



PREPARING
9th & 10th
graders for
COLLEGE
and *life!*

Colleen Martin

The High School Years



- Parents role is to SUPPORT their students to **DEVELOP** habits & strategies for greater **ACHIEVEMENT** while encouraging them to take **INCREASING RESPONSIBILITY** for their work (*the work of growing up!*)
- The GOAL is for your Student to become **self sufficient and managers of their time and resources.**
- If students can be at the helm of this process, they will **FARE FAR BETTER** throughout high school including registering for their classes and making adjustments to their schedule and plan.

College APPLICATIONS include:

- Grades / Courses and G. P. A
- Test Scores (ACT or SAT)
- Extracurricular Activities / Awards & Honors
- Letters of Recommendation (private)
- Personal Statement (essay)



COURSE WORK(A-G)

- **A. - SOCIAL SCIENCE** – World History, US History, Economics & Government
- **B. ENGLISH** – 4 years (Cal Poly likes 5!)
- **C.MATH** – 3 years (4 years preferred!)
- **D. LABORATORY SCIENCE** – 1 yr biological science, 1 yr physical science, prefer 3-4 yrs.
- **E. LANGUAGE other than ENGLISH** – 2 year minimum of same (3-4 years rec.)
- **F.VISUAL & PERFORMING ART** – min 1 year
- **G. A-G Elective** 1 year required

Universities & Colleges

- **UC** – Research & theory based- many graduated go on to Grad School.
- **CSU** – California State University – occupation based (teaching, accountant, nursing, engineering)
- **PRIVATE & OUT of STATE** –
 - Religious schools, Jesuit, University of STATE
 - The Ivy League, the Little Ivys and more...
- **APPLY BROADLY TO ALL TYPES OF SCHOOLS**
You might surprise yourself!



College Admission TESTING



- **UC:** SAT w/ writing or ACT w/ writing
- **CSU:** SAT or ACT Without writing
- **PRIVATE** and **OUT of STATE:** BEST to check with each individual school website
- *The need for SAT Subject tests varies by major & by school, the more competitive the school/major the more likely you are to need subject tests. “added value”*
- **SEND** all your test scores to all the schools you apply to: *They will select the best scores for you!*

Things to look at when VISITING COLLEGES



- **LOCATION** – We live with a mild climate near the ocean. Do you want to live in the city?
- **SIZE** – Some universities are the size of San Luis Obispo!
- **HOUSING** - % Living on Campus – Are you looking for residential campus?
- **PROXIMITY** to City, airport, attractions
- **FAMILY**- Is there a family member nearby who could be your family away from home?
- **FUTURE**- Where do the students live when they no longer want to live on campus? Places to work?
- **SPORTS TEAMS**, Rec Center, Dining, **MAJORS**

Students who transition from COMMUNITY COLLEGE in 2 years do so because:

- They have a **PLAN** and **STICK TO IT!**
- **ATTENDANCE MATTERS**
- They **ENROLL** in English and Math right away. *Continue with MATH all 4 years of high school.*
- They were well prepared leaving high school.
- Students planning to attend a 2 year college, should **PREPARE** in high school to have a good academic **FOUNDATION.**

MATH
 $1 + 1 = 2$
 Makes YOUR
 Life ADD UP!

Talk EARLY about Finances

- Start **RESEARCHING** EARLY. Learn about how **NEED BASED** Financial Aid works. (EFC, COA)
- As a **PARTNERSHIP** with your college-bound student, **START** talking about **REALISTIC COLLEGE EXPENSES**.
- **UNDERSTAND** the significance of **STUDENT LOANS** and that they are not free money.
- **DISCUSS** who will be paying for personal expenses at college (pizza, coffee, movies)
- **PLAN** now to **UNCOMPLICATE** your taxes. How can you shift income? *Scholarships?*



What TOP universities are LOOKING for:



- DEEP FOCUSED MEANINGFUL ACHIEVEMENT
- Proven Record of Success- test scores & GPA
- Activities and experiences that display initiative, passion, innovation, discipline & leadership
- PROGRESSION of PASSION
- Students who are going to contribute positively to the community while in college, to help each other accomplish great things afterward.
- *Going to an IVY League or TOP university WILL NOT guarantee success or happiness! There are 3,000 4-year colleges in the U. S. One can be for you!*

The High School File System

- **TRACK EVERYTHING** you do.
- **LOG** all your **COMMUNITY SERVICE** along with a contact person, and contact information.
- **TRANSCRIPTS & CERTIFICATES**
- **ARTIFACTS** of Achievement – newspaper articles, photos, thank you cards.
- **TEST SCORES** – PSAT, AP, SAT & ACT
- **LETTERS of RECOMMENDATION**
- **RESUME**
- **ATHLETIC STATISTICS**



EXPERIENCES to CULTIVATE

- **WORKING** a part time job – *Babysitting and pet sitting are good launching off points!*
- **BECOMING** A Camp Counselor
- **STARTING** a club- growing to President
- Becoming involved with an **ADULT** activity
- **STARTING** a Business
- CPR & First Aid Certifications
- **TRAVEL** experiences-enrichment programs
- **ARTS** – START to DEVELOP a portfolio!
- **SPORTS** – Start to amass Stats and video



SUMMER TIME

- By the summer after 9th grade, students should be spending some of their summer weeks in pursuit of interests.
- Community College Class
- Leadership Opportunities
- Working
- **EXPERIENCE** DEPTH and CONTINUITY in areas of INTEREST
- Learn a new skill – stretch your abilities
- Explore experiences to determine likes and dislikes and passions to move toward a college major.
- TRAVEL – Enrichment Programs
- *You DO NOT Have to go to Uganda to make a difference; you can help right here in our own backyard.*

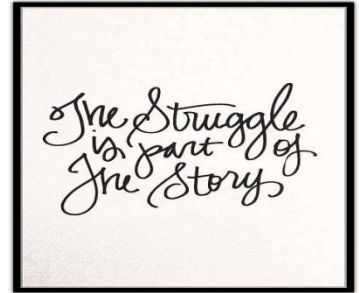


What can students do to increase their chances for admission?

