

# Life Hacks:

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Building Skills for a Successful Transition to College

# Agenda

1. Think, Do & Discuss with a College Personal Finance Mini Activity [7 min]
  2. Crucial Skills for a Successful College Transition [15 min]
  3. Paying-For-College Simulation [10 min]
  4. Resource Goldmine for Personal Finance & Paying for College [5 min]
-



Engaging way to bring current events into the classroom

- 5 question Kahoot
- 90 second explainer video
- Discussion prompt
- Activity ideas

**Receive every Friday morning by  
subscribing to NGPF Blog**

# FinCap Friday

Tuition, Fees, & Books, Oh My!

NGPF

The Kahoot! logo is displayed in a large, white, bold, sans-serif font with a slight 3D effect. It is centered within a solid purple rectangular background.

NGPF

Click above to let the games begin! OR

[Click here for the no-tech version with same Kahoot questions embedded in the presentation](#)

You've completed this activity, now it's time to learn more about this current event:



What advice would you give someone who believes they will never be able to afford college?



### Three Relevant Resources from NGPF:

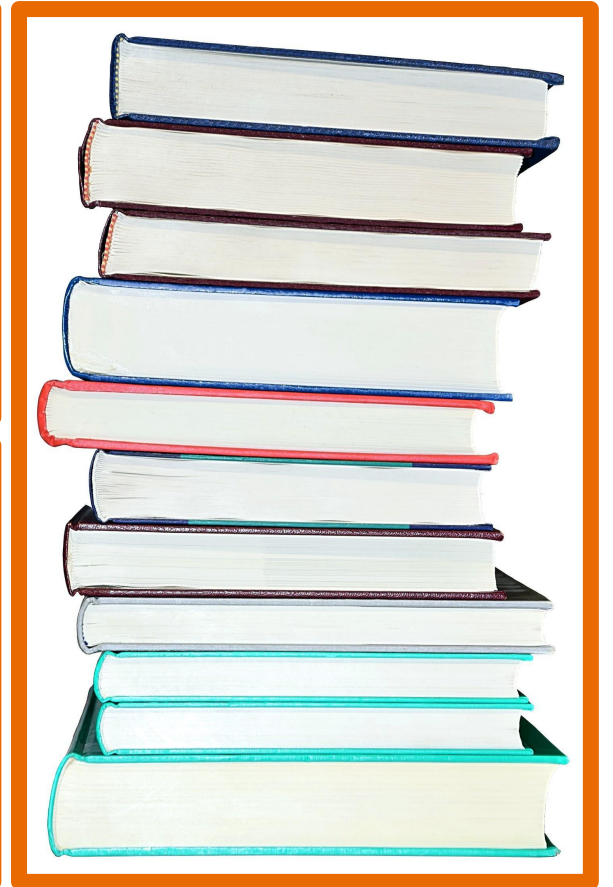
- PAYBACK ([Interactive](#))
- Finding Scholarships & Grants ([Activity](#))
- FAFSA: Gateway to Financial Aid ([Lesson](#))

### References:

- Educational Attainment in the United States: 2015 ([Census Bureau](#))
- College Costs Reach As High As \$75,000 ([The Washington Post](#))
- Discounting Keeps Climbing ([Inside Higher Ed](#))

# Some Topics in the “Transition to College” Curriculum at Eastside and CRSJ

- Executive function skills
- Personal finance
- College catalogs
- College roadmaps/4-year plans
- College note-taking
- Selecting Majors
- Resources at college
- Advice from alumni



A word cloud featuring various university-related terms. The words are arranged in a dense, overlapping manner. The colors used include shades of blue, red, purple, green, and orange. The sizes of the words vary, with some being significantly larger than others. The words include:

- FAFSA
- dorm
- health
- bluebook
- hours
- professor
- lab
- bursar
- athletics
- scholarship
- fees
- provost
- registrars
- transportation
- orientation
- housing
- midterm
- quarter
- work-study
- office
- clubs
- disburse
- dean
- grants
- syllabus
- iclicker
- textbooks
- TA
- required
- semester
- abroad
- research
- services
- advisors
- parking
- intramurals
- study



