Get on the BUS

Beginning Your Journey to College

The NHHEAF Network's 888.747.2382, x119 • nhheaf.org
The Center for College Planning at The NHHEAF Network is dedicated to providing students and families with valuable information about the college planning process – from saving options and college admission requirements, to applying for financial aid and scholarships. We serve all student populations: traditional, continuing education, graduate and adult learner. We offer college planning materials and coordinate speakers for schools, businesses and community organizations free of charge. We provide college and financial aid assistance at our Concord, New Hampshire offices. Our goal is to promote higher education as a means to achieving personal, career and life goals.

Visit us online at nhheaf.org.
Children should visit our early college planning website at nhcollegeclub.com.
Questions? Email collegeplanning@nhheaf.org.

About the Center for College Planning
Dear Parents & Educators:

The road to college is paved with dreams for the future. In today’s global economy, the importance of higher education is even more relevant than it has ever been before. A college degree translates into more choices and better opportunities for advancement for our children. College offers students an excellent opportunity for personal, academic, and professional growth. We are fortunate that there are many great options for higher education here in New Hampshire.

I am the first in my family to graduate from college. Earning a post-secondary degree has made a meaningful difference in my life, opening doors and creating experiences which have shaped who I am personally and professionally. And now as the parent of two young children, I am eager to help students across the state of New Hampshire to realize their college dreams.

It is never too early to encourage students to think about the future. When students see the value of higher education at a young age, they better understand the relevance of their current school work. This workbook is designed to begin planting seeds about the importance of education beyond high school. Inside, young children learn how successful students – students just like them - set goals, overcame obstacles, and utilized specific skills to begin making their college dreams come true. In addition, this workbook provides students the opportunity to assess their unique personality traits and understand how these traits can guide them toward opportunities for college and career.

The NHHEAF Network’s Center for College Planning (CCP) is the state’s largest source of free college planning resources in New Hampshire. We hope parents and educators will utilize our programs, materials, and services to help students realize their college dreams.

Sincerely,

Christiana Thornton
President & CEO
The NHHEAF Network
Why Take the Road to College?

Your OPPORTUNITIES Are Unlimited
There are over 25 colleges and universities in New Hampshire and more than 4,500 throughout the United States. You and your parents/guardians are invited to visit any of them. And, it is not too early to start. Talk to your parents/guardians about checking out a ball game, enjoying an art exhibit or getting tickets to a play or concert at a campus nearby.

College Will EXPAND Your World
Many college students live in residence halls, also known as dorms, where they eat, study and hang out with their friends all the time! When you go to college, you’ll meet really interesting people with different backgrounds. Your education won’t be limited to the classroom. While some students may be from your own hometown, there will also be students from other states and other countries.

There is INSPIRATION All Around You
Talk to your teachers, parents/guardians, school counselors, coaches and other adult mentors about education beyond high school. You may be surprised to discover that going to college helped them to achieve personal, career and life goals.

Going to College PAYS
Every college has different costs. But, financial aid is available to every student. Money from scholarships, grants and loans can help make college affordable. So, keep studying and talk to your parents/guardians about starting a college savings plan. Remember, the jobs that pay the most are usually in fields that require a college degree or some specialized training beyond high school. Learn more about paying for college at nhheaf.org.

OPPORTUNITY: — n. a chance for a better situation
INSPIRATION: — n. an action, thought, person, or thing that influences (someone to do something) through emotions
Inspiration for Every Student

You don’t have to look far to find people who have taken the journey to college. Here are four stories of New Hampshire students who graduated from high school and decided to continue their journey to college. Read their stories and think about why they are so successful.

Marc is in his second year of college. He attends the University of New Hampshire. “My journey to college started when I was in elementary school. I liked most of my classes, but I realized that in order to do well, I would have to take my homework very seriously. I had to work extra hard to succeed at reading to make real progress. Not only did I enjoy the different writers and stories, but I also built up my vocabulary and spelling skills.” Today, Marc writes for the school newspaper and hopes to become an English teacher.

Hannah is studying to become an architect. She takes her classes in Architectural Engineering at NHTI - Concord’s Community College. “Every time we visit a large city, I am amazed at the design and size of the buildings. My dad is a carpenter so I appreciate the skill it takes to create and restore buildings. I always wanted to know more about designing buildings professionally." With a solid foundation in math and science, Hannah hopes to develop her skills in design and computer drawing. She also learns about different types of construction. “Maybe one day my father and I will work together in our own business!”

Joseph can remember doodling in his notebooks since first grade. “I always enjoyed my art classes in school.” Joseph studies Fine Arts at New Hampshire Institute of Art where he has the opportunity to take classes in ceramics, photography, drawing and painting. “It wasn’t until I started taking college classes that I realized just how much time and energy it takes to be a great artist. Many of my professors have artwork that has been published in art books or displayed at exhibits. I’m learning from professionals!” Joseph has participated in art shows and hopes to have his work on display in a museum one day.

