



Being "on-track" for college

Being "on-track" for college starts by students' freshman year of high school as they set up challenging four year academic course schedules, get involved in extracurricular activities and find interesting ways to volunteer. Some students are able to broaden their horizons by participating in special programs during the school year and/or during summers. Some students hold part-time jobs. All these activities are not only preparation for the college application process; they are also avenues to self-discovery as students learn what interests them, where their strengths lie and what college majors and career paths they may want to pursue in the future.



In addition to being a licensed clinical social worker with a therapy and life coaching practice, I am also a school social worker at a college prep high school. I have helped

many students navigate the college search and application process, as well as my own two children.

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On-track-for-college Coaching program

For
High school Students



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ON-TRACK-FOR-COLLEGE Coaching program

How do Students get "Off-Track"?

The lives of most high school students are very busy as they juggle the competing demands of their academic course load, sports and other extracurricular activities, jobs, friends, family, and responsibilities at home.

Some students are successful at maintaining a balanced life, especially those who have good skills in the areas of organization, studying and time management.

Other students who are less skilled in these areas may become overwhelmed and have lowered success due to their disorganization.

Such difficulties may be present throughout a student's high school years or may not present themselves until senior year as the student adds the college application process to the rest of his or her hectic schedule.

These kinds of problems often lead to conflicts between a student and his or her parents. As the parents try to get the student to become more responsible and organized, the student frequently reacts negatively, feeling "pushed" by the parents. Rather than becoming more responsible, the student may shut down.

Wouldn't You Like Some Help?

The On-Track-For-College Coaching Program is an option to help college-bound students stay on track and successfully transition through four years of high school the college application process. Coaching can help the student:

- Determine priorities
- Set realistic goals
- Be accountable for those goals
- Become more organized
- Improve time management skills
- Improve study skills
- Maintain a balanced life



How the program works

- The initial complimentary, in-home session affords the parents and student the opportunity to assess whether coaching is a viable option for their family.
- The first session with the student is about ninety minutes in length and is usually held in the student's home. During this session, the student sets up goals and a workable time schedule. For seniors and juniors, this may include the college application process.
- Subsequent sessions with the student may be held in the home or they may be held over the phone. These sessions are typically 30-45 minutes in length. There is unlimited email support between sessions.

Additional Coaching Opportunities for College-Bound Students

The move away from home to college is one of the largest transitions that one goes through in life. Students need to develop skills in:

- Independent living
- Handling money
- Good study habits
- Ability to access resources on their own

These are all skills that can be included in the coaching process to build the student's capacity to be successful during his or her first year of college.