



College 101



Vocabulary

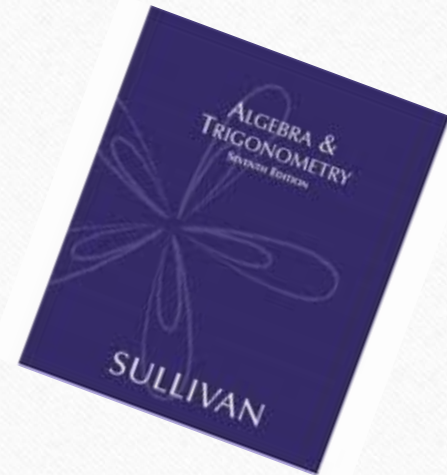
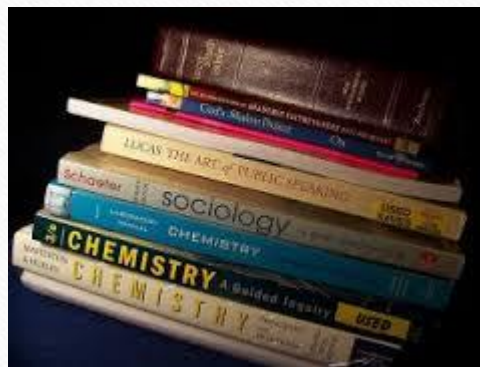
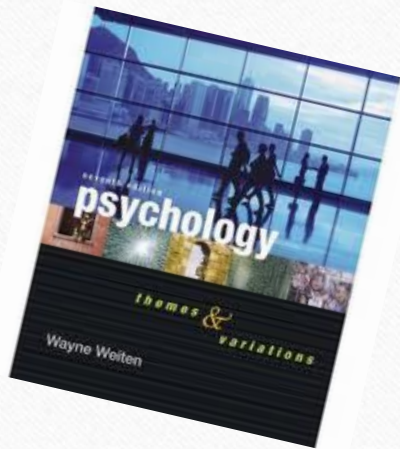
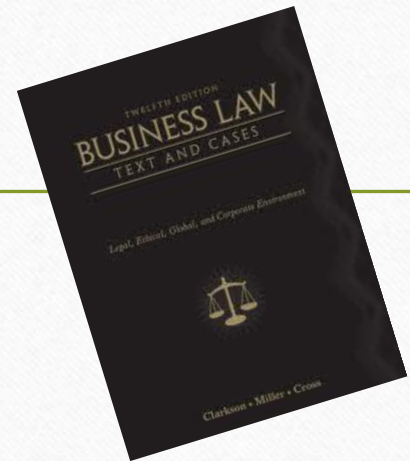
- Accreditation
- Plagiarism
- Registrar
- Transcript
- CLEP Test
- Syllabus
- Thesis



Vocabulary

- Grade Point Average (GPA)
- Major/Minor
- FAFSA
- Work-Study

Choices





Preparation for College

- Take look at your list of colleges and make sure that they still satisfy your requirements. Add and/or remove colleges as necessary.
- Make a final list of schools that interest you and keep a file of deadlines and required admission items for each school.
- Submit your college admission applications.
- Read a lot!
- Explore majors and careers.
- Realize your strengths and weaknesses



Preparation for College

- Make note of the differences between high school and college

HIGH SCHOOL	COLLEGE
Mandatory & Free	Voluntary & Expensive
Time structured by others.	You manage your time.
Permission required for extracurricular activities.	You decide extracurricular activities.
Parents & teachers set responsibilities & priorities.	You set your responsibilities & priorities.
Daily classes are one after another, 30 hrs/week.	Random day & evening, 12 to 16 hrs/week.
Not required to know what it takes to graduate.	Required to know complex graduation requirements.



Choices



vs.





Choices



vs.





What is Procrastination?

- Postponing or deferring a responsibility or activity until a future time
 - Reasons for procrastination:
 - Feeling overwhelmed by too many responsibilities
 - Feeling like you do not have the skills or knowledge to complete the task
 - Feeling unsure about what you need to do
 - Disinterest in the task at hand
 - Fear that you will get a bad grade or fail



Choices



VS.



Dealing with Procrastination

- Set realistic goals: *do not try to do too much*
- Make use of a schedule
- Do school work when your energy is at its highest
- Break large tasks into smaller ones
- Work for shorter lengths of time
- Avoid study marathons
- Create an effective place to do your school work
- Mix activities
- Reward yourself when you have completed tasks on time



Tips for better Time Management & Planning

- Get organized
- List your activities
- Create a plan for the week
- Prioritize



Activity: Try Organizing Your Week

- Soccer practice (Saturday 11:00am- 1:00pm)
- Babysit little brother (Thursday 6:00pm- 8:30pm)
- Science project due (Friday 10:00am)
- Math test (Wednesday 1:00pm)
- Book report (Tuesday 8:00am)
- Friends birthday party (Saturday 5:00pm- 8:00pm)



From College to Career

- Talk to your professors and advisors about working in your field of interest
- Research career options and explore the link between majors and jobs
- Engage professionals in your field; tryout internships in your field of study

<https://bigfuture.collegeboard.org/explore-careers/college-majors>