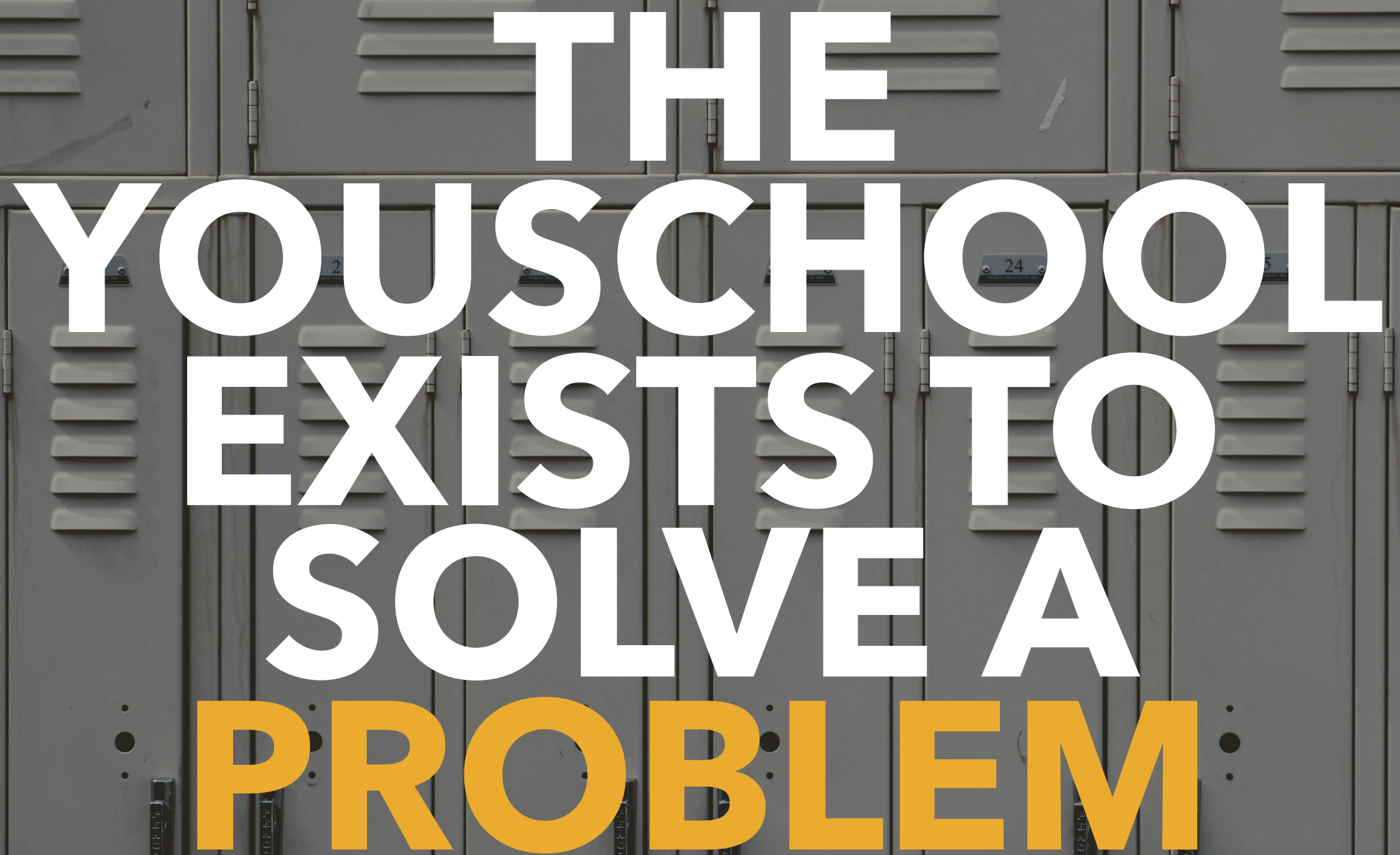




HELLO

WELCOME TO THE YOUSCHOOL



THE
YOU SCHOOL
EXISTS TO
SOLVE A
PROBLEM

You can go to school from Kindergarten through college graduation and not take one class about **how to understand yourself.**

