flyer available in downloadable form online under the resources for this presentation.



Objective of Slide:

- To show the monetary value of receiving education beyond high school
- To talk about other reasons to pursue higher education

Questions to Ask Students:

- What are some reasons people pursue an education beyond high school?
- Do you know what “salary ceiling” means?

Note to Presenter:

- The earnings chart uses a benchmark of 1.0 earnings ratio for a high school graduate. If a student earns a B.A. they will have an earnings ratio of 1.61. This chart is a great conversation starter regarding the difference in earnings over the course of a lifetime based on education level.

Speaking Points:

- As a person’s educational level increases, their salary level may increase as well (levels are not indicative of every career).
- Some reasons to pursue higher education include: the ability to think critically, express oneself orally and in the written form, analyze and compute more efficiently, make more knowledgeable and sound decisions.
- Job opportunities are rapidly changing in our economy and are usually offered to college graduates.
- Salary ceiling means the highest level of income that an individual is able to make without receiving further education. Example: If a career requires an Associates Degree and the person has received no education beyond their high school diploma, they may not be eligible for the position, and if they are hired, they will most likely receive less compensation than someone that had that education.
- It is projected that jobs we know today will be non-existent 10 years from now making education beyond high school more crucial in today’s society.

Time Spent on Slide: 2-5 minutes

WORDS OF WISDOM

"Don't let other people tell you what you're capable of. As long as you believe in yourself and work hard to achieve whatever you set your mind to, you just keep plugging away."

~Tom Brady

Quarterback, The New England Patriots



Objective of Slide:

- To inspire students to work hard in order to achieve whatever goal they set (personal, professional, etc.)

Speaking Points:

- People only achieve what they feel capable of; the more they believe in themselves and put in the effort, the closer they come to obtaining their goals
- Tom Brady went to the University of Michigan and majored in Organizational Studies before pursuing his NFL career
- Through his study of Organizational Leadership, Tom learned skills necessary to help lead his team (teamwork, how to utilize each player's strengths to work towards a common goal, etc.)
- Tom Brady is a good example of someone that worked hard to reach his goals, but think about the people that you know (family, friends, community members), and about the goals that they had to work for in their lives. Let them be an inspiration to you as you set your own goals for not only your future, but your present as well
- As a counselor or teacher, draw on your own experience working with students and highlight an example or two to share with the group

Time Spent on Slide: 2 minutes

WORDS OF WISDOM

*To those of you who received honors,
awards and distinctions, I say well done.
And to the "C" students, I say you, too, may
one day be President of the United States.*

~ George W. Bush

43rd President of the United States



Objective of Slide:

- Humorous quote to let students know that they might not have the best grades in all of their classes, but it is ultimately their hard work and determination that will make them successful

Speaking Points:

- Each individual has different skills and it is important to showcase those talents instead of dwelling on a challenge area
- Work to the best of your ability; hone the skills that you have and put effort into enhancing your challenge areas
- You do not have to be a 4.0 student to go to college!

Time Spent on Slide: 1-2 minutes



Objectives for Slide:

- Set a clear timeline of their goals and objectives to complete throughout their high school career
- Focus on the items that students can work on now to achieve their future goals

Note to Presenter:

- While using the power point presentation, you are able to click on the “freshman year” textbox in order to enlarge the text inside. Click on “Previous slide” to return to the power point. (freshman year is the only year with this feature)
- You may want to introduce Bridges or Kuder as tools the students can utilize to begin exploring career options-codes are found in the glossary section
- Destination College is the Center for College Planning’s signature event for NH junior high school students and their families in March
- You may wish to incorporate school specific activities in this timeline

Speaking Points:

