

De-Stress Your Fall
With a Summer
Application Workshop

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Rocklin High School
College and Career Center



Why the need?

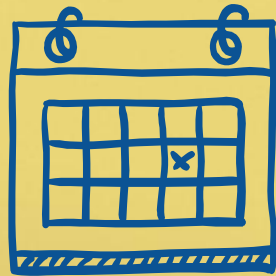
"Without the workshop I would be completely clueless and I feel like I would not have started applying till way later which would've been more stressful."

"The process is intimidating but this workshop helps you start and overcome some of the fear."

"I liked how we were able to work on actual applications together because it took away some of the fear in starting them."

"I had no idea how important the application essay is before this class. I really appreciate the explanation and feedback on the essays and being able to see the application as a whole."

- X one week
- X beginning of August
- X essays and applications
- X teachers, counselors, admission
reps
- X 40 students max





Challenges and changes

TOPICS COVERED

- x College Fit/List/Search
- x Admissions Basics
- x Mental Wellness
- x Holistic Review
- x Essays - main, supplemental, PIQ's
- x Activities List
- x Letters of Recommendation
- x Test Scores and Transcripts
- x CSU App
- x UC App
- x Common App
- x Financial Aid/Scholarships
- x Visits and Interviews
- x College Experience



Day 1 (Jun)

- Pre-survey/Welcome
- 150 Questions
- The Basics
- Mental Wellness
- Vulnerability Exercise
- Values/Tree Exercise
- Holistic Review
- Case Study
- 10 Things
- Activities List Creation
- Letter of Rec

Day 2 (Jun)

- Did You Know?
- App Essay Intro
- Prompts
- Connect prior brainstorming activities
- Writing in Your Voice
- Get Your Story Out (x2)
- Curating Your Activities List
- The "Why College x?" Essay

Day 3 (Jun)

- Essay structure
- CSU App
- Cal Colleges Course Entry
- Financial Aid
- Scholarships
- Admissions Rep Presentations
- Essay Revision Presentation
- Activity List Feedback from Reps

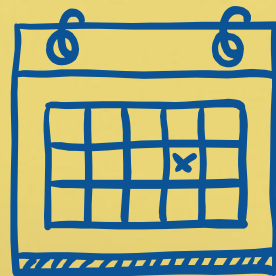
Day 4 (Aug)

- List Review/Revision
- Ordering Transcripts + Test Scores
- Admissions Rep Presentations
- UC App Presentation + Work Time
- Essay Feedback from Reps

Day 5 (Aug)

- Admissions Rep Presentations
- Common App Presentation + Work Time
- Essay Feedback from Reps
- Alumni Panel
- Post-survey

- X Pre-survey/Welcome
- X 150 Questions
- X The Basics
- X Vulnerability Exercise
- X Values/Tree Exercise
- X Holistic Review
- X Case Study
- X 10 Things
- X Activities List Creation
- X Letter of Rec
- X Mental Health

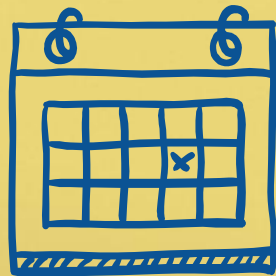


Day 1

Evening Parent Meeting:

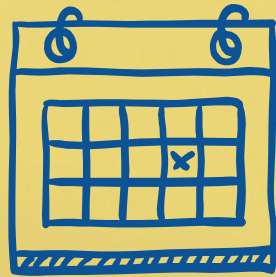
- Expectations
- Agenda
- Reality Check
- Mental Health Awareness/Resources

- X Did You Know?
- X App Essay Intro
- X Prompts
- X Connect prior brainstorming activities
- X Writing in Your Voice
- X Get Your Story Out (X2)
- X Curating Your Activities List
- X The "Why College X?" Essay