**TRANSITION
COLLEGE
PREP**



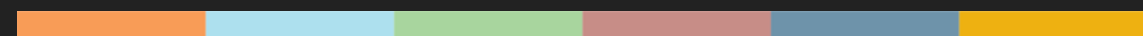
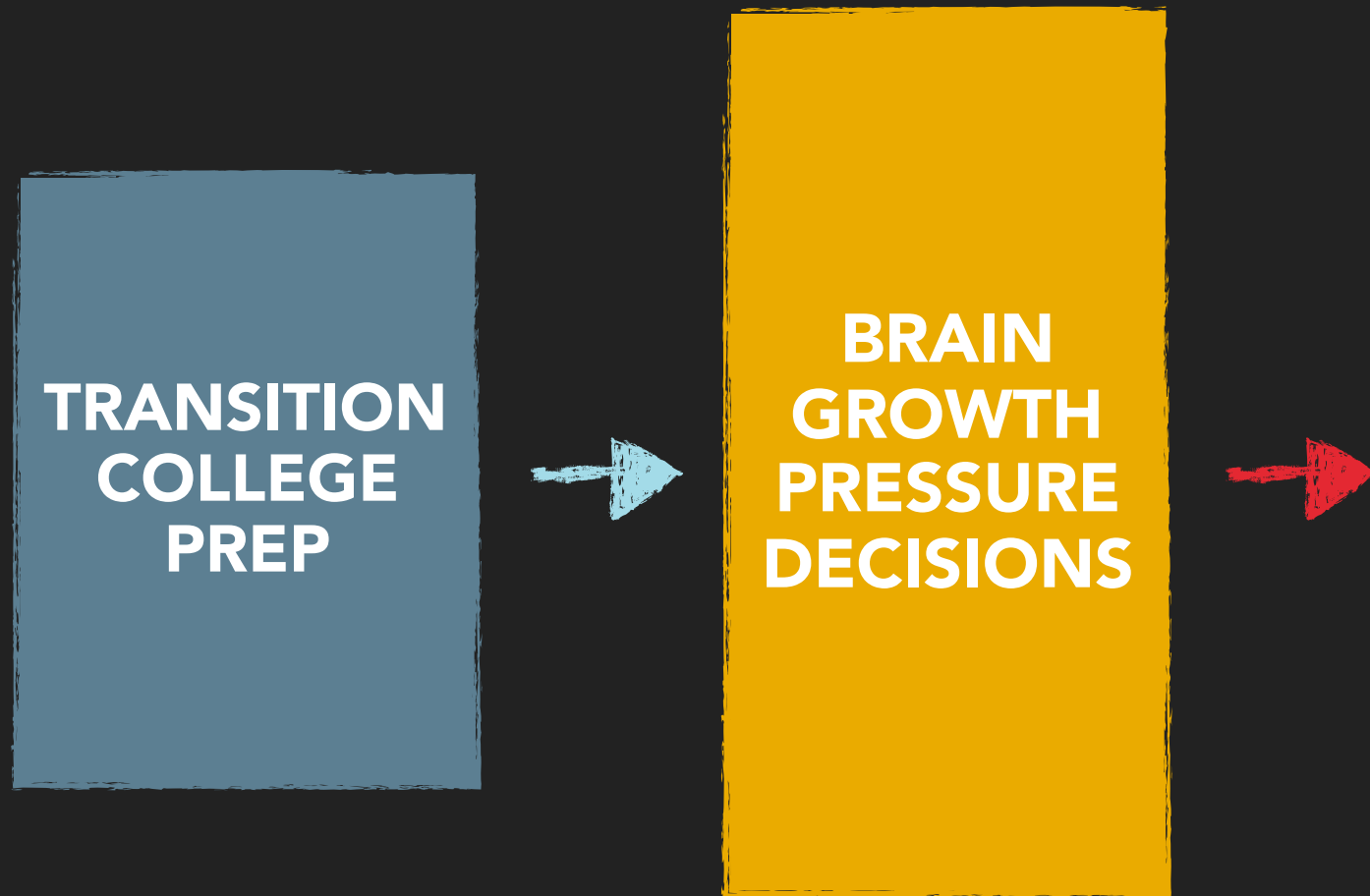
**TRANSITION
COLLEGE
PREP**



Students are overwhelmed with stress and anxiety, and lack the tools they need to thrive as self-aware, mature adults.