# Reading & Dissecting a Course Catalog

## Bachelor of Arts in Criminology and Criminal Justice Studies

*(See page 105 for a sample four-year program.)*

Degree Requirements	Units
General education (50, 4 units in major)	46
Major core requirements	40
CCJS electives	8
Criminal Justice and/or Social Science electives (chosen under advisement)	12
University Electives	14
<b>Total units needed for graduation</b>	<b>120</b>

Please note that transferable units from other institutions may be applied to the category "Criminal Justice and/or Social Science electives." Coursework taken at this university to complete the major requirements must be selected in consultation with your department advisor.

Upper division GE in Social Sciences may count toward the 12 units of "Criminal Justice and/or Social Science electives."

Students must consult with a faculty advisor before beginning core courses. CCJS students (majors and minors) must receive a C- or better in the core and elective courses.

## Major Core Requirements

CCJS 201 Criminal Justice and Public Policy	4
CCJS 370 Seminar in Research Methods	4
CCJS 330 Government and the Rule of Law or CCJS 404 Introduction to Constitutional Law	4
CCJS 405 Rights of the Accused or CCJS 489 Civil Liberties and the Constitution	4
CCJS 407 Police, Courts, and Community Relations or CCJS 430 Women and Crime or CCJS 470 Media, Crime, and Criminal Justice or CCJS 480 White Collar Crime	4
CCJS 420 Seminar in Criminology	4
CCJS 450 Punishments and Corrections	4
CCJS 490 Senior Seminar: Criminology and Criminal Justice Studies	4
CCJS 497 Juvenile Justice	4
CCJS 499 Internship	4*
<b>Total units in major core</b>	<b>40</b>

*\* The internship requirement may, at the department's discretion, be waived for students currently or previously employed in criminal justice or a related area. It must be substituted with another 4-unit CCJS course.*

# Creating a Roadmap

## Bachelor of Science, Biological Sciences, Human Biology Emphasis

Semester 1	Units
MATH 011	4
BIO 001 and 001L	5
WRI 010	4
CHEM 002 or 002H	4
	17

Semester 2	Units
BIO 002 and 002L	5
CHEM 010 or 010H	4
CORE 001	4
MATH 012	4
	17

Semester 3	Units
CHEM 008 or 008H	4
PHYS 018	4
Lower Division Social Science Elective	4
CSE 005/020 or MATH 015	2-4
	14-16

Semester 4	Units
Lower Division Humanities/Art Elective	4
Probability and Statistics course	4
PHYS 019	4
BIO 110	4
	16

Semester 5	Units
Upper Division Science Writing course	4
BIO 140	4
Upper Division Sci/ENGR Elective	4
	12

Semester 6	Units
BIO 101	4
Upper Division Social Science and Humanities Elective	4
Evolution Course	3
Free Elective	4
	15

Semester 7	Units
BIO 161	5
Human BIO Elective	4
Free Elective	4
	13

Semester 8	Units
Human BIO Elective	4
Psyc/Soc/Behavioral Sci Elective	4
Free Elective	4
Free Elective	4
	16

# Note-taking in College Courses

<u>DEPARTMENT</u> ▲	<u>COURSE NUMBER</u>	<u>COURSE TITLE</u>	<u>PROFESSOR NAME</u>	<u>DATE</u>
<a href="#">African American Studies</a>	<a href="#">AFAM 162</a>	<a href="#">African American History: From Emancipation to the Present</a>	Jonathan Holloway	Spring 2010
<a href="#">Astronomy</a>	<a href="#">ASTR 160</a>	<a href="#">Frontiers and Controversies in Astrophysics</a>	Charles Bailyn	Spring 2007
<a href="#">Ecology and Evolutionary Biology</a>	<a href="#">EEB 122</a>	<a href="#">Principles of Evolution, Ecology and Behavior</a>	Stephen C. Stearns	Spring 2009
<a href="#">Psychology</a>	<a href="#">PSYC 110</a>	<a href="#">Introduction to Psychology</a>	Paul Bloom	Spring 2007

