

WELCOME, DEAR VERITASIANs



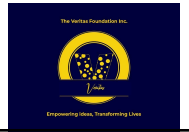
MONTH	WEEK	TASK
April: Strengthening Communication & Thought Processing	Week 1	Speaking Training (Public Speaking) Develop confidence in speaking clearly and effectively: practice voice modulation, articulation, and audience engagement.
	Week 2	Instant Thought Processing & Idea Formulation Train yourself to think quickly, structure responses logically, and articulate ideas even in impromptu situations.
	Week 3	Movie Night & Discussion Analyze themes, storytelling techniques, and character development in films. Improve critical thinking and discussion skills.
	Week 4	Visa Interview Preparation Begins Start preparing required documents, practice answering common visa interview questions, and learn about the visa process.
May: Developing Critical Reading & Writing Skills	Week 1	Intensive Reading Training Enhance reading comprehension through active reading strategies, annotation techniques, and inference skills.
	Week 2	Vocabulary Completion Goal Expand your academic vocabulary by completing vocabulary-building exercises. Use flashcards and word associations, and practice writing sentences with new words.
	Week 3	Assigned Reading Completion & AI Comparison Read assigned texts both manually and with AI tools. Compare efficiency and comprehension levels to understand your reading style.
	Week 4	Speed Reading & Identifying Main Ideas Practice scanning and skimming techniques to read efficiently while maintaining comprehension. Work on summarizing key points quickly.

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June: Academic Writing & Presentation Skills	Week 1	College Writing & Presentation Training Learn the structure of college essays, argument development, and thesis statements. Improve academic writing style.
	Week 2	Group Presentations Collaborate with peers to present on different topics. Practice teamwork, clarity in explanation, and engaging an audience.
	Week 3	Individual Presentations Develop confidence in presenting alone. Work on body language, voice modulation, and handling Q&A sessions.
	Week 4	Writing a Typical College Assignment Write an essay similar to college assignments. Focus on proper citations, structured arguments, and evidence-based writing.
July: Adapting to a New Environment & Practical Skills		
	Week 1	Preparing for Unexpected Challenges Read about cultural shocks, common freshman-year struggles, and ways to adapt effectively.
	Week 2	Researching Your College's Location Explore information on your new city/state, including weather, cost of living, and local culture.
	Week 3	Campus Job Options & Networking in Your Field Start researching on-campus jobs and internships. Build connections with professors, seniors, and professionals in your intended field.
	Week 4	Staying Updated with News & Practicing English Accent Clarity Follow U.S. news to stay informed on policies, events, and trends. Practice speaking clearly and work on adapting to different English accents.

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August: Final Preparations Before Departure	Week 1	College Readiness Study Plan Organize your study materials, create a study plan, and familiarize yourself with academic expectations.
	Week 2	Digital Skills: Typing & Coding Enhance typing speed for efficiency in assignments. Learn basic coding skills, as they can be useful across various fields.
	Week 3	Mental & Physical Wellness Preparation Review mindfulness techniques, stress management strategies, and self-care habits. If prone to weight gain, start a fitness routine.
	Week 4	Final Travel Preparations Double-check documents, book flights, plan packing lists, and review travel guidelines.

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YOUR INDEPENDENT ROLE



- **Mentorship Commitment**

Support at least three mentees by providing academic guidance and sharing experiences.

- **Career Path Exploration**

Network with professionals, engage in informational interviews and start reading industry-related materials to gain insight into your future career.

Additional:

- **Financial Planning:** Learn budgeting skills, open a bank account, and understand tuition payment processes.
- **Time Management:** Develop a structured schedule that balances academics, social life, and personal well-being.
- **Emotional Readiness:** Acknowledge possible homesickness and plan strategies to stay emotionally strong.
- **Social Integration:** Research clubs, student organizations, and campus events to make early connections.