Stress does not mix well with clarity or wise decision making.

STRESS PROBLEMS



STRESS PROBLEMS

TRANSITION
COLLEGE
PREP

STRESS
PRESSURE
DECISIONS
PARENTS
SAT, ACT
CAMPUS
VISITS
APPS
ESSAYS
PEERS

Few rituals in American society carry more pressure or the threat of shattered self-esteem. Few tokens carry more worth than acceptance to a 'name' college or university—in many communities, college acceptances are the most important measure of success.

Brennan Barnard

"College Admission Has The Cultural Capital To Drive Suicide Prevention"

Forbes Magazine, June 2018

The biggest problems I'm seeing are...

APRIL SENIOR
"Why didn't I do more this summer?"

MARCH SENIOR
"Oh no- I didn't get in"

FEBRUARY SENIOR
"I'm waiting, I'm waiting..."

NOVEMBER-JANUARY SENIOR
"How am I not done applying yet?"

OCTOBER SENIOR
"OMG!!!"

SEPTEMBER SENIOR
"Classes, papers, tests, visits, apps"

SCHOOL STARTS
"Why didn't I do more this summer?"

SUMMER
"I just want to relax"

JUNIOR YEAR END
"Oh no- what have I done?"

MAY SENIOR
"Here we go!"

JUNIOR YEAR MID-POINT
"I haven't started anything yet"

JUNIOR YEAR STARTS
"This year is going to destroy me"

STRESS PROBLEMS

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AUTO-PILOT
REACTIVE
AVOIDANT
IMPULSIVE
DEFENSIVE
PESSIMISTIC





ANNA

UNDER- RESOURCED

Students don't get taught how to understand themselves, what story they live in and how to author their own authentic story.

Too many **students** to help.

What's your **student:counselor ratio**?

It's a little crazy, yeah- I have over 450 students I'm responsible for, many of them I hardly know or don't know at all. And they ALL need support and guidance. I wish I could do more.

- Real Life Counselor

WE HAVE AN
OPPORTUNITY TO
GUIDE STUDENTS
THRU STRESS AND
PRESSURE SO
THEY MATURE
AND FLOURISH

I wish our students knew...



HELLO

WELCOME TO THE YOUSCHOOL

**WE ARE A
COMPREHENSIVE
SOCIAL-EMOTIONAL
LEARNING
PLATFORM
FOR THE CAMPUS**

SEL IMPLEMENTATION ON CAMPUS

11:1

return on investment (\$)



behavior
campus safety
attitude
employability
motivation
self-awareness
self-direction
empathy

11%

academic gains



FIRST, GET
CLEAR ABOUT
WHAT SUCCESS
LOOKS LIKE

What do you hope your students are like
when they graduate from high school?

