**COLLEGE 101 – LAYING THE GROUNDWORK**

**COLLEGE 101 LAYING THE GROUNDWORK FOR COLLEGE**

**Announcement from the Desk of the DEAN**

Some high schools have both weighted (Honors, AP or IB) and unweighted classes. Weighted classes provide additional rigor and a bump in a student’s grade point by either 1 full point per semester of .5 or .333. You most likely know this already.

Example - Junior Year courses AP English Literature & Comp -- First semester grade A, which is worth 4 out of 4 points but with the AP bump an additional point is added. The 4 points becomes 5 points out of 4 points. Pre Calculus - a rigorous math course but considered College Prep and no extra bump in points. Students achieve a B+, which is worth 3 points (colleges do not provide any bump for a (+ plus) or (- minus) so the points for a College Prep B is 3 on a 4 point scale. AP US History - First semester grade A-, which is worth 4 out of 4 points but with the AP bump an additional point is added. The 4 points even though it is an A- it still becomes 5 points out of 4 points. Spanish 4 - a rigorous math course but considered College Prep and no extra bump in points. Students achieve an A, which is worth 4 points (colleges do not provide any bump for a (+ plus) or (- minus) so the points for a College Prep A is 4 on a 4 point scale.

Honors Physics - First semester grade A, which is worth 4 out of 4 points but with the Honors bump an additional point is added (some high schools only count Honors as .5 so check with your school). The 4 points with an A it becomes 5 points out of 4 points.

Total weighted GPA for the first semester is 4.4 out of 4.0 scale -- unweighted GPA is 3,8.

All colleges will count the Unweighted GPA and many of the more competitive colleges count the Weighted GPA.

As for Class Rank most schools provide both an Unweighted and Weighted Class Rank. The most competitive schools will focus on the weighted Class Rank because there are too many number 1's with an Unweighted GPA. Additionally, those same schools want a student to take the Most Rigorous classes available (AP, Honors and or IB classes)

**The DEAN”S SPECIAL ADVICE**

When selecting classes it is very important to understand your strengths and weaknesses.

The basic required curriculum/classes to graduate from high school is NOT enough to be admitted to a relatively competitive college or university. Your goal as a student should be to challenge yourself by enrolling in more competitive classes than the basics to graduate.

The most worthy curriculum/classes for a student that wants to attend a relatively competitive school --4 Years of English, 4 years of math, 3-4 years of History, 3-4 years of Foreign Language, 4 years of lab Science and additional college prep electives like Art, Drama, Psychology, Sociology, Computer Science Programming etc...

\*\*\*\* Taking the Most Rigorous classes (AP, Honors and or IB) is the standard when applying to the Most Competitive Colleges and Majors that are considered more difficult for admission - the Sciences, Biology, Chemistry, Physics, or math or Engineering, or Business (Accounting, Finance) or Computer Science or Architecture.

**\*\*\*\* Topic 2**

Below is a sample (Values Inventory) of the questions from the second of three inventories. We would like you to answer in 1-5 sentence answers after downloading the documents from our site. In response, please answer on the templates or on a separate document with the question above your answers.

**THE TOP 5 VALUES**

Values are a core component of Acceptance and Commitment Therapy. Values are used to help clients choose directions for their lives that are in line with what is truly important to them and help them construct goals that promote behavior in those directions. Values are the answer to the question: “In a world where you could choose to have your life be about something, what would you choose?”

**Instructions**

The goal of this exercise is to increase awareness of what really matters to you by identifying your top five life values. Values are the answer to the questions: What’s important to you in your life? What is your life’s purpose? What do you enjoy doing? When do you feel satisfied and fulfilled? Being aware of your values by answering the above questions will help you navigate your life in the direction that you choose. You have the potential to live the life of your dreams, but how do you do this without looking inward? Understanding our own core values help guide us towards our passions and desires. Please complete the five steps below.

1. Take ten minutes to brainstorm what your own values are without referring to the list. **Please use complete sentences.**

My values are:

2. Review the values list provided and select 3-5 new ones other than those you described in question 1 that resonate with you. **Please use complete sentences.**

Acceptance Achievement Advancement & Promotion Adventure Affection Altruism Arts Awareness Beauty Challenge Change Community Compassion Competence Competition Completion Connectedness Cooperation Collaboration Country Creativity Decisiveness Democracy Design Discovery Diversity Environmental Awareness Economic Security Education Effectiveness Efficiency Elegance Entertainment Enlightenment Equality Ethics