Open Yale Courses ([oyc.yale.edu](http://oyc.yale.edu))



# A week in the life of a college student

## Time Management Exercise:

- History Lecture (1 hour class at same time on M/W/F)
- History Discussion (1 hour class on Wed)
- English Class (2 hour class at same time on T/Th)
- Sociology Lecture (1.5 hour class at same time on T/Th)
- Sociology Discussion (1 hour class on Fridays)
- 2 Hour Club Meeting 7pm on Wednesday
- Gym (3 days per week for 1 hour)
- Study for 26 hours of the week
- Work for 15 hours per week
- 10 hours of planned social time
- 7.5 hours of sleep per week night
- Breakfast, Lunch, Dinner
- Getting Ready for School and Bed

WEEK OF: \_\_\_\_\_

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 A.M.	SLEEP						
12:30 A.M.							
1:00 A.M.							
1:30 A.M.							
2:00 A.M.							
2:30 A.M.							
3:00 A.M.							
3:30 A.M.							
4:00 A.M.							
4:30 A.M.							
5:00 A.M.							
5:30 A.M.							
6:00 A.M.							
6:30 A.M.							
7:00 A.M.	SLEEP						SLEEP
7:30 A.M.	GETTING READY for School						
8:00 A.M.	BREAKFAST						
8:30 A.M.	COMMUTE						
9:00 A.M.	Study	English	Study	English	Study		
9:30 A.M.							
10:00 A.M.	History	Class	History	Class	History		
10:30 A.M.	Lecture		Lecture		Lecture		STUDY
11:00 A.M.							
11:30 A.M.	Lunch /	LUNCH	LUNCH	LUNCH/	LUNCH/		
12:00 P.M.	Study		History	Study	Study		
12:30 P.M.			Discussion				
1:00 P.M.	Study	Soc		Soc	Soc		SOCIAL
1:30 P.M.		lecture		lecture	Discussion		
2:00 P.M.							
2:30 P.M.	WORK		WORK			SOCIAL TIME	SOCIAL TIME
3:00 P.M.		STUDY		STUDY	STUDY		
3:30 P.M.							
4:00 P.M.							
4:30 P.M.	WORK		WORK			SOCIAL TIME	
5:00 P.M.							
5:30 P.M.	STUDY						STUDY
6:00 P.M.							
6:30 P.M.				WORK	DINNER	DINNER	STUDY
7:00 P.M.	GYM	GYM	2 hr.				
7:30 P.M.			Club		SOCIAL TIME		
8:00 P.M.			Meeting				GYM
8:30 P.M.	DINNER			DINNER	SOCIAL TIME	SOCIAL TIME	
9:00 P.M.							
9:30 P.M.							
10:00 P.M.	STUDY	STUDY	STUDY	STUDY		SOCIAL TIME	STUDY
10:30 P.M.							
11:00 P.M.							
11:30 P.M.	Getting Ready For Bed			Prep. for next day			

