

Navigating the College and Career Journey with our Teens

STVM Parents' Club Meeting

Wednesday, October 13, 2021

Malia Miller



Transitioning from the “Sage on the Stage” to the “Guide on the Side”

- ? As parents of young children, it is necessary to be more authoritarian in our approach toward their learning.
- ? As children become teenagers, their success depends on our ability to transition from **leading from the front** to **walking alongside them** in the college and career journey.



Connect Personality Traits with Careers

- ? We know from psychological research that personality traits do not change much over the life course. Consequently, personality assessments can help begin the process of matching career interests to individuals; however, as teens become young adults, they may not be aware of these connections.
- ? Research also supports that when personality traits are matched with career choices, individuals tend to be happier and more successful.
- ? Take an honest and objective look at your teen.
 - ? How do they spend their free time?
 - ? Do they gravitate to others or like to spend time alone?
 - ? Are they more creative or analytical in their thinking?
 - ? What excites them? What bores them?
 - ? Are they more detailed in approaching tasks, or more holistic?



Free Online Personality Tests

[16 Personality Types](#)

[Big 5 Personality Test](#)

- ? A great place to begin with teens is to have them take a personality assessment and then discuss the results with them.
- ? Often teens are surprised by the results; however, this may be a reflection of their lack of self-awareness.
- ? Taking multiple assessments helps to see patterns and strengthens the validity of the results.



Exploring Careers through Life Experience!

- ? Experiencing life builds self-awareness, self-discipline, and time management – not to mention provides good fodder for a resume.
- ? Explore careers through conversation. Coach them to ask adults in their lives about their work. (i.e., What do they like? What do they hate? What was their journey to their current job?)
- ? Encourage as many experiences as are manageable while keeping a good balance between fun, family, and responsibilities.
 - ? Activities - Church involvement – athletics – Scouts – music lessons, etc.
 - ? Part-time work – babysitting, yard work, or working at a local business
 - ? Volunteering – formal or informal settings
 - ? Challenging curriculum



Naviance - Resource for assisting in the College and Career Search Process

? Naviance Resources

Naviance provides

- *Resources to use for college and career exploration.
- *A place for housing personalized career and college information
- *A vehicle for tracking college applications and outcomes.

Freshmen – Registered in Naviance and oriented to its resources

Sophomores – Introduce resume and career/college search options

Juniors – Review results of career/college searches and add colleges of interest

Seniors – Track college applications, request transcripts/letters of recommendation



STVM Website

- ? Information posted on the website provides more detailed timelines by grade level.
- ? This information can be accessed by visiting [STVM College and Career Page](#)
- ? The information found there is being updated but presentations that are done in classrooms by the counselors are posted there.
- ? There are detailed timelines for each grade level, but the following slides provide lists of tasks that will assist students and parents achieve college goals.



Freshmen Tasks

- ? Register on Naviance
- ? Maintain strong marks in college prep curriculum
- ? Understand the importance of GPA in relation to college acceptance and scholarship acquisition
- ? Expand involvement through extra curricular activities
- ? Begin building resume in Naviance
- ? Explore career interests through elective classes
- ? Set college and career goals
- ? Take practice standardized tests in preparation for attempts with the ACT or SAT



Sophomore Tasks

- ? Complete Strengths Explorer in Naviance (personality assessment)
- ? Continue to explore careers/colleges/ and build resume
- ? Research careers of interest in terms of education level needed
- ? Visit college campuses
- ? Take the PSAT as a practice for college entrance exams
- ? Continue to take challenging courses – honors, advanced placement, or CCP as they are able
- ? If considering CCP classes, take ACT in the spring
- ? Seek leadership positions to build leadership skills
- ? Seek shadow experiences for careers of interest



