



Essentials of College Counseling

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Wearing Hats:

It's what we do





But which ones:

Are the important ones?

Should we choose?

Do we stuff back in the
box and save for another
time?

How do we begin?

James 3:17

But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere.

What is our role?

- Anxiety Managers
- Guides
- Cheerleaders
- Information Pushers



Anxiety Managers

- o My child won't be able to get in.
- o My child won't be able to go to his/her top choice school.
- o My child wants to be a petroleum engineer and won't be successful in that field unless they go to _____ school.
- o My child doesn't know what he/she wants to major in.



Managing the Anxiety

- o Test Preparation
 - o PreACT
 - o PSAT
 - o On-campus prep
 - o Off-campus resources



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Managing the Anxiety

- o Test Preparation
 - o Khan Academy
 - o ACT Academy
 - o Compass Guide

WINTER/
SPRING
EDITION

The Compass Guide to College Admission Testing

— 2018-2019 —



compassprep.com



Managing the Anxiety

- Expectations

- “You don’t have to have it figured out”

- “Your process will look different than...”

Juniors



- o Junior Night
- o Application Process
- o Timeline
- o Takeaway
- o Parent Meetings
- o Naviance

Freshman & Sophomores



- Scheduling meetings
- Class meetings
- Individual and group meetings as time permits
- Naviance!



Application Guides





Application Help

- o Common Application
Counselor Guide
- o Resume
 - o What is the purpose?
 - o Format
- o Camp College

ACTIVITIES/INTERESTS

10,11,12 **Sewing**-Proficient on (insert brand of sewing machines here)

- Pillows
- Scrunchies
- Dolls
- Patchwork Quilts
-

9,10,11,12 **Macramé**

- Coordinating colors, reading patterns for a variety of bracelets

10,11,12 **Woodworking**

- Variety of crosses, designed and build from salvaged lumber
- Birdhouse making
- Toys(miniature horse barn)

10,11,12 **Film-making** Documentary featuring former middle school teachers
Met with school officials on a bi-weekly basis

- Scriptwriting and script revisions
- Casting
- Filming
- Editing

10,11,12 **Clay Art**

- Designed and baked a variety of pendants and figures

10,11,12 **Knitting**

- Scarves
- Fabric swatches

10,11,12 **Spindle Loom**

- Purchased and assembled spindle loom for at-home weaving
- Designed fabric patterns and wove fabric swatches

10,11,12 **Acrylic Glass Fusing**

- Purchased kiln and supplies
- Designed and made pendants and jewelry pieces



Cheerleaders

- o Academy Award winning performance, even when you are tired!
- o Helping without doing
- o “Tell me about.....”



Cheerleaders

- o Reassuring
- o Undoing the perceptions of others
 - o College choice
 - o Major Choice
 - o Life Choice



Information Pushers

- o College Visits
- o 2700 Colleges in the US
- o Goal: 5/year
- o Lifelong learners
- o “Let me get back to you on that”



Information Pushers

- Colleges on campus
 - Campus ambassadors
- Counseling game

Resources

o Colleges That Change Lives

Pope, Loren. *Colleges That Change Lives: 40 Schools That Will Change the Way You Think about Colleges*. New York, N. Y.: Penguin, 2006. Print.

o Fiske Guide to Colleges

Fiske, Edward B., Amy Stuart Wells, Bruce Hammond, and Edward B. Fiske. *The Fiske Guide to Colleges*. New York: Times, 2013. Print.

Resources

- o College Counseling Sourcebook
College Counseling Sourcebook: Advice and Strategies from Experienced School Counselors. New York, [N.Y.: College Board, 2012. Print.
- o www.collegevale.org
- o <https://www.compassprep.com/compass-guide/>
- o Admission Matters
Springer, Sally P. *Admission Matters: What Students and Parents Need to Know about Getting into College*. San Francisco: Josey-Bass, 2013. Print.

How do you do it?