OUTCOMES



STRESS OPPORTUNITY

TRANSITION
COLLEGE
PREP



STRESS OPPORTUNITY

TRANSITION
COLLEGE
PREP

STRESS
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PEERS

STRESS OPPORTUNITY

PROCESS

TRANSITION
COLLEGE
PREP

STRESS
PRESSURE
DEADLINE
PARENTS
SAT/ACT
CAMPUS
VISITS
APPS
ESSAYS
PEERS

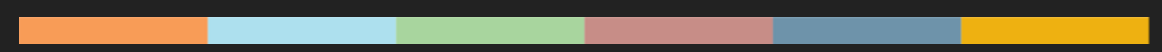
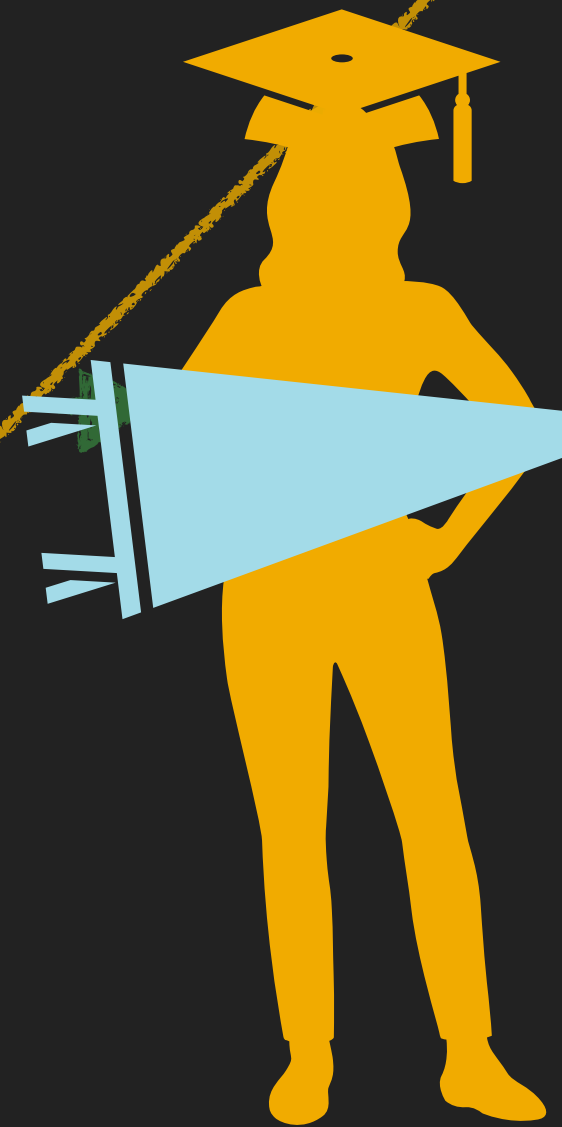
STRESS OPPORTUNITY

PROCESS

TRANSITION
COLLEGE
PREP

STRESS
PRESSURE
DEADLINES
PARENTS
SAT/ACT
CAMPUS
VISITS
APPS
ESSAYS
PEERS

WISE
INFORMED
REFLECTIVE
OPEN
OPTIMISTIC
PURPOSE
RIGHT PATH
RIGHT REASONS



If I could reorganize school to be better designed for mental health and wellness related to college prep, I would...

A blurred background image of a classroom. In the foreground, a teacher in a checkered shirt is leaning over, looking at a student's work. Other students are visible in the background, some sitting at desks. The overall scene is a typical classroom environment.

ALL STUDENTS NEED
a **PROCESS**
a **GUIDE** and
HEALTHY PEOPLE
TO DISCOVER & LIVE
THEIR REAL STORY

THE YOUSCHOOL PROCESS

GUIDED SELF-
REFLECTION

+

PEER
INTERACTION

+

+

TRAINED
GUIDE

+

LIFE ADVISORS



OUR VISION

THAT ALL STUDENTS HAVE
CLARITY ABOUT WHO THEY
ARE AND CONVICTION
AROUND WHAT THEY WANT
AND NEED TO MAKE THEIR
DREAMS A REALITY