Junior Tasks

- ? Complete Career Cluster Finder or Career Interest Profiler in Naviance
- ? Take challenging courses and maintain strong marks
- ? Prepare and take the ACT or SAT
- ? Complete the “Super Match” on Naviance to research colleges
- ? Continue to update resume
- ? Narrow down college choices and add them to their Naviance account
- ? Visit campuses – especially Open House events as opposed to traditional visits
- ? Seek shadowing opportunities in careers of interest
- ? Meet with their college counselor to formulate a plan
- ? Review Scholarship opportunities through a search engine like **Fastweb** and review local scholarships found on the STVM website



Senior Tasks

- ? Add colleges to “Colleges I’m applying to” in Naviance
- ? If still testing, take the ACT or SAT in early fall for applications
- ? Create Common App account if applying to multiple colleges
- ? Meet with college counselor for a senior interview to assess progress with plans
- ? Write college essay (an assignment in most Senior English classes)
- ? Finalize resume (an assignment in most Senior English classes)
- ? Request letters of recommendations from teachers if needed
- ? Apply to colleges of interest in the fall (many have November 1st early action)
- ? Complete the FAFSA (more of a parent task, but student should be involved)
- ? Continue scholarship search



Senior Tasks continued

- ? Create calendar of scholarship deadlines and continue to apply for scholarships in the winter and spring
- ? Save all scholarship offers to be recognized in graduation program
- ? Make college decision in early spring (colleges must hold place until May 1st)
- ? Review financial aid package and determine bottom line costs
- ? Pay housing deposit if living on campus
- ? Schedule orientation with college of choice



Consider Social and Academic Fit

- ? Successful college completion is dependent on choosing a college that is a good fit
- ? Consider social fit
 - ? Is the size of the college a good fit?
 - ? Is the demographics of the surrounding community a good fit?
 - ? Are there campus groups that will allow for continued exploration and personal growth?
- ? Consider academic fit
 - ? Do the credentials of your son/daughter match the typical freshman entering this college? Are their GPA and test scores close to the average incoming freshman?



Encouraged in all grades

? **Visit colleges**

- ? Whether visits are official or informal, this experience helps students begin to realize what is important to them in a campus environment

? **Attend College Fairs**

- ? STVM hosts a fair each fall and we email information about other fairs
- ? Help your son/daughter create questions to ask admission representatives
- ? Speak to college representatives who come to STVM during lunch periods

? **Attend Career Fairs**

- ? STVM hosts a career connections fair in the fall and all of our students attend



NCAA Eligibility Registration



- ? Student-Athletes who plan to participate in college athletics in a NCAA Division I or II college, must register on the NCAA Eligibility Site
- ? [NCAA Eligibility Center](#)
- ? There is a non-refundable fee of \$90 to register
- ? Student-Athletes can register during any year of their high school career



A Word about College Athletics

- ? Successful student-athletes are often conflicted about continuing their sport
- ? There is often unspoken expectations from family, friends, and coaches that can cloud their own thoughts about this decision
- ? When this occurs, the question to ask them is “Can you envision your life in college without participating?” “Would you participate if no scholarship money is involved?”
- ? Parents can help with this dilemma if there is open conversation about this decision as opposed to unspoken expectations
- ? Students should evaluate how sports fit into their college experience by looking at the pros and cons of participation