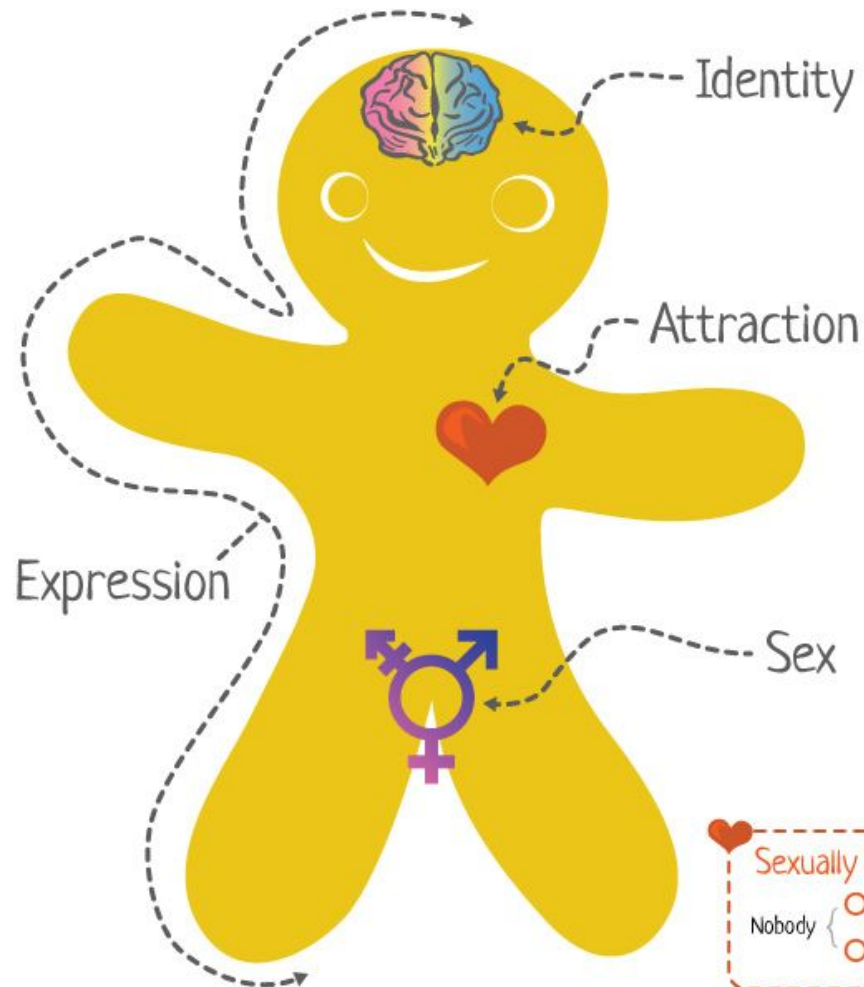
24 hrs. of studying total

www.studenthandouts.com Free K-12 Educational Materials Online

# The Genderbread Person v3.3

by its pronounced **METROsexual**.com

Gender is one of those things everyone thinks they understand, but most people don't. Like *Inception*. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for gender understanding. It's okay if you're hungry for more. In fact, that's the idea.



⊘ Indicates a lack of what's on the right.

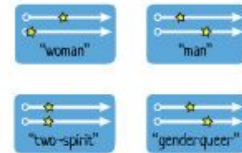
## Gender Identity

Plot a point on both continua in each category to represent your identity; combine all ingredients to form your Genderbread

4 (of infinite) possible plot and label combos

Woman-ness  
Man-ness

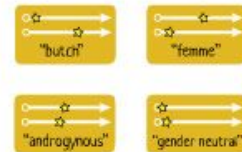
How you, in your head, define your gender; based on how much you align (or don't align) with what you understand to be the options for gender.



## Gender Expression

Feminine  
Masculine

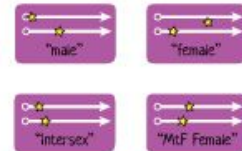
The ways you present gender; through your actions, dress, and demeanor; and how those presentations are interpreted based on gender norms.



## Biological Sex

Female-ness  
Male-ness

The physical sex characteristics you're born with and develop, including genitalia, body shape, voice pitch, body hair, hormones, chromosomes, etc.



## Sexually Attracted to

Nobody {  
Women/Females/Femininity  
Men/Males/Masculinity

## Romantically Attracted to

Nobody {  
Women/Females/Femininity  
Men/Males/Masculinity

In each grouping, circle all that apply to you and plot a point, depicting the aspects of gender toward which you experience attraction.

