

## **The Art of Self: Preparing for the Launch to College**

**Building the social, emotional, and academic awareness required to successfully navigate the demands of college life.**

### **A COURSE FOR COLLEGE-BOUND STUDENTS**

Going to college represents a significant milestone in the life of a student and ushers in a time of considerable transition. Many new college students enter college misinformed about how to succeed academically in a college environment. In a recent study of high school seniors, 89% expected that their collegiate academic experience would echo that of high school. However, whether learning to balance socializing with work or knowing where and when to get help, college represents a significant departure from the norms of high school.

The goal of this course is to help students set realistic expectations, gain self-awareness, and develop strategies to make a successful transition possible. Students will explore their readiness academically, socially, and personally against the expectations of college and develop strategies to fill the gap.

Through this 5-session dialogue and process, students will develop a greater sense of self-efficacy, coping skills, and new tools to help them build a foundation from which they can launch into their most positive college experience.

# THE STUDYPRO

## TRANSITION TO COLLEGE COURSE

### SESSION OVERVIEW

#### Session 1 – Who am I Becoming?

- During our first session, we will explore each student's 'understanding of self' as they launch to college. Students will begin to evaluate their own strengths and challenges. We will introduce the concepts of Executive Function development as well as what happens to the brain when we are anxious. Students will develop strategies to counteract triggers to anxiety as well as planning and organizational strategies to reduce stress.

#### Session 2 – What Was and What Will Be

- In our second class, we will detail the differences between high school and college, from the syllabus to the professor/student relationships. We will talk about the critical nature of schedules, including the sleep/wake schedule, how to schedule classes appropriately and the science of how to schedule study time. We will introduce mindfulness as an antidote to stress and help students learn to respond vs. react to the demands and triggers of college life.

#### Session 3 – Gaining Confidence in My Choices

- In our third class, we will build a sample college schedule based on a typical course load, associated syllabi / assignments. Continuing with our stress-management work, we will explore how anxiety impacts decision-making, how we can deal with challenges and develop resilience through adopting a Growth Mindset.

#### Session 4 – Asking for Help to Strengthen Success

- Class four will help to develop independence in problem solving through a better understanding of where to find the resources needed for support from the Learning Support Center to Professors and TA's, and when to ask for help. Students will also learn how to research where they can most effectively study. Outside of the classroom, we will explore how students can cultivate healthy habits through exercise, eating, sleeping, as well participating in social clubs and activities.

#### Session 5 – I Have the Tools to Launch *(Parents invited for last hour)*

- In our final class, students will assess their readiness to manage their schedules, lives and stress. We will self-reflect, review personalized strategies and self-identified skills that we will take with us on our journey to independence. Parents will join us to review material covered throughout the week, discuss skills that each student has identified as key to their successful transition.

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## TRANSITION TO COLLEGE COURSE

### THE DETAILS

#### Schedule, Cost and Class Sizes:

- The cost for the 5-session course is **\$850.00**.  
The fee covers the sessions, two instructors, materials, and the plan that each student will take with them.
- The course is limited to 10 students and will be offered once per week, on Thursdays, on the following schedules:
  - **Feb 7th – Mar 7th 2019 (6-8PM)**
  - **March 28th – May 2nd\* 2019 (6-8pm)**  
*\*No class April 18th*
- Parents are invited to join their student for the last hour of Session 5 to review the course material and personalized strategies identified for / by their student.
- QUESTIONS? Please [email](#) or call us at 571-321-5800.

[REGISTER FOR THE TRANSITION TO COLLEGE COURSE](#)

**\*\*PLEASE NOTE – You will be asked to complete the payment process before selecting the date you would like to register\*\***