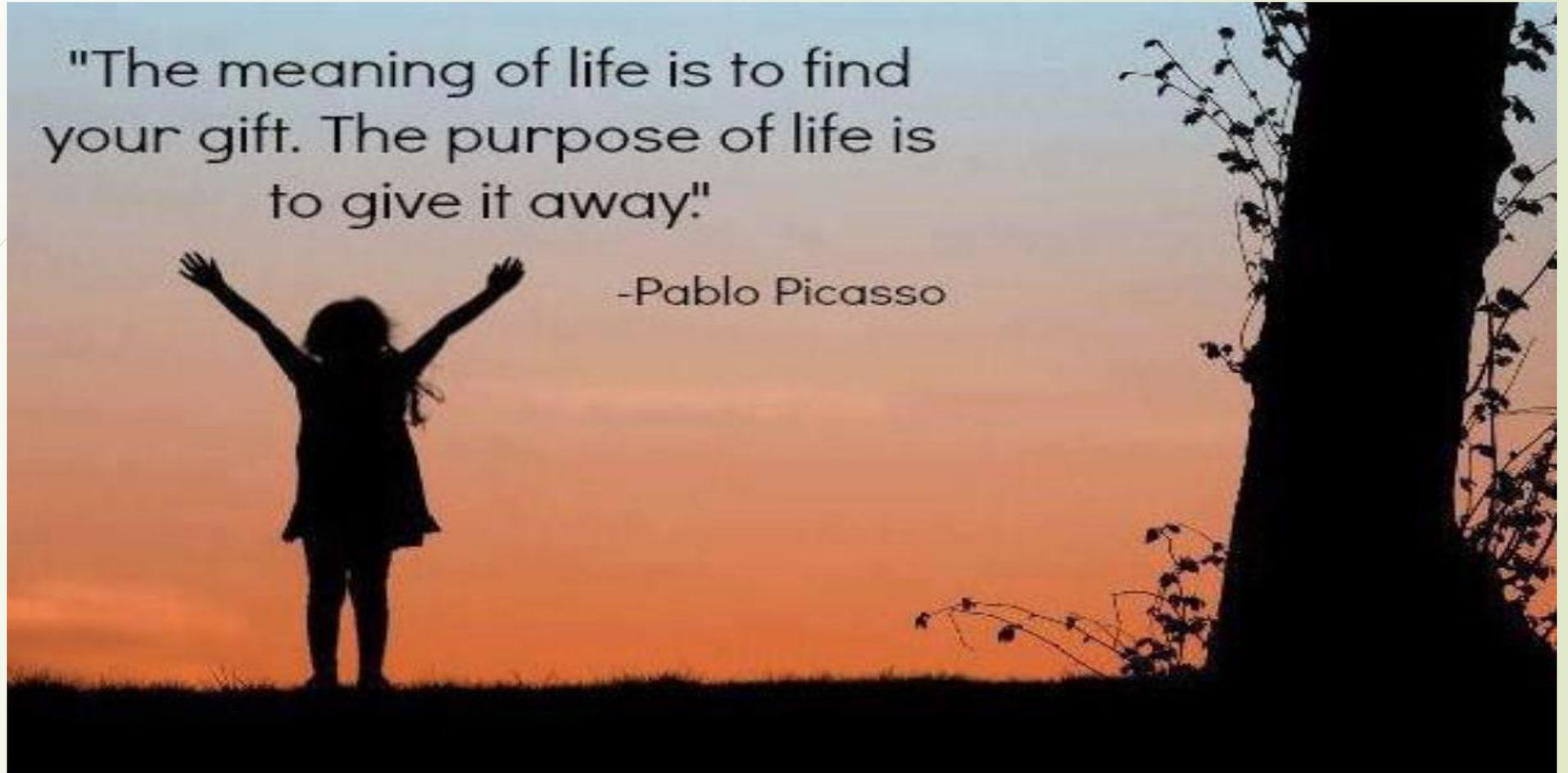
Successful Students Set Goals

- ? Having long-term goals (college diploma) lead to setting midterm goals (by semester) which can be broken down into short-term goals (completing an assignment).
- ? Writing out your goals helps you think more clearly about what you want to achieve.
- ? Having enthusiasm for daily life, accepting responsibility, being motivated and flexible, and making effective use of time are signs of a positive attitude.
- ? Planning ahead is the single best way to stay focused and motivated to reach your goals.
- ? When deciding what to do with your time, considering your priorities is a good way to decide what to do next.
- ? Goals help you set priorities and remain committed to your college success.



"The meaning of life is to find
your gift. The purpose of life is
to give it away."

-Pablo Picasso



Questions??



Thank you for the privilege of
working with your children!!

Malia Miller

mmiller@stvm.com

330-253-9113 ext. 108