



Choosing the College That's Right for You!

Program Agenda

Prework

Where are you in the process of selecting colleges/universities?

(A six question survey for participants)

Sessions and Subjects

1. **Leaping Into the Program**

Introductions

Who I am/What is coaching/ How I work with juniors and seniors

What should I know about you and where you are in the process?

Positive Introductions

Participants' Expectations

Defining and Describing the Elements of the College Search and Selection Process

Fieldwork: Authentic Happiness VIA Signature Strengths Survey
Personal Values Exercise

2. **Creating Your Self Portrait**

Identifying Your Strengths, Talents, Needs, Wants, and Challenges

Selecting Colleges/Universities to Visit

Creating Your Own Checklist

How will you decide?

Fieldwork: Develop list of colleges/universities to visit based on criteria reviewed and created (likelies, possibles, reaches)

3. **Planning Your First Campus Visit**

Review Personal Criteria for Selection & Initial Selections

Planning Your Day

What do you want to achieve while on campus?

Logistics

Design Your Personal Plan

Fieldwork: Develop Personal Plan for Campus Visits (to two colleges)
Make appointments at three colleges/universities



4. On Campus

Interviewing

Planning for Interviewing

What is an interview? (What are the different types of interviews?)

Who wants to achieve what?

Questions and Concerns about Interviewing

Fieldwork: Plan for Interviews

Review self-portrait

Develop answers to Frequently Asked Questions

Create five questions for interviewer (three generic questions and two specific to a college/university)

5. Practice Interviews & Constructive Feedback

Skill Practice re: Interviewing

Fieldwork: Review constructive feedback

Refine answers that posed difficult during practice interviews

Practice interview with parent or friend

6. Reflections/Future Work

Last interview/Practice Session

Revisit Plans for Campus Visits and Interviews

Resources

Creating Your Personal Profile - adjectives & nouns

Describing Your Ideal Environment

Checking Out Your Values - Values Cards

Signature Strengths Cards

Moving from Distress to Eustress

Top Ten List re: Campus Visits

Template - > Planning Your Visits

Resources (Books and websites)