- **COMPLETE** challenging courses and perform well in them.
- Take advantage of other academic activities **YOU ARE INTERESTED IN.**
- **PURSUE** your **PASSION** and demonstrate **PROGRESSION.**
- *Try to not just be joiner!* **Stand out!**
- Place ample **TIME & EFFORT** on **TEST PREPARATION** – as much as you do for an **A** in any specific course.



Why teach LIFE SKILLS?



- When a child leaves your home, there are many things they must learn **ON CAMPUS** by themselves without parental help.
- **DO NOT ADD** to the burden of learning how to study and **SELF MONITORING**.
- Instead **TEACH LIFE SKILLS** for 4 years so they **DO NOT** become **STUMBLING BLOCKS** to College success!
- Do Not let your kids **OFF THE HOOK** , Let them learn the hard way now while you are here to support them.
- **We LEARN** Though **STRUGGLE**.
- **RESILIENCE** is an attribute colleges are looking for.



9th & 10th Graders Should **KNOW** how to:

- **USE** an **ALARM** to wake themselves up on time every day by themselves
- **PREPARE** a breakfast, lunch and dinner regularly.
- **MAKE** an appointment with dentist, hair, etc.
- **CREATE** a legible *Signature* for a lifetime!
- **KNOW** how to ride a bike and the rules of the road
- **USE** a debit card and know how to manage their own money.
- **KNOW** how to use public transportation.
- **LEARN** how to call a business for information politely and properly.

TRANSITION to College Life is easier if a teen knows:

SOCIAL SKILLS

- How to **ADVOCATE** for themselves
- How to **LEARN** from their mistakes
- How to **MANAGE** time wisely
- How to **STAY** safe.

LIFE SKILLS

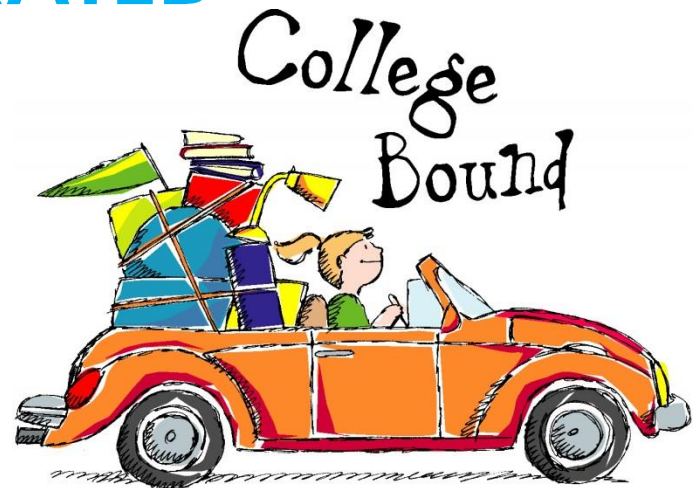
- **MEMORIZE** their SS#
- Use same **LEGAL NAME** on all tests and documents.
- **LEARN** how to **WRITE** a thank you note & address envelope properly
- **LEARN** to **DRIVE** in High School
- **LEARN** how to complete forms & properly submit!



I GOT IN!

COLLEGE ACCEPTANCES

Being accepted to the college or university of your **CHOICE** is a CONSEQUENCE of your **FOCUS, DEMONSTRATED ACHIEVEMENT** and **PROGRESSION OF PASSION.**





Guide for PARENTS

- You do **NO FAVORS** for your child by doing their work *(the work of growing up!)*
- Do not **RESCUE** your child in high school. *They can skip a lunch or forget their homework.* Do not complete or submit their forms – **make them do it!**
- **SHOW & POSITIVELY NUDGE** your **CHILD** to progress with ALL responsibilities.
- Your student's **SUCCESS is UP to them** and you should **SUPPORT** their **EFFORTS**, **NOT** be their **EFFORT!**

Resources for parents:

- ACT.org
- CaliforniaColleges.com
- TheCollegeBoard.com (EFC calculator)
- College Navigator
- FASTWEB.com
- FinAid.com
- Huffington Post COLLEGE Blog
- PAYSCALE.com
- FAFSA.ED.Gov
- School Websites, Counselors, Family Connection, School Meetings & Newsletters



Some **ACTIVITIES** are **NO** addition to College **RESUMES**

- **TEXTING**
- **VIDEO GAMING**
- **SOCIAL MEDIA**
- **Binge watching NETFLIX**
- **BROWSING YOU TUBE**
- *Have the **WILLPOWER** to **SHUT OFF** the technology and **DO SOMETHING MEANINGFUL!***



SMELL THE ROSES!



LIFE is a JOURNEY

- **ENCOURAGE** your student to be their **BEST** at all times including finishing things they start.
- **BE REALISTIC** about time and talents when talking about **REACH** colleges.
- **CELEBRATE** in your child's successes and **SUPPORT** their shortcomings.
- What teenagers **LEARN** along the way is just as important as their college enrollment.
- Please **ENCOURAGE** them to **ENJOY** high school.
- *There is A COLLEGE out there for everyone!*
- **YOUR** high school is here to **HELP**.