- It is important for students to work hard at their academics beginning their freshman year as it sets them up for the rest of their high school career
- Excelling in courses now could give students the ability to take higher level courses later that colleges want students to be exposed to in high school
- Beyond academics it is beneficial for students to become involved in outside activities such as student groups, clubs, sports, or a part time job. Colleges want to see students committed to something because it shows their time management skills as well as their community involvement
- It is never too early to meet with your School Counselor to begin discussing your educational plan
- Many students wait until their junior year to get involved, or focus on their academics. However, colleges are looking to see commitment to all these things beginning now, not later
- You also do not have to wait to visit college campuses until your junior or senior year. Many of you will step foot on one for a sporting event, concert or to visit someone you know. Walk around it and begin to get a feel for the type of campus it is. It’s never too early to begin thinking about the size, location, etc. of the college that you might be interested in exploring further

Time Spent on Slide: 5 minutes

MAKING YOUR TRANSCRIPT WORK FOR YOU

- Classes taken
- Grades
- Standardized test scores
- Class rank
- Class level
- Grade Point Average (GPA)
- Teacher names
- Number of credits earned
- Absences / Tardiness

Over 70% of recent high school grads wish they had taken more rigorous courses in high school.

Source: Achieve 2005

Objectives for Slide:

- Students will be exposed to the different terms and items listed on a transcript and discuss why they are important to a college

Note to Presenter:

- This slide is meant as a general overview of transcript terminology. In the next slide we will view different transcripts

Speaking Points:

- **Strength of transcript:** As a student, it is important that he/she takes courses that are appropriate for their abilities in particular subjects. Colleges want to see that they consistently challenged themselves (and that means throughout all FOUR years)
- **Credits:** Explain to them how credits are awarded at your school, the number that they need to graduate with, and how colleges evaluate them
- **Grade scale:** Discuss the differences between letter and numerical grades (i.e. an A versus a B and how they are awarded at your school)
- **G.P.A.:** (Grade Point Average) There is a difference between a semester's GPA and their cumulative GPA. The college is concerned with their cumulative GPA because it shows their consistent work over four years
- **Class rank:** If your school discloses class rank, please explain the ranking system there (i.e. Is an AP Class weighed differently than an Honors, than College Prep?)
- **Tardies/Absences:** Colleges look beyond grades, class rank, etc. and want to see a student's commitment to their education. If a student has frequent tardies or absences, they will question the student's commitment to their education
- Colleges want you to challenge yourself. While we all want to get straight A's, they would rather see a B, B+ in an upper level class (honors or college prep) than an A in the lower level or mid-level class. It is important for you to understand that colleges are looking for students to challenge themselves to the best of their ability, not someone else's. Students have different strengths and challenges which should be reflected in the courses that they take. If you excel in math, then it is advisable to take a higher level math course, however if it is not your strong suit, taking an honors level math class may not be the best option for you

Time Spent on Slide: 5-10 minutes



TRANSCRIPT REVIEW



Objectives for Slide:

- Students have the opportunity to review several transcripts from their high school
- Students can see the impact that each year has on their transcript and how their grades and classes taken this year can affect their overall high school career

Materials:

- *3-4 sample transcripts from your high school with all identifying information blacked out*
- *Suggestions for type of sample transcripts showing trends for different scenarios are: the student that started strong and ended weak, the student that was consistently strong on the AP and Honors track, the student that started weak and ended strong and the student that never completed high school*

Questions to Ask Students:

- What are the differences between these transcripts?
- Do you think any of the students would have done anything differently if they knew that the first half of their high school career would affect the second half as much as it does?

Speaking Points:

- Many students never see their transcript until their senior year; you have the opportunity now to view them and understand how everything you do now up until you graduate affects your overall transcript that will be sent to colleges
- Note the differences between the sample transcripts that you provided. If known, tell the students which colleges the students attended if they did enroll in higher education
- If your freshman year has not been the best start for you, it is not too late to make a change. Colleges understand that the transition to high school can be difficult. Make the commitment now to work hard and focus on your academics; remember everything starts to count now

Time Spent on Slide: 5-10 minutes

CAPITALIZE ON YOUR HIGH SCHOOL EXPERIENCE

Make every class count

- What are colleges *really* looking for?
- Importance of your high school transcript
- Selecting challenging coursework
- Go beyond high school graduation requirements
- Consistently meet with your guidance counselor to remain on track



