Dear Parents & Educators:

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

Research shows that elementary school is a critical time for students to envision opportunities beyond high school. According to recent studies, students determine by sixth grade if they are college-bound.

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 are able to see the relevance of their current school work. This workbook is designed to begin planting the seeds about the importance of education beyond high school. Inside they will learn about successful students like themselves and the important skills they utilized to begin making their college dreams come true. In addition, they will begin to assess their own personality and understand how their personality traits can guide them toward opportunities for college and career.

As the foremost resource for college planning in the State, The NHHEAF Network Organizations hope parents and educators will utilize the free services of the Center for College Planning to help students realize their college dreams.

Sincerely,

René A. Drouin
President & CEO
The NHHEAF Network Organizations

About the Center for College Planning

The Center for College Planning at The NHHEAF Network Organizations 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.
The road to college is paved with dreams for the future.

This workbook will help you to understand what college is all about. You'll learn so much – from the different types of students who can be successful, to the importance of goal setting and finding inspiration. Good luck to you!

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 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.
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?
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.

Inspiration in the Stars! See page 7 for answers.

A. Emma Watson
   Actress

B. Tom Brady
   Quarterback, New England Patriots

C. Adam Sandler
   Actor

D. Alan Shepard
   First US Astronaut in Space

E. John Cena
   Professional Wrestler & Actor

F. Carrie Underwood
   Singer, Songwriter, Actress

G. Meghan Markle
   Duchess of Sussex

H. Dustin Pedroia
   2nd Baseman, Boston Red Sox

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

J. Ellen DeGeneres
   Talk Show Host

☐ Theatre and International Studies,
  Northwestern University

☐ Exercise Physiology,
  Springfield College

☐ Interdisciplinary Studies,
  Arizona State University

☐ Fine Arts,
  New York University

☐ Communication Studies,
  University of New Orleans

☐ English Literature,
  Brown University

☐ Mass Communication/Journalism,
  Northeastern State University

☐ Organizational Studies,
  University of Michigan

☐ Engineering,
  United States Naval Academy

☐ 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.

Scavenger Hunt

<table>
<thead>
<tr>
<th>CAPABLE</th>
<th>RESPONSIBLE</th>
<th>AWESOME</th>
<th>MENTOR</th>
</tr>
</thead>
<tbody>
<tr>
<td>MOTIVATED</td>
<td>INTERESTED</td>
<td>SINCERE</td>
<td>CHALLENGED</td>
</tr>
<tr>
<td>EXCITED</td>
<td>DEDICATED</td>
<td>OPEN</td>
<td>CAREFUL</td>
</tr>
<tr>
<td>WORKER</td>
<td>FRIENDLY</td>
<td>KIND</td>
<td>SMART</td>
</tr>
</tbody>
</table>

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

1. ____________________________ 2. ____________________________ 3. ____________________________

CHALLENGE: —n. an exciting task or problem
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.

<table>
<thead>
<tr>
<th>Accurate</th>
<th>Funny</th>
<th>Sensitive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adventurous</td>
<td>Generous</td>
<td>Social</td>
</tr>
<tr>
<td>Athletic</td>
<td>Get work done</td>
<td>Speak clearly</td>
</tr>
<tr>
<td>Artistic</td>
<td>Hardworking</td>
<td>Strong</td>
</tr>
<tr>
<td>Ask questions</td>
<td>Honest</td>
<td>Sympathetic</td>
</tr>
<tr>
<td>Calm</td>
<td>Imaginative</td>
<td>Tech-savvy</td>
</tr>
<tr>
<td>Cautious</td>
<td>Independent</td>
<td>Thoughtful</td>
</tr>
<tr>
<td>Competitive</td>
<td>Intelligent</td>
<td>Tolerant</td>
</tr>
<tr>
<td>Confident</td>
<td>Kind</td>
<td>Trustworthy</td>
</tr>
<tr>
<td>Courageous</td>
<td>Loyal to friends</td>
<td>Truthful</td>
</tr>
<tr>
<td>Creative</td>
<td>Motivated</td>
<td>Understanding</td>
</tr>
<tr>
<td>Curious</td>
<td>Neat</td>
<td>Unique</td>
</tr>
<tr>
<td>Dedicated</td>
<td>on-time</td>
<td>Work alone well</td>
</tr>
<tr>
<td>Dependable</td>
<td>open-minded</td>
<td>Wise</td>
</tr>
<tr>
<td>Easy-going</td>
<td>organized</td>
<td></td>
</tr>
<tr>
<td>Enjoy change</td>
<td>Patient</td>
<td></td>
</tr>
<tr>
<td>Energetic</td>
<td>Polite</td>
<td></td>
</tr>
<tr>
<td>Exciting</td>
<td>Reasonable</td>
<td></td>
</tr>
<tr>
<td>Friendly</td>
<td>Responsible</td>
<td></td>
</tr>
<tr>
<td>Follow directions well</td>
<td>Respectful</td>
<td></td>
</tr>
</tbody>
</table>