ADMIN TEAM

PROFESSIONAL DEVELOPMENT

COUNSELORS

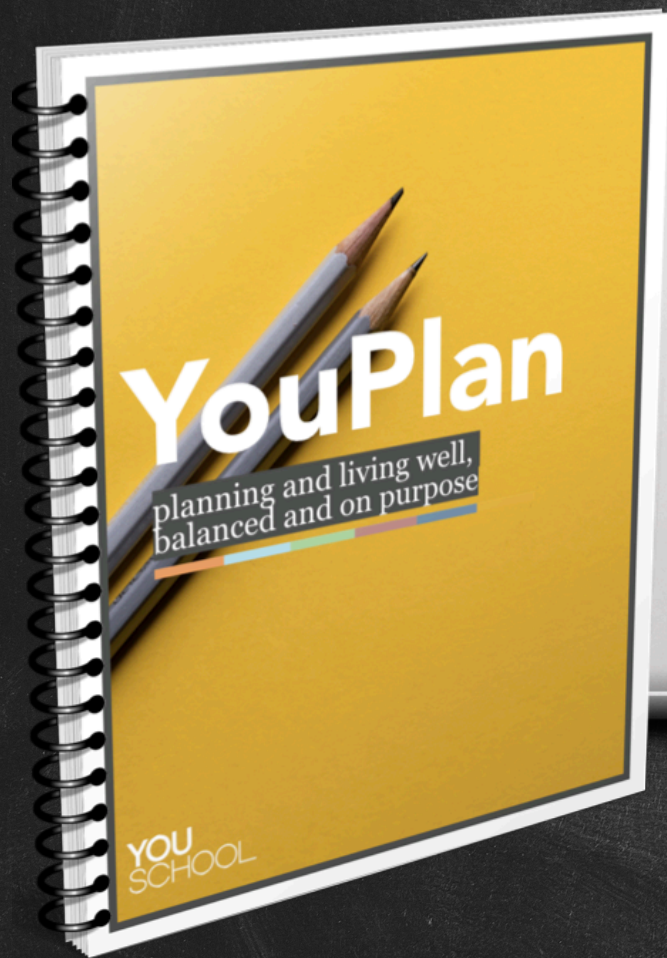
ASB / LEADERSHIP ORGS

CLASSROOM CURRICULUM

STUDENT TOOLS

ATHLETICS

PARENT EDUCATION



ADMIN TEAM

PROFESSIONAL DEVELOPMENT

COUNSELORS

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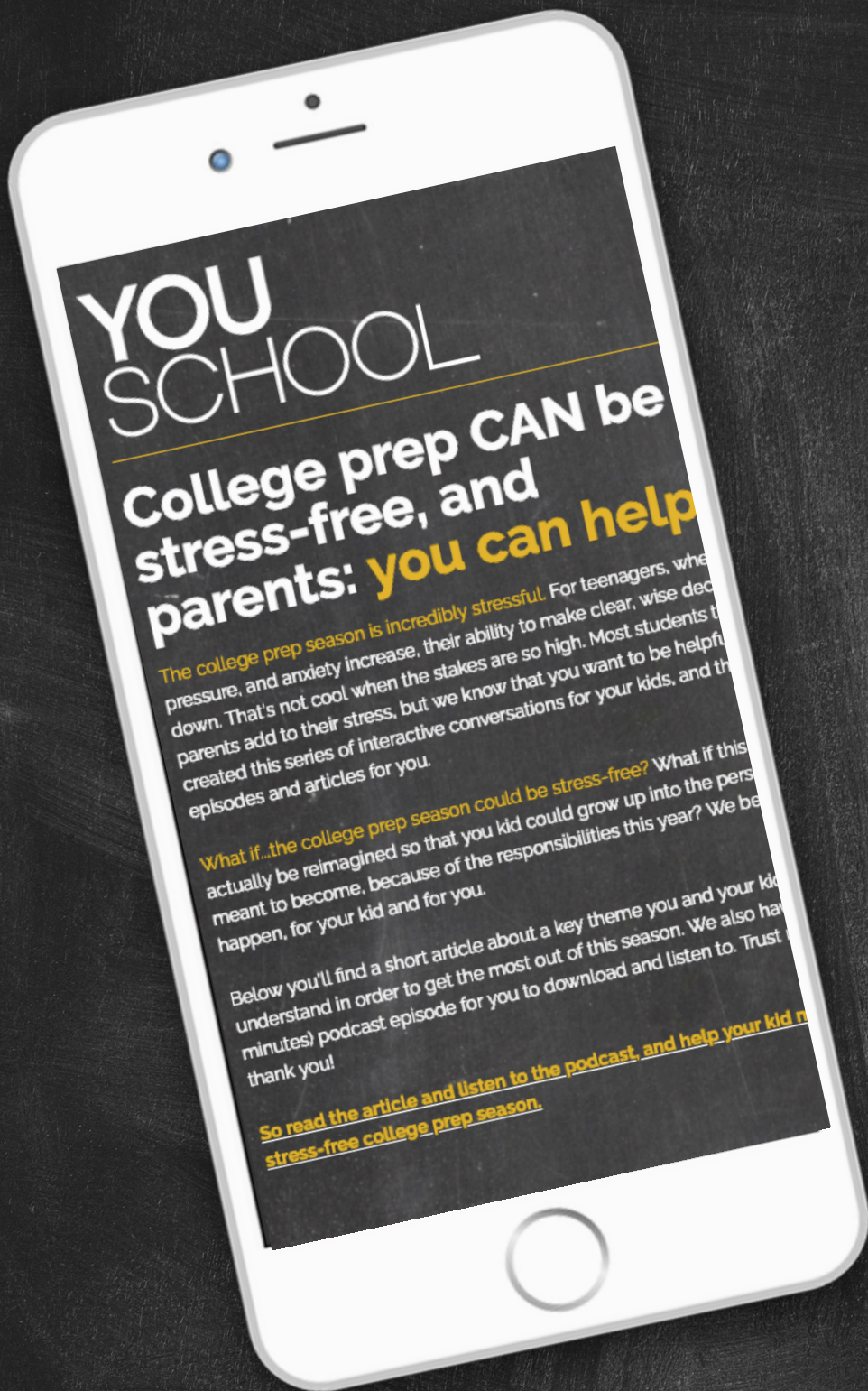
ATHLETICS