For a bigger bite, read more at <http://bit.ly/genderbread>



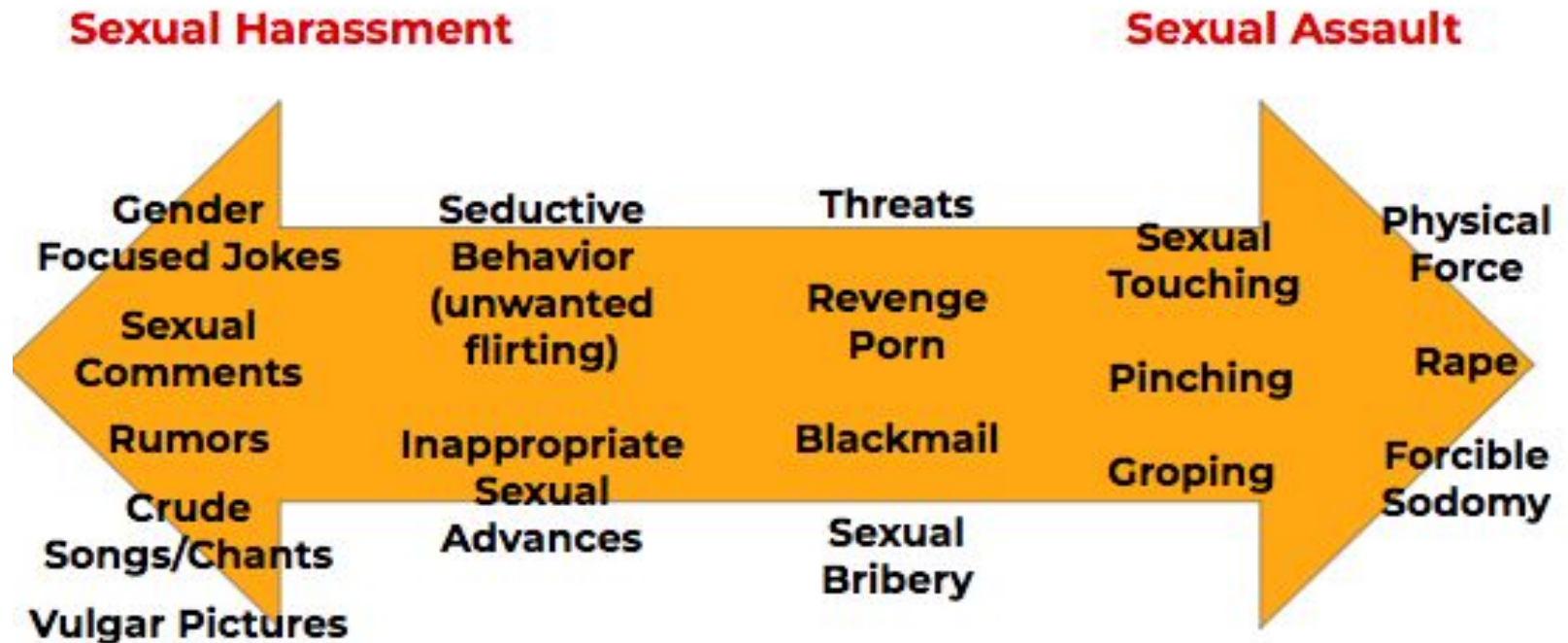
# CONSENT

IT'S SIMPLE AS TEA

## *Sexual Assault & Sexual Harassment*

Discussion on:  
Effectiveness of  
Family Planning  
Methods, Legal  
Concerns, and STI  
transmission

### Continuum of Harm



# Diversity/Identity: Why I Belong in College

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Watch Movie: Dear White People

(3 days- introduction/discussion)

Extra credit for completing viewing guide

Current 1st Gen College student  
presentations

Students gave presentations to Class





Rubric:  
Background Information  
Marginalized/Privileged Identities  
Fears of Being in College  
Support Network