Objectives for Slide:

- Explain the impact of the classes a student completes in high school
- Review the value of selecting challenging coursework

Note to Presenter:

- You may wish to build the NH State Scholar's information and curriculum suggestions into your conversation. Their contact information is located in the glossary section

Materials:

- *State Scholars Flyer*
- *High School Four-Year Planner*

Speaking Points:

- Review the High School Four-Year Planner is a tool that students can utilize when working with their school counselor to help plan their high school educational goals. It is also a means of keeping track of all honors, awards, activities, standardized test scores, and future goals
- Discuss your high school's requirements for graduation and how those can differ from what a college may require for admission to their institution (i.e. a college may expect two to three years of a foreign language and the high school may only mandate one for graduation from their school)
- Review the recommended core course of study by the New Hampshire State Scholars found in the resources and handout section of this presentation
- If you already have a list of colleges that you may wish to attend begin researching their admission requirements now. If you know the number of foreign languages course, math courses, etc. that they require, you can adapt your education plan now to include those

Activity:

- If time allows, students can spend a few minutes beginning to insert their own information and curriculum goals into the High School Four-Year Planner

Time Spent on Slide: 5 minutes

MAKING "NETWORKING" WORK FOR YOU

- School counselor
- Your parents or guardians
- Friends, relatives, neighbors
- Coaches, teachers, employers
- Center for College Planning Counselors



Utilize your
established
relationships to
begin
researching
and exploring
college options.

Objective for Slide:


- Encourage students to think about their established relationships and how they can use them to their advantage through high school and within their college process

Speaking Points:

- Your school counselor can be one of your biggest advocates in high school and can help determine the colleges that would be appropriate for your goals and needs. Meet with them early and often to discuss your future plans and how the high school and curriculum can support you in those endeavors
- Communicate with your parents and guardians. Keep them in the loop throughout the process. They are a valuable resource and have your best interests in mind
- Friends, relatives and neighbors may be able to offer suggestions for job shadow experiences, internships or informational interviews allowing you to develop a better understanding of a field of interest that you have
- Utilize coaches if you play a sport and wish to advance to the collegiate level. They can help you determine an appropriate division for your skills as well as connect you with individuals at the colleges to speak with regarding your eligibility and qualifications
- Teachers are not only a great resource for your academics but can help guide you through the process as well. Many of you will ask a teacher or two for a recommendation and they may also be able to help you locate a job shadow experience, internship or informational interview based on their connections
- Attend FREE college planning workshops held by The Center for College Planning in Concord, NH. To view the list of workshop descriptions, dates and times offered, please visit their website which is found on the About the Center for College Planning Flyer

Time Spent on Slide: 3-5 minutes

COLLEGE RESUMÉ
"START BUILDING IT NOW"



Joe College
100 High School Lane
New Manchester 23089
803.224.6112
joecollege@theford.org


Profile: Energetic, hard-working student skilled in history and entrepreneurship. Specific interest and knowledge in sports medicine.

Academic: *ABC High School*, New, New Hampshire
High School Diploma, expected June 2009
 • Top 20% of class
 • GPA: 3.3
 • SAT: 200 (Math: 425, Writing: 375, Essay: 8)
 • National Honor Society 2008-2009

Activities & Accomplishments:
 • Varsity Basketball Team, 2007 - present
 • Team Captain 2008
 • Led team to state title in school history
 • Block & Tackle Club, 2008 - present
 • Responsible for monthly youth activities
 • Organized Annual Fitness Week
 • President, Spring, 2008
 • Coordinated 50 Annual Science Exhibits
 • Longtime member of Young Men's Club, JMC
 • Participated in Police Explorer Program, 2005
 • Learned about the role of science in crime scene investigation

Career Development:
 • New Future Club Basketball Conferences, 2006 - present
 • Developed leadership services skills
 • Internship with School Athletic Trainer, 2008
 • Assisted with game coverage for senior sports
 • Led only practicing female
 • Skilled in muscle memory and conditioning

It's important to track your accomplishments by using a Resume Builder. Start building your future today!



