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."
× one week
× beginning of August
× essays and applications
× teachers, counselors, admission reps
× 40 students max
TOPICS COVERED

- College Fit/List/Search
- Admissions Basics
- Mental Wellness
- Holistic Review
- Essays - main, supplemental, PIQ's
- Activities List
- Letters of Recommendation
- Test Scores and Transcripts
- CSU App
- UC App
- Common App
- Financial Aid/Scholarships
- Visits and Interviews
- College Experience
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<tbody>
<tr>
<td>● Pre-survey/WELCOME</td>
<td>● Did You Know?</td>
<td>● Essay Structure</td>
<td>● List Review/Revision</td>
<td>● Admissions Rep Presentations</td>
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<td>● 150 Questions</td>
<td>● App Essay Intro</td>
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<td>● The “Why College X?” Essay</td>
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Day 1

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

Evening Parent Meeting:
- Expectations
- Agenda
- Reality Check
- Mental Health Awareness/Resources
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 2
- Essay structure
- CSU App
- Cal Colleges Course Entry
- Financial Aid
- Scholarships
- Admissions Rep Presentations
- Essay Revision Presentation
- Activity List Feedback from Reps
✗ List Review/Revision
✗ Ordering Transcripts & Test Scores
✗ Admissions Rep Presentations
✗ UC App Presentation & Work Time
✗ Essay Feedback from Reps
Admissions Rep Presentations
Common App Presentation and Work Time
Essay Feedback from Reps
Alumni Panel
Post-survey
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**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

**Essay structure**

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

**List Review/ Revision**

- Ordering Transcripts & Test Scores
- Admissions Rep Presentations
- UC App Presentation & Work Time
- Essay Feedback from Reps
How Confident are you that you understand the admissions selection process at the colleges where you intend to apply?

Prior to the program

- Not at all confident: 18%
- Somewhat confident: 52%
- Partially confident: 27%
- Very confident: 3%
How Confident are you that you understand the admissions selection process at the colleges where you intend to apply?

After the program

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<tr>
<td></td>
<td>2%</td>
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<tr>
<td></td>
<td>3%</td>
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<tr>
<td>Very confident</td>
<td>96%</td>
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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

Not at all confident 1 2 3 4 Very confident

18% 67% 15% 0%
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

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<tr>
<td>Very confident</td>
<td>55%</td>
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<td>32%</td>
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| 0%     |
| 2      |
| 3      |
| 4 Very confident |

55%
RESOURCES

150 Questions Brainstorming Activity:
bit.ly/150brainstorm

Strong Verb List:

Scholarship Organizer:

College List/Fit Worksheet:

Survey Questions:

Thecollegeessayguy.com