Sarah used to wonder if she would ever go to college. She was nervous about the costs. “My parents didn’t have a lot of money and I was afraid that we wouldn’t be able to afford it.” Sarah knew that colleges offered scholarships to help students pay for school. “I worked really hard and because of my grades and community service activities, I was able to go to college without having a lot of money in the bank.” Grants, scholarships and loans helped make paying for college possible. Sarah is now a student at Dartmouth College studying politics. “I really want to make a difference in my community. One day I will run for office and I know that going to college will help me to make an impact in the lives of others.”

For Discussion:

What goals do these students have?
What school subjects will help these students to succeed?
What challenges did each student face?

COLLEGE: —n. a school of higher learning that one attends after high school
SCHOLARSHIP: —n. money given to students to help pay for their education
Inspiration in the Stars!

Did you know that some of the brightest stars are college graduates? These talented people recognized that going to college would help them to accomplish their dreams! Match these successful people with their college majors and the campuses they attended.

See page 9 for answers.

A. Emma Watson  
Actress  

Theatre and International Studies,  
Northwestern University

B. Tom Brady  
Quarterback,  
New England Patriots

Exercise Physiology,  
Springfield College

C. Adam Sandler  
Actor

Criminology/Physiology,  
University of Miami

D. Alan Shepard  
First US Astronaut in Space

Fine Arts,  
New York University

E. John Cena  
Professional Wrestler & Actor

Communication Studies,  
University of New Orleans

F. Carrie Underwood  
Singer, Songwriter, Actress

English Literature,  
Brown University

G. Meghan Markle  
Duchess of Sussex

Mass Communication/Journalism,  
Northeastern State University

H. Dwayne “The Rock” Johnson  
WWE Superstar / Actor

Organizational Studies,  
University of Michigan

I. Dr. Martin Luther King, Jr.  
Civil Rights Leader

Engineering,  
United States Naval Academy

J. Ellen DeGeneres  
Talk Show Host

Sociology,  
Morehouse College (Georgia)

On Your Own:

To get more information about these and other colleges, visit the college websites with your parents or teachers. For more information about college majors you are interested in, email us at collegeplanning@nhheaf.org and we’ll send you a detailed description.
You may find that there are some obstacles on the road to college. You must be careful not to lose your direction. Can you think of some **challenges** that students might encounter? Search for the words that describe a strong and focused student.

**Word Search**

What other words would describe a future college student? Write them down here.

1. ____________________  2. ____________________  3. ____________________  

**CHALLENGE:** —n. an interesting or difficult problem or task
How I Describe Myself...

To be successful on your journey requires confidence! Believe in yourself and your dreams. Also, look for opportunities to enhance your special qualities while developing areas of inexperience. Put a star next to the qualities that you have. Circle those you would like to work on.

Accurate
Adventurous
Athletic
Artistic
Asks questions
Calm
Cautious
Competitive
Confident
Courageous
Creative
Curious
Dedicated
Dependable
Easy-going
Enjoys change
Energetic
Exciting

Friendly
Follows directions well
Funny
Generous
Gets work done
Hardworking
Honest
Imaginative
Independent
Intelligent
Kind
Loyal to friends
Motivated
Neat
On time
Open-minded
Organized
Patient

Polite
Reasonable
Responsible
Respectful
Sensitive
Social
Speaks clearly
Strong
Sympathetic
Tech-savvy
Thoughtful
Tolerant
Trustworthy
Truthful
Understanding
Unique
Works alone well
Wise

Using the qualities you circled, complete the questions on page 9.
More About Me

While preparing for your adventure to college, you will discover that there are certain skills and qualities that will help you succeed in the journey. Developing these areas can help you become successful in school and beyond.

From page 8, what are the top three qualities you would like to work on?

1. ____________________________
2. ____________________________
3. ____________________________

How can improving those qualities above help you succeed at school and in the future?
Example 1: If I follow directions well, I will always do my school work the way my teacher wants it done.
Example 2: If I am organized, my backpack and desk will be neat and I will always be able to find my school work.

What are the top three qualities you are already good at?

1. ____________________________
2. ____________________________
3. ____________________________

How will your strengths help you to be successful in the future?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

SKILL: —n. the ability to perform a task well, especially because of training or practice
The Personality Zone

Brilliant professor and psychologist Dr. John Holland made a career out of studying the world of work. He was fascinated by career choices and did extensive research about careers. Dr. Holland had a theory that individuals’ interests, skills, qualities and talents can be categorized into six personality type-groupings. Your top three areas form your Personality Code. The first step to determining your code is to complete the worksheet below.

Mark the boxes of the activities you think you would be interested in trying. You may choose as many as you like. Put the total of each section in the Total box.