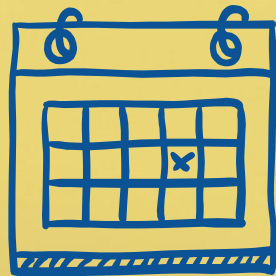
Day 2

- X Essay structure
- X CSU App
- X Cal Colleges Course Entry
- X Financial Aid
- X Scholarships
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- X Activity List Feedback from Reps



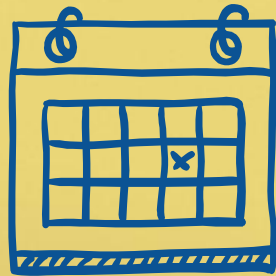
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- X UC App Presentation & Work Time
- X Essay Feedback from Reps



Day 4

- X Admissions Rep Presentations
- X Common App Presentation and Work Time
- X Essay Feedback from Reps
- X Alumni Panel
- X Post-survey



Day 5

Day 1 (Jun)

- Pre-survey/Welcome
- 150 Questions
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- Values/Tree Exercise
- Holistic Review
- Case Study
- 10 Things Activities List Creation
- Letter of Rec

Day 2 (Jun)

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Day 4 (Aug)

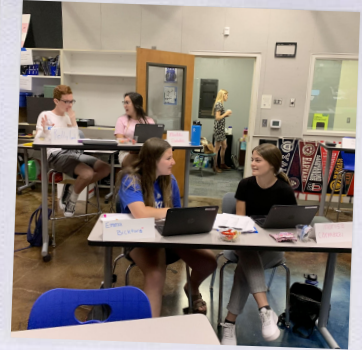
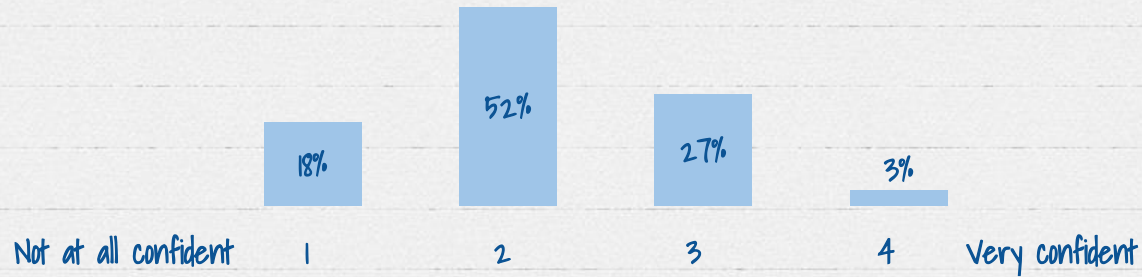
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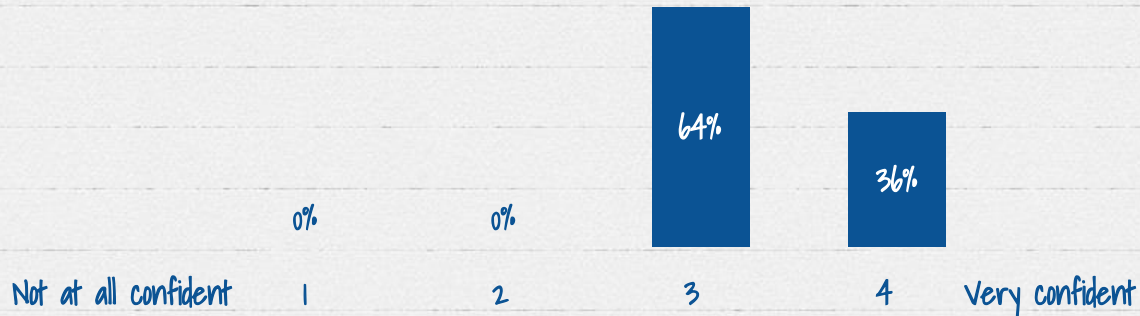
How Confident are you that you understand the admissions selection process at the colleges where you intend to apply?