Excellence Excitement Experiment Expertise Exhilaration Fairness Fame Family Happiness Fast Pace Freedom Friendship Fun Grace Growth Harmony Health Helping Others Helping Society Honesty Humor Imagination Improvement Independence Influencing Others Inner Harmony Inspiration Integrity Intellect Involvement Knowledge Leadership Learning Loyalty

Magnificence Making a Difference Mastery Meaningful Work Ministering Money Morality Mystery Nature Openness Originality Order Passion Peace

Personal Development Personal Expression Planning Play Pleasure Power Privacy Purity Quality

Radiance Recognition Relationships Religion Reputation Responsibility & Accountability Risk Safety & Security Self-Respect Sensibility Sensuality Serenity Service Sexuality Sophistication Spark Speculation Spirituality Stability Status Success Teaching Tenderness Thrill Unity Variety Wealth Winning Wisdom

3. Now prioritize your values and make a selection of five of your most important values. List your top five values below:

I.

II.

III.

IV.

V.

**Discussion Question 2**

4. Take about five to ten minutes to think about, or discuss with a friend or your coach, what each of the above values means to you.

Then, generate a definition that resonates and makes sense to you.

*Value I*:

Means to me:

Is important to me because

*Value II*:

Means to me:

Is important to me because:

*Value III*:

Means to me:

Is important to me because:

*Value IV*:

Means to me:

Is important to me because:

*Value V*:

Means to me:

Is important to me because:

**Discussion Question 3 with the Dean**

**PLEASE SET UP A PHONE CALL OR ZOOM CALL WITH THE DEAN FOR 15-30 MINUTES.**

**\*\*\*\* Topic 3**

**Discussion Question 1**

Below is a sample (Social/Cultural Inventory) of the questions from the second of three inventories. We would like you to answer by putting a number next to the line of the appropriate response. In response, please answer on the templates or on a separate document with the question above your answers.

**SOCIAL- CULTURAL RIGHT FIT COLLEGE SELECTION INVENTORY**

**Location -- PLEASE SELECT 3 IN ORDER OF MOST IMPORTANT (1) TO LEAST MOST IMPORTANT (3)**

\_\_\_ Rural (away from a large town or city) **Examples** -Austin College in Sherman, Texas - Bates - Lewiston, Maine)

\_\_\_ Residential (within 30 minutes of a bigger city or town) **Examples** - Loyola University, Chicago, SUNY Purchase New York

\_\_\_ College Town (everything revolves around the college) **Examples** - University of Michigan - Ann Arbor, Michigan, Clemson University - Clemson, South Carolina

\_\_\_ Urban (big city both the city and campus are important) **Examples** - NYU - New York City, U Pennsylvania - Philadelphia, PA

**Size -- PLEASE SELECT 3 IN ORDER OF MOST IMPORTANT (1) TO LEAST MOST IMPORTANT (3)**

\_\_\_ Small - 1-5000 students - **Examples** - Occidental College -2,000 students, Oberlin College 2800 students

\_\_\_ Medium - 5,000 - 15,000 students - **Examples** - Georgetown University 14,000 students, College of Charleston 9,000 students

\_\_\_ Large - 15,000 -25,000 students - **Examples** - Georgia Tech University 19,000, University of Virginia 23,000 students

\_\_\_ Very Large - 25,000+ students - **Examples** - University of Texas Austin 48,000, The Ohio State University 53,000 students

**Climate -- PLEASE SELECT 3 IN ORDER OF MOST IMPORTANT (1) TO LEAST MOST IMPORTANT (3)**

\_\_\_ Warm or Hot most of school year - **Examples** - Eckerd College - St. Petersburg, Florida, UC San Diego - La Jolla, California

\_\_\_ Cool or Cold at least six months of school year - **Examples** - Dartmouth College - Hanover, New Hampshire, University of Minnesota, Minneapolis, Minnesota

\_\_\_ All 4 season during school year - **Examples** - University of Colorado, Boulder, Lehigh University - Bethlehem, Pennsylvania

\_\_\_ Rainy - **Examples** - University of Portland, Portland Oregon, University of Puget Sound, Tacoma, Washington

**Locale -- PLEASE SELECT 3 IN ORDER OF MOST IMPORTANT (1) TO LEAST MOST IMPORTANT (3)**

\_\_\_ In the mountains or within an hour - **Examples** - Western Washington University, Bellingham, Washington, University of Utah - Salt Lake City, Utah

\_\_\_ Near an Ocean or Bay or Gulf or within an hour **Examples** - UC Santa Barbara - Santa Barbara, California, University of Texas, Galveston, Texas