<table>
<thead>
<tr>
<th>Fix a car</th>
<th>Play a sport</th>
<th>Paint a room</th>
</tr>
</thead>
<tbody>
<tr>
<td>Use power tools</td>
<td>Go fishing</td>
<td>Plant a garden</td>
</tr>
<tr>
<td>Care for animals</td>
<td>Work on an engine</td>
<td>Cook a meal</td>
</tr>
<tr>
<td>Play with gadgets</td>
<td>Go camping</td>
<td>Hook up electronics</td>
</tr>
<tr>
<td>Use a microscope</td>
<td>Solve math problems</td>
<td>Do science experiments</td>
</tr>
<tr>
<td>Dissect a frog</td>
<td>Visit a science museum</td>
<td>Study human anatomy</td>
</tr>
<tr>
<td>Study planets/weather</td>
<td>Solve puzzles</td>
<td>Study other cultures</td>
</tr>
<tr>
<td>Watch the Discovery Channel</td>
<td>Care for the environment</td>
<td>Read science fiction</td>
</tr>
<tr>
<td>Write stories</td>
<td>Read poetry</td>
<td>Draw, paint or sculpt</td>
</tr>
<tr>
<td>Visit an art gallery</td>
<td>Appear on television</td>
<td>Be part of a school play</td>
</tr>
<tr>
<td>Sing on stage</td>
<td>Play an instrument</td>
<td>Design clothes</td>
</tr>
<tr>
<td>Take photographs</td>
<td>Illustrate a book</td>
<td>Rearrange a room</td>
</tr>
<tr>
<td>Throw a party</td>
<td>Make a speech</td>
<td>Give first aid</td>
</tr>
<tr>
<td>Work for charity</td>
<td>Help a religious group</td>
<td>Care for sick people</td>
</tr>
<tr>
<td>Join a club</td>
<td>Meet new people</td>
<td>Help solve problems</td>
</tr>
<tr>
<td>Make people laugh</td>
<td>Give directions</td>
<td>Discuss feelings</td>
</tr>
<tr>
<td>Run for student council</td>
<td>Manage money</td>
<td>Start a club</td>
</tr>
<tr>
<td>Start a new look</td>
<td>Persuade others</td>
<td>Be a team captain</td>
</tr>
<tr>
<td>Campaign for a candidate</td>
<td>Sell things</td>
<td>Start a company</td>
</tr>
<tr>
<td>Debate an issue</td>
<td>Visit Congress</td>
<td>Take charge</td>
</tr>
<tr>
<td>Follow a recipe</td>
<td>Use a computer</td>
<td>Plan a trip</td>
</tr>
<tr>
<td>Put things in order</td>
<td>Fill in charts</td>
<td>Look up information</td>
</tr>
<tr>
<td>Organize binder/notebook</td>
<td>Take phone messages</td>
<td>Categorize things</td>
</tr>
<tr>
<td>Make your room neat</td>
<td>Be on time</td>
<td>Follow rules</td>
</tr>
</tbody>
</table>

Put the total number of each color that you marked in the boxes on the next page!
Determining Your Personality Code

We may have a few traits from all six categories. However, as we grow and our personalities develop, one, two or three areas/categories will become stronger.

**Realistic**

Would you like to work with tools, engines or in a workshop? Realistic people like to work with their hands, use tools and build/repair things. They like to work with materials rather than with ideas or people. Realistic people prefer to work outside or with a machine rather than sit at a desk in an office. They see themselves as practical, physically strong, rugged, stable and mechanically and physically skilled. Sometimes, Realistic people have difficulty expressing themselves in words or telling other people about their feelings.

**Investigative**

Do you like to do science experiments or solve math problems? This type of individual likes activities that involve ideas in mathematics and the physical, biological and social sciences. They enjoy working on abstract problems that require logical thinking. Investigative people often see themselves as intellectual, creative, knowledgeable, original, critical and talented in mathematics and science. Investigative people like working independently, although they are frequently found as part of a research team.

**Artistic**

Do you have an artistic ability or a love of music, art or writing? Artistic people like opportunities for self-expression and artistic creation in writing, music, art and theater. They often try to avoid highly structured environments and situations. They see themselves as having a strong imagination, creative side, and artistic talent (acting, writing, drawing, painting, singing, dancing or playing an instrument). Artistic people are able to see beauty in everyday objects.

**Social**

Are you good at helping friends solve their problems? Social people like to work cooperatively with other people, have strong concerns for the welfare of others, like to train or inform them and want to help others solve their personal problems. They like situations that involve building relationships with other people, being part of a group, getting along well with others and resolving problems by talking things out. Social people describe themselves as cooperative, friendly, humanistic, sociable, sensitive, good listeners and understanding of others.