**Using the qualities you circled, complete the questions on page 7.**
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.

More About Me...

From page six, 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?

* __________________________________________________________
* __________________________________________________________
* __________________________________________________________

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

* __________________________________________________________
* __________________________________________________________
* __________________________________________________________
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.

### The Personality Zone

<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>

**Total:**

Put the total number of each color that you marked in the boxes on page 9!
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.

**Determining Your Personality Code**

**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

- [ ]
- [ ]
- [ ]

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.

### Career Discoveries!

**Realistic**
- Animal trainer
- Aircraft mechanic
- Agricultural engineer
- Athletic trainer
- Automotive mechanic
- Dental assistant
- Electrician
- Firefighter
- Forest ranger
- Landscape architect
- Oceanographer
- Parks & recreation director
- Plumber
- Technology teacher
- Wildlife officer

**Investigative**
- Archeologist
- Biologist
- Chemist
- Computer scientist
- Dentist/Doctor
- Ecologist/Geologist
- Marine biologist
- Mathematician
- Meteorologist
- Pharmacist
- Pilot
- Veterinarian

**Artistic**
- Actor/Actress
- Architect
- Art teacher
- Dancer
- Video Game Designer
- Fashion designer
- Graphic designer
- Web Master
- Journalist
- Musician/Music teacher
- Photographer
- Sports writer

**Social**
- Athletic trainer
- Cruise director
- Human service worker
- Nurse
- Occupational/speech therapist
- Paralegal/Legal assistant
- Physical therapist
- Police officer
- Radio/TV broadcaster
- School counselor
- Social worker
- Teacher

**Enterprising**
- Advertising specialist
- Business administrator
- Economist
- Fashion merchandiser
- Flight attendant
- Funeral director
- Politician
- Hotel/Restaurant manager
- Lawyer
- Marketing director
- Real estate agent
- Television producer

**Conventional**
- Accountant
- Bank teller
- Bookkeeper
- Building inspector
- Computer operator
- Court reporter
- Customs inspector
- Financial planner
- Insurance manager
- Medical records technician
- Statistician
- Tax consultant

### 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

### 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. 

MAJOR: —n. a subject or field of study chosen by a student to represent his or her principal interest and upon which a large share of his or her efforts are concentrated

PERSONALITY: —n. the visible aspect of one’s character as it impresses others
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.

Create Your Itinerary - 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.

**Examples:**

**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.

**Short-term Goals:**
- _______________________
- _______________________
- _______________________

**Mid-term Goals:**
- _______________________
- _______________________
- _______________________

**Long-term Goals:**
- _______________________
- _______________________
- _______________________
- _______________________

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**GOALS:** —n. the result or achievement toward which effort is directed; aim; end

**ITINERARY:** —n. a detailed plan for a journey, esp. a list of places to visit; plan of travel, route
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?
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 Organizations’  
Center for College Planning  
4 Barrell Court  
Concord, NH 03301
Proud to Bring New Hampshire the Best College Planning Programs and Events

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

Parents:

• Contact us at 888.747.2382, x119
• Check us out online at nhheaf.org

Kids:

Check us out online at

nhheaf.org

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