\_\_\_ Near a Lake or River good size body of water - **Examples** - Davidson College, Davidson North Carolina, University of Wisconsin, Madison

\_\_\_ Desert - **Examples** - University of Nevada Las Vegas, University of Arizona, Tucson, Arizona

**Social & Cultural Components - PLEASE SELECT 5 IN ORDER OF MOST IMPORTANT (1) TO LEAST MOST IMPORTANT (5)**

\_\_\_ Surrounded by people who are free thinkers and non-conformists

\_\_\_ Surrounded by a majority of socially conscious people

\_\_\_ Possibly joining a Fraternity or Sorority

\_\_\_ Rub shoulder with exceptionally bright and worldly sophisticated people

\_\_\_ Want to be one of the smartest people in my classes

\_\_\_ Prestigious by reputation university

\_\_\_ Very diverse gender and ethnic population among students

\_\_\_ Rah, Rah campus where people go to the games or at least the tailgates

\_\_\_ Lots of Performing Arts going on at the campus or the city near by

\_\_\_ Most students go to the Fitness Center a couple times a week

\_\_\_ Most students go to the library to study

\_\_\_ Most students go to a local coffee shop to study or stay in their room

\_\_\_ Great food on campus or within walking distance of the campus

\_\_\_ A religious affiliation on campus but not serious

\_\_\_ A religious affiliation on campus and is serious

\_\_\_ Most students attending are from the local region

\_\_\_ Most students attending are from around the country

\_\_\_ A large international student population

**Areas of Study - PLEASE SELECT 3 IN ORDER OF MOST IMPORTANT (1) TO LEAST MOST IMPORTANT (3)**

\_\_\_ Liberal Arts - English, Political Science, Psychology, Humanities etc...

\_\_\_ Sciences -- Biology, Chemistry, Physics, Environmental Sciences etc...

\_\_\_ Business -- Accounting, Finance, Marketing etc...

\_\_\_ Communications -- Film, PR, Advertising, Communications, Television etc...

\_\_\_ Arts - Music Performance, Painting, Theater etc...

\_\_\_ Engineering -- Civil, Chemical, Electrical, Mechanical etc...

\_\_\_ Agriculture -- Viticulture, Soil Science, Fruit Science, Ag Business etc...

\_\_\_ Physical Education - Kinesiology, Physiology, Coaching, Sports Training etc...

\_\_\_ Teaching - Elementary, Secondary, Special Education etc...

\_\_\_ Nursing -- Community Health, PA, Health Management

**Discussion Question 2 with the Dean**

**PLEASE SET UP A PHONE CALL OR ZOOM CALL WITH THE DEAN FOR 15-30 MINUTES.**

**From the Desk of the DEAN**

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**\*\*\*\* Topic 4**

**Discussion Question 1**

Provide your 9th - 12th grade course curriculum by utilizing your school's online curriculum guide. Please try to fill in the courses missing in the years you have not graduated too I.e if a sophomore please look forward to junior and senior year and place courses in the matrix.

We work together and refine the list after you input your courses in the matrix below.

**9th grade**

English

History

Math

Science

Foreign Language

Electives

**10th grade**

English

History

Math

Science

Foreign Language

Electives

**11th grade**

English

History

Math

Science

Foreign Language

Electives

**12th grade**

English

History

Math

Science

Foreign Language

Electives

**Discussion Question 2**

Why did you select the classes you provided - are they required or you are passionate about or both?

**Topic 1**

In order for our team to clearly understand you, the student, it is critical that we get your candid responses to Interest, Values and Social/Cultural Inventories we have created. In Topic 1 there are No wrong answers. So be frank and honest.

Below is a sample (Personal Inventory) of the questions from the first of three inventories. We would like you to answer in 1-5 sentence answers after downloading the documents from our site. In response, please answer on the templates or on a separate document with the question above your answers.

**DISCUSSION QUESTION 1**

What's something that inspires you and why?

What's your best quality and why?

What's your greatest strength outside of school and explain why?

What's one of your weaknesses you would like to improve upon and why?

What are you most proud of and why?

Who is your mentor or person you look up to and why?

**DISCUSSION QUESTION 2**

What is your dream job and why?

What does a perfect day look like from waking up to bedtime and why?

What is your favorite subject in school and why?

What is your least favorite subject in school and why?

If you could live anywhere in the world as an adult where would that be and why?

What is the best thing that has ever happened to you and why?

What is the worst thing that has ever happened to you and why?

**DISCUSSION QUESTION 3 – SET UP CALL WITH THE DEAN**

**Please have your questions and assignments available to discuss in a 15-30 minute block.**