**Enterprising**

Would you like to be class president or team captain? Enterprising people like activities where they can lead, control or persuade other people in order to reach a personal or an organizational goal. They often seek a higher-than-average income, enjoy the use of power, are concerned about status and want to accomplish things. Enterprising people gravitate towards business and politics. They see themselves as energetic, ambitious, enthusiastic, self-confident, adventurous, skilled in leadership and speaking and oriented toward political and economic achievement.

**Conventional**

Do you like to be organized and on time? Conventional people seek structured jobs and activities. In other words, they want to know precisely what is expected of them and exactly what they are supposed to do. They like everything neatly in its place. Conventional people describe themselves as self-controlled, stable, dependable, orderly, systematic, persistent, efficient, oriented toward accomplishment, and skilled in clerical and numerical tasks.

Write your top three personality codes here:

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Use this information to look for careers that match your personality! Try this again next year and see if your personality code changes.
People with similar personality types often enjoy similar work. Here’s a sample of careers which people like you sometimes choose. **Circle the careers which interest you AND match your personality type.**

### Realistic
- Animal trainer
- Aircraft mechanic
- Agricultural engineer
- Athletic trainer
- Automotive mechanic

### Investigative
- Archeologist
- Biologist
- Chemist
- Computer scientist

### Artistic
- Actor/Actress
- Architect
- Art teacher
- Dancer

### Social
- Athletic trainer
- Cruise director
- Human resources worker
- Nurse

### Enterprising
- Advertising specialist
- Business administrator
- Economist
- Fashion merchandiser

### Conventional
- Accountant
- Bank teller
- Bookkeeper
- Building inspector

### Majors

**MAJOR:** n. the field in which a student focuses during the course of his/her degree

**PERSONALITY:** n. all of the qualities of a person that make that person different from others

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**On Your Own:**

Discovering what you want to study in college is exciting. Are there other careers that interest you besides those related to your personality type? List three other careers that most interest you.

1. 
2. 
3. 

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Create Your Itinerary!

Every journey begins with a single step. A carefully planned series of intermediate steps can make any long-range goal more concrete and possible. An itinerary will prevent you from losing your direction. The itinerary for your journey requires goal setting.

There are short-term goals (those that can be accomplished in the near future), mid-term goals (those that can be accomplished over the next few months), and long-term goals (those that can be accomplished over the next several years). Referring to the examples, write down your goals on the list below.

**Short-term goal:** Do well on my next science test.

**Mid-term goal:** Improve my foul shot in basketball.

**Long-term goal:** Become a physical education teacher.
Pick-A-Prop Game

Directions: Choose a prop from those available. Imagine the people who use this item every day in their work. Get into character and imagine the skills and talents of someone in that field.

Find a partner or two. Pick ONE prop and write down your answers to the following questions. Then share your results with the class.

1. In which careers/jobs would you need to use this prop?

2. Do you think people in these careers need any special training or a college education?

3. What school subjects would help someone who is thinking about pursuing these careers? (For example, math, language arts, computers, etc.)

4. What types of activities could someone do while in school that could be related to these careers? (For example, a student who wants to be a journalist could write articles for the school newspaper).

On Your Own:

Job Shadow - To learn firsthand about a career, talk with a professional! Your parents, teachers and school counselor can help you. Here are great questions to ask:

- What do you like most/least about your career?
- Did you go to college or get special training?
- What subjects in school did you need to be strong in?
- What advice do you have for someone interested in this career?

How can you find out more about careers?

- Talk to your school counselor
- Job shadow
- Go online with your parents
- Talk to teachers and relatives
- Check out books at the library
- Watch videos on careers at bls.gov/k12
Complete the College Scavenger Hunt with your classmates by visiting nhcollegeclub.com. Mail the completed page to the Center for College Planning. You will receive a prize.* Good luck!

1. What is the difference between a two-year and four-year college?  
   (Hint: Look in the Choosing a College section)

2. What are two college activities you might be interested in participating in?  
   1.  
   2.  

3. Watch one video in “Careers in the 603” (located in the Career Corner section) and list two things you learned.  
   1.  
   2.  

4. What is a job shadow? Name a job shadow you would be interested in doing and why?  

5. What are two different ways college students can volunteer?  
   1.  
   2.  

6. Name one thing you can do now to prepare for college.  
   (Hint: Check the Planning for College section)

7. Name three NH colleges or universities (Hint: Check the Choosing a College section).  
   1.  
   2.  
   3.  

Student’s First Name: __________________________
Teacher’s Name: __________________________
Teacher’s Email: __________________________
School Name and Address: __________________________

*Please mail to:  
The NHHEAF Network’s  
Center for College Planning  
3 Barrell Court  
Concord, NH 03301
Proud to Bring New Hampshire the Best College Planning Programs & Events

Parents:
Contact us to learn about our free early college outreach programs, materials, and special events especially for K-8 students and schools!

Kids:
Check us out online at

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