PARENT EDUCATION

CONNECTING

CONNECTING

SCHEDULE: 15 MINUTE CALL



CONNECTING

SCHEDULE: 15 MINUTE CALL

READ: e-BOOK ON STRESS/COLLEGE



CONNECTING

SCHEDULE: 15 MINUTE CALL

READ: e-BOOK ON STRESS/COLLEGE

PRINT: STRESS CALENDAR POSTER



CONNECTING

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PRINT: STRESS CALENDAR POSTER

INQUIRE: THE STRESS-FREE COLLEGE PREP CALENDAR AND CURRICULUM



YOUR REAL COLLEGE ESSAY COURSE

YOU
SCHOOL

MacBook Air

STRESS-FREE COLLEGE PREP

YOU
SCHOOL

THINK

YOU
SCHOOL



STRESS PACKAGE

Interactive workshops

Guided 1:1 conversations

Emails to parents

Podcasts home to parents

Stress poster

e-Book



JARED

THANK YOU

bit.ly/stressfreecollegepreppackage

WHAT IF COLLEGE PREP WASN'T SO STRESSFUL?



JUNIOR YEAR STARTS
"This year is going to destroy me"

JUNIOR YEAR MID-POINT
"I haven't started anything yet"

JUNIOR YEAR END
"Oh no- what have I done?"

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"Here we go!"

BREATHE
"I'm going to take it one day at a time"

EXPLORE
"I'm going to take the first step"

OWN
"I am who I am, I have what I have"

LISTEN
"My parents & counselors say I should get going"

HUSTLE
"It's time to get on it"

PRESENT
"There's too much going on, but I'm not going to miss the moment"

ASK
"Can you help me?"

TELL
"I'm just going to own my story and see what happens"

HOPE
"It's all going to work out for my good"

FEEL
"I'm going to feel disappointed today, but tomorrow..."

PIVOT
"My plans have changed, but that's ok"

THINK
"I've done the best I can do and am making the best choice I can make"

NEXT STEPS

SCHEDULE: 15 MINUTE CALL

READ: e-BOOK ON STRESS/COLLEGE

PRINT: STRESS CALENDAR POSTER

**USE: THE STRESS-FREE COLLEGE PREP
CALENDAR AND CURRICULUM**

~~\$249~~
\$199