Prior to the program



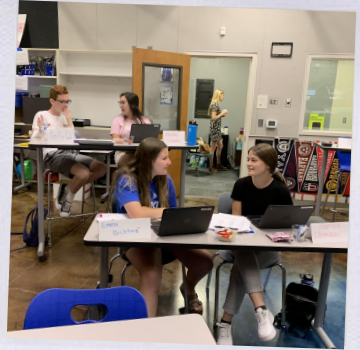
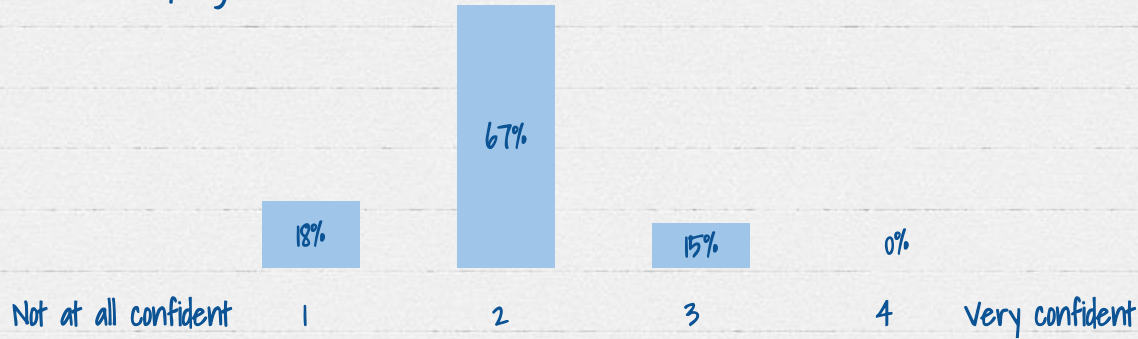
How Confident are you that you understand the admissions selection process at the colleges where you intend to apply?

After the program



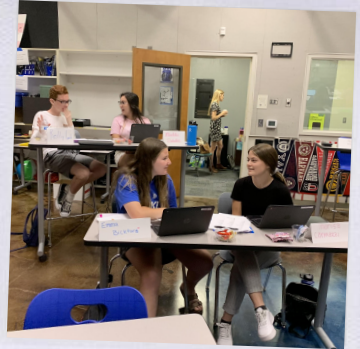
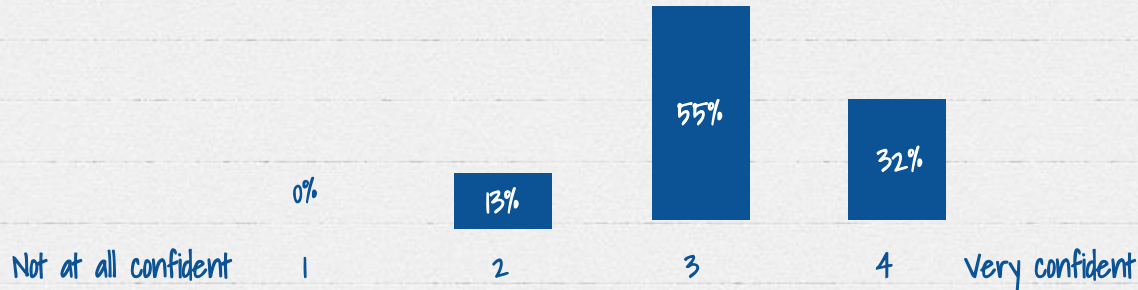
How confident do you feel that you could complete a quality college application with the understanding you currently have of the process?

Prior to the program



How confident do you feel that you could complete a quality college application with the understanding you currently have of the process?

After the program



RESOURCES

150 Questions Brainstorming Activity:

bit.ly/150brainstorm

Strong Verb List:

<http://bit.ly/activityverbs>

Scholarship Organizer:

<http://bit.ly/scholarshiporg>

College List/Fit Worksheet:

<http://bit.ly/listfit>

Survey Questions:

<http://bit.ly/prepostsurvey>

Thecollegeessayguy.com

