

OnTrack Workshop Descriptions

High School Success

Navigating High School

In this workshop, students will gain a sense of what to expect in high school and learn advice and tips to navigate and succeed in high school. In addition, students will reflect on their educational journeys so far, and consider their goals and standards for high school.

By the end of this workshop, students will...

- Gain a solid understanding of the difference in responsibilities, pressures, and workload between middle school and high school
- Feel excited and confident about high school and the opportunities for growth available to them
- Practice the power of reflection by reflecting on their educational journey so far and their expectations of high school and themselves

Goal Setting and Planning

In this workshop, students will learn what makes meaningful goals and the steps needed to complete them. Additionally, we'll talk about the relationship between personal development and goal planning and completion.

By the end of the workshop, students will...

- Learn the importance of goals and goal setting
- Assess the meaning and purpose of their own goals in alignment
- Gain tips on how to organize their goals

Social Media Usage

In this workshop, students will learn the importance of being mindful of their online activity and the responsibility they hold in aligning “who they are offline with who they are online.” Additionally, they’ll learn how to repurpose their use of social media for their own personal growth and overall benefit.

Students will...

- Discuss the different ways that social media can be used for harm and good
- Understand the importance of social responsibility and social media usage
- Learn how to use social media for personal growth and positive representation

Self-Advocacy: Ensuring Your Own Success

In this workshop, students will learn skills, strategies, and concepts that will empower them to advocate for themselves when necessary. Additionally, they’ll understand how developing self advocacy connects to ensuring their own personal success.

Students will...

- Discuss what self advocacy means and what it looks like
- Learn different ways they can advocate for themselves
- Understand how self advocacy is a skill that facilitates success and what that looks like

Post-Secondary Options

In this workshop, students will learn about the different post-secondary options available to them after high school. They will also learn how each option may better

suit students with specific preferences, and what statistics say about certain pathways.

By the end of the workshop, students will...

- Know what options they have available to choose from to pursue after high school
- Understand how each post-secondary option matches students with differing needs and wants
- Answer questions that will help them assess what post-secondary option may be the best choice for them

College Planning

Essay Writing (College Admissions and/or Scholarships)

In this workshop, students will learn more about the specific structure and asks of a college admission and/or scholarship essay. Additionally, they'll learn key points about what makes a memorable college admissions/scholarship essay.

By the end of the workshop, students will...

- Read highly acclaimed college admission and scholarship written essays to understand what makes a strong essay
- Learn the components and aspects of a compelling essay
- Understand that the personal statement is a reflection of who the student is

College Planning

In this workshop, participants learn what the college planning process really consists of. Additionally, participants will review a timeline of tasks to complete and when related to college planning.

By the end of the workshop, students and parents will...

- Know the important responsibilities, tasks, and deadlines to keep in mind when thinking about going to college
- Know strategies to organize their college planning progress
- Know resources that support their college planning process

The College Application Process

In this workshop, participants will learn about the different components that make up the college application process. Additionally, participants will review a timeline of important tasks to complete and when that works towards completing their college application.

By the end of the workshop, Students and parents will be able to...

- Identify strategies to organize their college applications
- Understand the importance of developing skills and participating in extracurriculars leading up to the college application
- Recognize resources and people that are helpful to turn to while completing the application process

Components of the College Application

In this workshop, participants will gain an overview of the different requirements necessary to complete the college application. Additionally, participants will understand how to successfully organize and compose their application.

By the end of the workshop, students and/or parents will be able to...

- Describe the components of a traditional college application
- Understand what the Common Application is and how it can benefit them
- Learn tips and strategies that will enable them to complete their college applications more efficiently

Demystifying College

In this workshop, participants will talk about what college means to them and how their expectations and identities contribute to this meaning. Then, participants will

unpack the characteristics of college and explore their own worries and excitements related to attending college.

By the end of the workshop, students will...

- Talk about the impact and purpose of post-secondary attainment
- Understand the characteristics of college and college life
- Share and discuss their feelings related to going to college

College Affordability

What is Financial Aid?

In this workshop, students will gain a general overview of what financial aid is and the different types of financial aid available to them.

By the end of the workshop, students and/or parents will:

- Discuss the purpose and impact of financial aid
- Learn different resources helpful for navigating the financial aid system
- Review different types of financial aid, and where the money comes from

Understanding the Free Application for Federal Student Aid (FAFSA)

In this workshop, participants will gain an overview of what the FAFSA is, and the components of the application. Additionally, participants will learn how the FAFSA is completed, varies based on each students' individual situation.

By the end of the workshop, students and/or parents will:

- Learn what the FAFSA is, and its importance
- Understand how the FAFSA may differ according to specific situations
- Review some parts of the FAFSA and its application requirements

Scouting for Scholarships

In this workshop, students will learn about the importance of scholarships, the different kinds of scholarships, and how to apply for them. Additionally, they'll learn about "scout mentality" - a skill necessary to find scholarships.

By the end of the workshop, students will...

- Become aware of different resources and strategies to help find scholarships
- Learn different strategies for organizing scholarship deadlines; learn how to set a timeline for completion
- Feel confident in searching for scholarship opportunities

Preparing Financially for College

In this workshop, students will learn about the importance of having a healthy financial mindset when preparing financially for college. Moreover, students will learn ways to earn and save money for college.

By the end of the workshop, students will...

- Understand what characterizes a healthy financial mindset
- Learn how financial budgeting choices are connected to priorities
- Learn viable options to earn and save money for college while in high school

Analyzing & Interpreting Your Financial Aid Award Letter

In this workshop, students will learn how to analyze and understand their financial award letter. Then, we'll discuss resources and methods to handle a financial "shortfall".

By the end of the workshop, students and/or parents will...

- Review a financial aid award letter and its different components
- Learn what to do if your financial need isn't met
- Learn how to speak with someone in the financial aid office when negotiating financial aid offered

The Transition to College

What to Expect in College?

In this workshop, students will explore the characteristics of college and what to expect socially, academically, and emotionally. In addition, students will discuss their own expectations for college, and how to prepare as they finish high school to meet them.

By the end of the workshop, students will...

- Learn more about the social and academic expectations in college
- Understand the responsibilities and benefits that come with more academic and social freedom
- Discuss the importance of balance in maintaining a positive and memorable college experience

Transitioning from High School to College

In this workshop, students will learn helpful strategies to smoothly navigate their first year of college. Also, students will talk about important resources and points to consider when faced with difficulties transitioning.

Students will...

- Talk about the changes that come with transitioning to college and understand how to navigate them
- Learn the differences between high school and college
- Understand how to effectively use their summer before college to transition smoothly

Mastering the Hidden Curriculum

In this workshop, students will unpack unwritten rules and unsaid expectations expected of college students, and how to practice developing them. Moreover, students will discuss how their backgrounds influence their exposure to these skills.

Students will...

- Unpack the impact and importance of being aware of this 'hidden curriculum'
- Learn the importance of relationships, and how they relate to college success
- Learn some key terms necessary to succeed in college

For more information contact: Shakia Kirksey, OnTrack Assistant Director of College Readiness Programs at shakia.kirksey@uif.org or ***if you are interested in scheduling a workshop, please submit your request using the following link:*** <http://bit.ly/OnTrackWRF>. Also visit ontrackpse.com and uif.org to learn more.

All workshops are available for customization according to the wants and/or needs of the requesting organization. Information can be provided as one individual workshop, or as a series of workshops.