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SESSION I: GOAL SETTING: TAKING STOCK

## ACTIVITY #3: WHO ARE YOU?

### *Opening Discussion:*

Now is a time to reflect on individual goals and accomplishments. Give a brief introduction of the “College Counseling Resume” and let students know that this information can help them find a college that is a good match. Students should also be encouraged to share this information with their high school counselor and family as they work together to research colleges.

### *Activity/Handout:*

#### **Personal Résumé**

### *Instructions:*

1. Ask students to complete the “College Counseling Resume” and encourage them to ask questions.
2. Make sure to collect the questionnaires.
3. Try to allow time for individual Q&A with the students during this activity.
4. Use this interaction to help you determine the needs of this group and to plan future sessions.



## COLLEGE COUNSELING RÉSUMÉ

### Section I—Family:

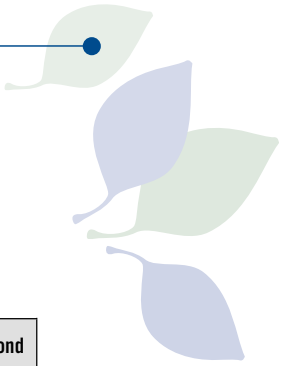
	Parent 1	Parent 2	Guardian	Siblings
Name(s)				
Educational Background (high school, post-high school, etc.)				
Occupation				

### Section II—Academics/School:

1. Check the following:

	English	History	Language	Math	Science	Computer	Art	Other
Which subjects do you like the best?								
In which subjects have you done the best?								
Which subjects are more difficult for you?								

2. Your academic record: How would you describe your academic record? Are your grades above, below or consistent with your ability? Why?
3. Your finest academic moment: Describe that achievement or experience.



Section III—School Activities:

Activity

Grade Level

9	10	11	12	Beyond
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**Athletics (sport and level [JV, varsity, etc.] and any awards)**

	9	10	11	12	Beyond

**Extracurricular Activities (clubs, organizations)**

	9	10	11	12	Beyond

**Employment and Summer Activities**

	9	10	11	12	Beyond

**Church/Community Service**

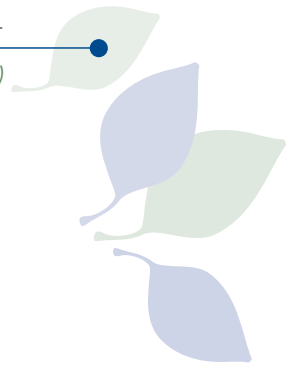
	9	10	11	12	Beyond

Section IV—College/Career Interests:

1. List the college majors that interest you.
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
2. Identify the profession(s) in which you see yourself working. \_\_\_\_\_

*Section V: FACTORS AFFECTING YOUR COLLEGE CHOICES:*

1. Besides getting an education and preparing for a career, why you are going to college?
2. What type of college environment will challenge you to grow the most academically and personally?
3. What are your top four-six criteria in selecting a college?
4. In college, what extracurricular activities do you want to continue or begin?
5. What professions interest you the most?
6. List college majors that interest you.
7. What pressures, if any, are you feeling from yourself or others about going to college?
8. What are your major concerns about attending college?
9. College Type: Single Sex \_\_\_\_\_ Coed \_\_\_\_\_ Either \_\_\_\_\_



10. College Locations—Check regions and circle states of particular interest:

- Midwest (IL, IN, IA, MI, MN, MO, OH, WI)
- Southeast (AL, AR, FL, GA, KY, LA, MS, NC, SC, TN, VA, WV)
- Mid-Atlantic (DE, D.C., MD, PA, NJ, NY)
- New England (CT, ME, MA, NH, VT, RI)
- West (AK, AZ, CA, CO, ID, HI, KS, MT, NE, NV, NM, OK, OR, ND, SD, TX, UT, WA, WY)
- Canada, England, Scotland

If you are interested in specific cities, list them here and explain why:

11. Community (check all that apply):

- small town
- large town
- near a city
- near the mountains
- near the coast
- undecided

12. College size (check all that apply):

- under 500–1,000
- 1,000–2,000
- 2,000–5,000
- 5,000–10,000
- more than 10,000
- no preference

*Section VI—Final Thoughts:*

Is there anything else you'd like to share about yourself?