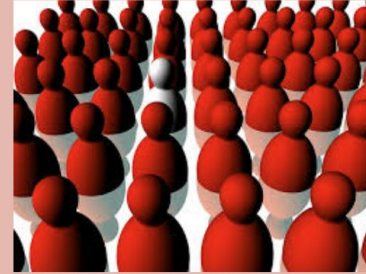
### *Privileged Identities*



### *Marginalized Identities*



### *My Fears of Being a Student of Color in College*



### *Why I Deserve to Be at Cornell?*

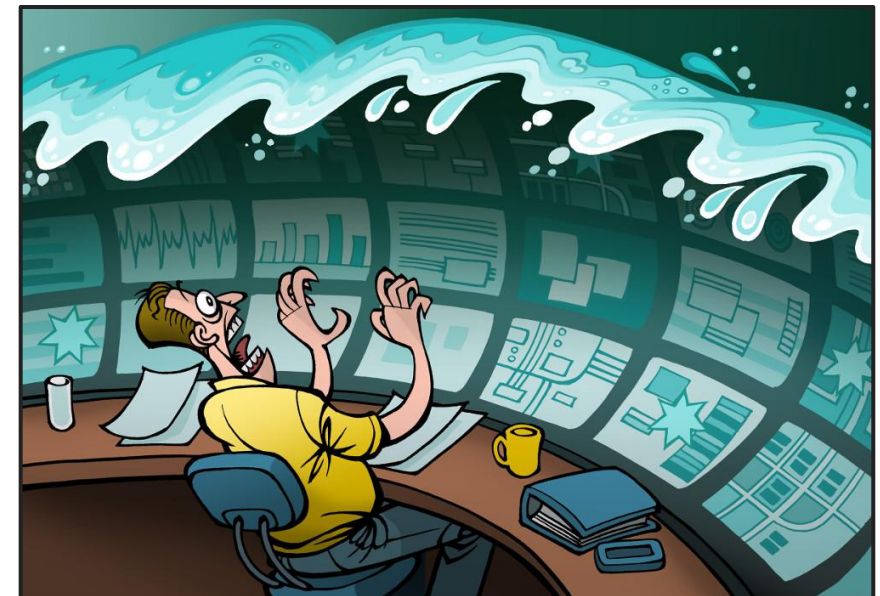
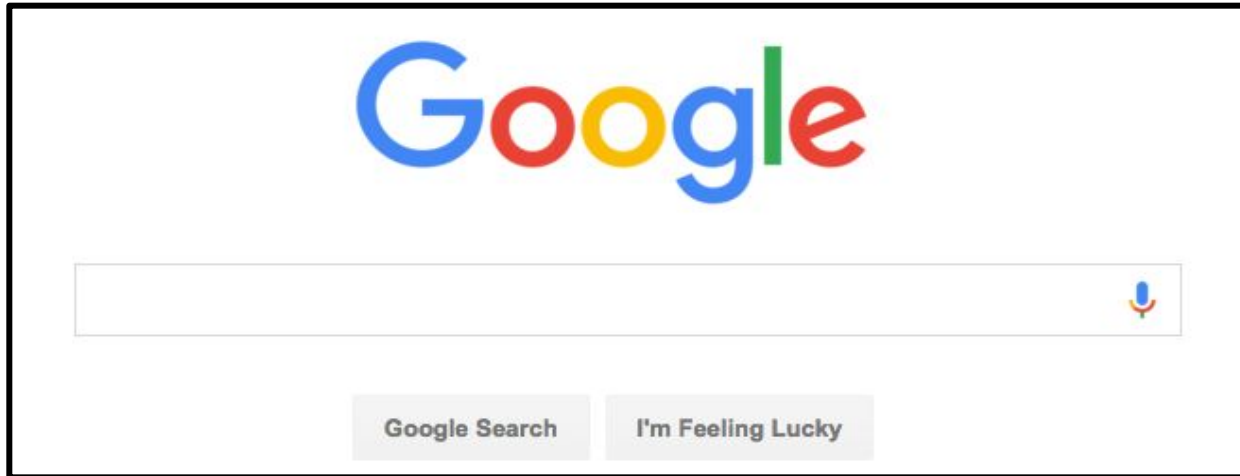


# Methods of instruction

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- Make it interactive (e.g., role play)
- Make it personal (use anecdotes or testimonials from alumni or other near-peers)
- Bring in guests/experts







The screenshot shows a Google search interface with the query "credit card lessons". The search bar is at the top, and the results are listed below. A red line points from a callout box to the search results text.