Objective for Slide:

- Review the format of a College Resume and the importance of creating one

Note to Presenter:

- If your school has their own resume form, please feel free to utilize that instead

Materials:

- *Resume Builder*
- *Joe College Resume*

Questions to Ask Students:

- What do you think is included in a resume?
- Why do you think colleges are interested in receiving one from an applicant?

Speaking Points:

- Start a file or notebook in which you keep track of school activities, honors, awards, leadership positions, employment, volunteer work and community service activities. When you finalize your resume for college during your senior year it will be very helpful to refer to this file to see everything you have done. Many of you do not have much information to include on a college resume yet, but viewing this one will help you determine what should be included in one
- The resume is a one page snapshot of who you are, what you have accomplished, activities and academic achievements; it should not exceed one page
- A college is only interested in your activities and accomplishments beginning with your freshman year in high school; do not include prior information

Activity:

- If time allows, students can spend a few minutes beginning to insert their own information into the Resume Builder form

Time Spent on Slide: 5-10 minutes

WORDS OF WISDOM

“Create the highest, grandest vision possible for your life, because you become what you believe.”

~Oprah Winfrey

Talk Show Host, Media Mogul, Philanthropist



Objective for Slide:

- Offer final words of inspiration recapping that now is the time for you to start preparing for college, career and ultimately your life

Speaking Points:

- Oprah attended Tennessee State University and majored in Speech and Drama
- Oprah was raised in Mississippi. Her mother was a housemaid and her father a barber. She spent years living in rural poverty with her grandmother and from that has been able to persevere to obtain her life goals through her own hard work and “grand vision”
- A site that can help inspire students is www.roadtripnation.com It all started with four friends and one dilemma: “what do I want to do with my life?” Fresh out of college and unsure about the career paths in front of them, they were determined to expose themselves to more than just the traditional life roads. They hopped in an old RV, painted it green, and hit the road to talk with inspiring people from all walks of life to discover how they were able to make a career out of what they love.

Time Spent on Slide: 2 minutes

End of Formal Curriculum Section

If you are utilizing a student panel you can choose to use any of the following slides, or hide those that you do not wish to incorporate in this segment.

Objectives of Student Panel Slides:

- Allow freshmen students to receive advice from senior students in their high school

Materials:

- Four or five senior students the presenter believes would give appropriate and sound advice to the freshmen audience

Speaking Points:

- The advice you are about to receive is offered by your peers that were in your shoes not too long ago

Time Spent on Student Panel: 15-20 minutes



STUDENT PANEL

If you could go back to your freshman year...
What would you change?
What would you do the same?



STUDENT PANEL

What activities are you involved in through
school or within the community?



STUDENT PANEL

What are your plans after graduation?



STUDENT PANEL

Are there any classes that you would recommend students enroll in before they graduate?
If so, why?



STUDENT PANEL

Who has most positively influenced you during your high school career?



STUDENT PANEL

How do you balance your schedule
(including homework, extra-curricular
activities, family obligations, friends, etc.)?
How do you see that changing as you go off
to college or your career?



STUDENT PANEL

What high school experience has been the
most memorable for you (appropriate to
share please!)? What was the significance of
this experience?





Objective of Slide:

- Allow students time at the end of the presentation to ask any questions

Speaking Points:

- You have been given many resources today to help you prepare for your future. Some of you might still feel that freshman year is too early to begin preparing for education beyond high school, but hopefully many of you now realize the value of the information offered today
- If there are any questions, please do not hesitate to stop by the school counselor's office and make an appointment as well as utilize The Center for College Planning located in Concord, NH. They are a free resource for NH student's and families and would love the opportunity to help guide you to reach your educational goals

Time Spent on Slide: Remainder of session