Google credit card lessons

All Images Shopping Videos News More Settings Tools

About 25,300,000 results (0.63 seconds)

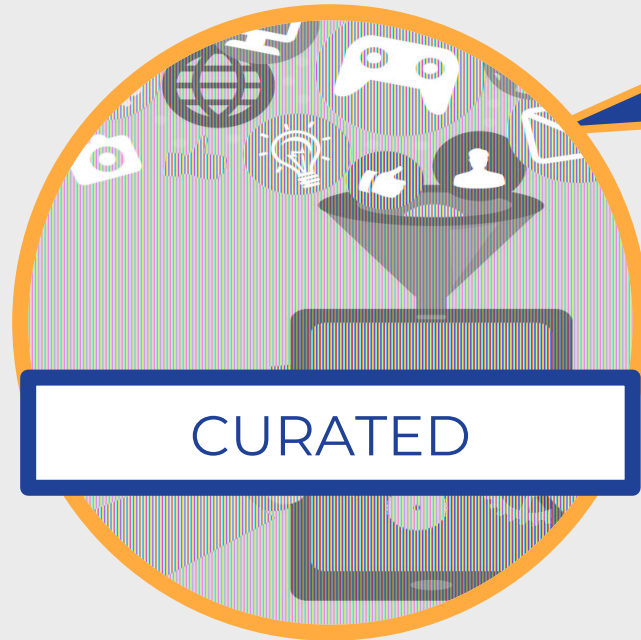
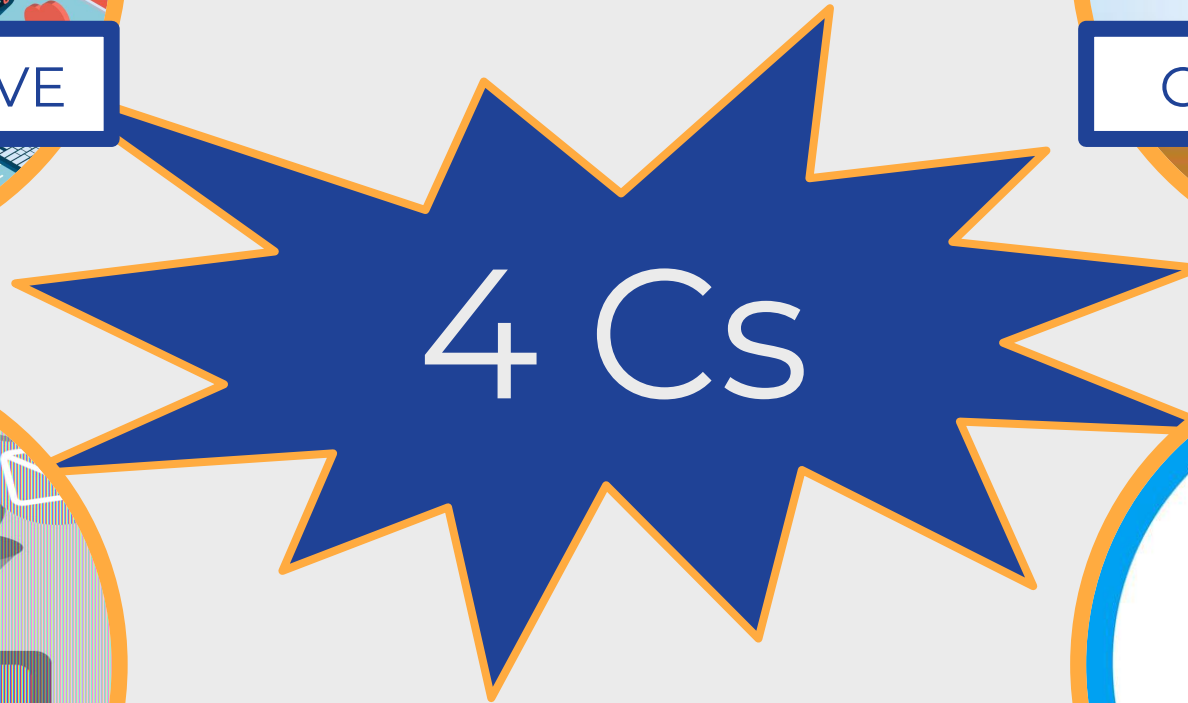
**Credit Cards - Lessons for Educators - ngpf.org**  
[www.ngpf.org/](http://www.ngpf.org/) ▼  
 Lessons, activities and projects to teach students how to manage their credit  
 Professional Development · Accessible Anywhere · Full Semester Course · 12 Standalone Units  
 Courses: Budgeting, Checking, Saving, Investing  
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**Free Financial Literacy Lesson Plans for High School Teachers**  
<https://www.incharge.org/financial-literacy/resources-for-teachers/high-school/> ▼  
 These and other questions will be answered in this lesson as students learn about credit cards, and the different types of cards available and features of each, ...

**Lesson: Your Credit Card | Econedlink**  
[www.econedlink.org/teacher-lesson/1025/Your-Credit-Card](http://www.econedlink.org/teacher-lesson/1025/Your-Credit-Card) ▼  
 Students will compare credit cards by looking at the amount of interest they will incur when paying off the balance on their purchases. Students will discuss times ...

**Free Credit Lesson Plans for Elementary, Middle & High School ...**  
[www.comparecards.com/.../free-credit-lesson-plans-for-middle-school-and-high-scho...](http://www.comparecards.com/.../free-credit-lesson-plans-for-middle-school-and-high-scho...) ▼  
 Nov 9, 2016 - CompareCards now has an education center that includes two free downloadable lesson plans for middle school and high school teachers, focused on educating our youth about credit and money management. The younger generation is building credit card debt at a rapid speed, and many of ...

About 25,300,000 results (0.63 seconds)










## [www.ngpf.org](http://www.ngpf.org)

<u>Curriculum</u>	<u>Resources</u>	<u>Community</u> 	<u>Teacher PD</u>	<u>#FinHero</u>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Units</li> <li><input type="checkbox"/> Semester Course</li> <li><input type="checkbox"/> 8-Week Course</li> <li><input type="checkbox"/> 18-Hour Workshop</li> <li><input type="checkbox"/> 8-Hour Workshop</li> <li><input type="checkbox"/> Middle School</li> <li><input type="checkbox"/> Assessments</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Activities</li> <li><input type="checkbox"/> Projects</li> <li><input type="checkbox"/> Case Studies</li> <li><input type="checkbox"/> Question of the Day</li> <li><input type="checkbox"/> FinCap Friday - NEW!</li> <li><input type="checkbox"/> Number Chugs</li> <li><input type="checkbox"/> Interactive Library</li> <li><input type="checkbox"/> Quiz Games Library</li> <li><input type="checkbox"/> Video Library</li> <li><input type="checkbox"/> Data Crunch</li> <li><input type="checkbox"/> The Fine Print</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Blog</li> <li><input type="checkbox"/> Podcasts</li> <li><input type="checkbox"/> NGPF Fellows</li> <li><input type="checkbox"/> Contests</li> <li><input type="checkbox"/> Flash Surveys</li> <li><input type="checkbox"/> Newsletters</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> FinCamps</li> <li><input type="checkbox"/> Teacher Toolkit</li> <li><input type="checkbox"/> Webinars</li> <li><input type="checkbox"/> PLC</li> <li><input type="checkbox"/> Conferences</li> <li><input type="checkbox"/> Summer Institute</li> </ul>	<p>Become a FinHero today!</p>

# Contact us

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