

Your Picture

*Name:\_\_\_\_\_*

*My Personal Portfolio*

*Date:\_\_\_\_\_*

# Self-Assessment Exercises:

Name: \_\_\_\_\_



# College Readiness: Some Common Realities

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## I Know That:

- Moving from high school to college is daunting for almost all students out there. The good news is that there are things I can do to make my transition to college smoother or less daunting.
- The secret to success in college is remembering that the idea of success is relative. Because we all have different priorities, goals, and values, **MY** success can look quite different from **MY** classmate's success, and still both of **US** can be equally successful.
- There is no "right" path to success in college—only the right path for **ME**, and I get to decide what that path looks like.

Your Picture

# We All Have A Deep Soul- Level Need.

- **To be seen and valued:** to be noticed as an individual of worth and valued is core to our self-esteem and ability to give ourselves to others.
- **To connect and be in community:** to experience human connection at a heart level and be in genuine relationship with others establishes a baseline for healthy human interaction.
- **To be known and loved:** to be known as the real you and be fully accepted, and receive the most profound gift of all, to be loved unconditionally, is truly lifegiving.

We intuitively know these things to be true but find it challenging to consistently live them out.

Why is that?

Some of the larger issues are things like the basic human condition, the fears and insecurities we face, and the pressures life presents.

# Filters for Self-Discovery



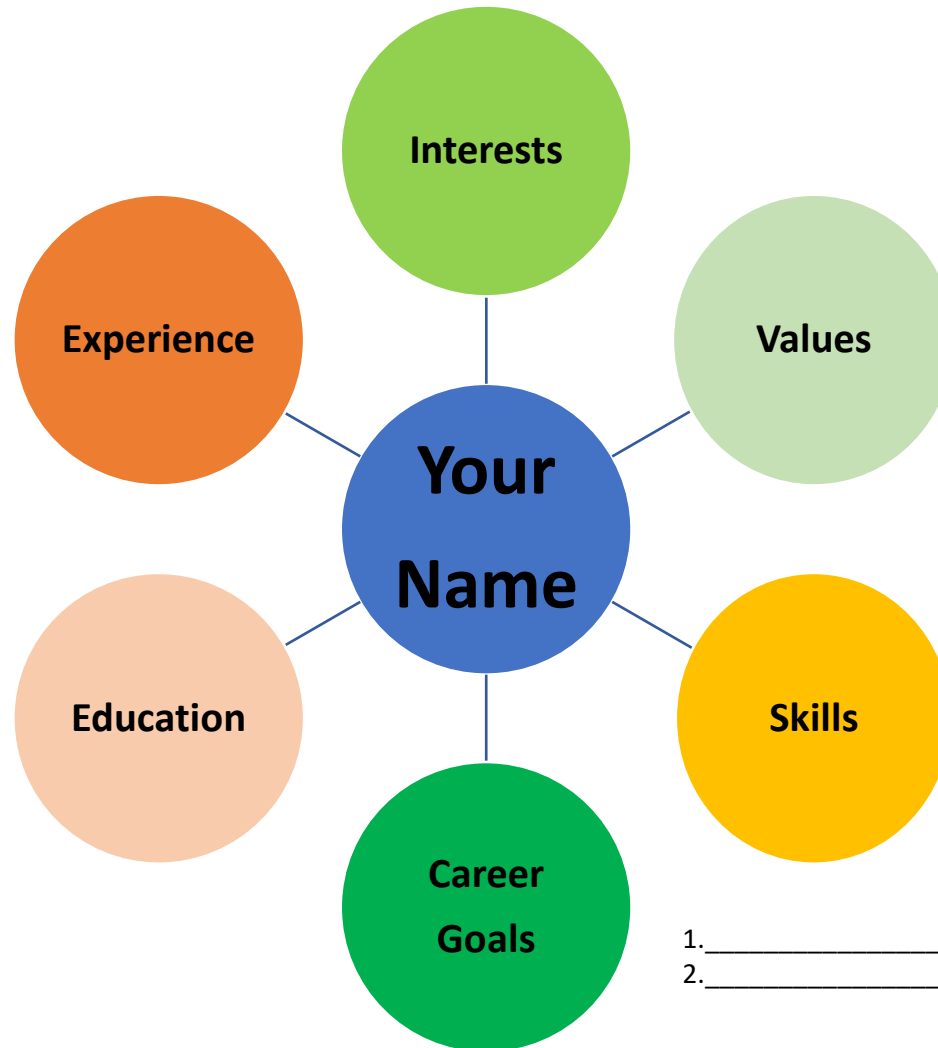
Purpose: my "why"

Passion: my "what"

Gifts/Talents: My "how"

# Who Am I?

Name: \_\_\_\_\_



1. \_\_\_\_\_  
2. \_\_\_\_\_

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_  
4. \_\_\_\_\_

Graduated high school  
Enrolled in TCU ACAP  
Immediate Plan: \_\_\_\_\_  
Highest Educational Level to Pursue: \_\_\_\_\_

• 1. \_\_\_\_\_  
• 2. \_\_\_\_\_  
• 3. \_\_\_\_\_

Current concerns as I plan for life after high school:  
1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

Preferred learning style: \_\_\_\_\_.

1. \_\_\_\_\_  
2. \_\_\_\_\_

# What's Important To Me in Choosing A College

Note: It's important to know what you are looking for in a college or university. Do the following:

Column 1: List five (5) things that are important to you in choosing a college or university.

Column 2: The highest rating is already given.

Column 3: Rate the value in Column 1 in terms of importance to you from 1 to 10, 10 being highest.

Column 4: Rate that same value as it relates to the college/university you will be attending.

Column 5: List any explanatory comments.

Value (What's Important)	Ideal Rating	My Rating	My College: UTA	Comments
	10			
	10			
	10			
	10			
	10			
<b>Total</b>	<b>50</b>			

It is easier to succeed at something that you are passionate about.

# What Are My Anxieties?

## (What Do I Fear About College Life?)

Note: In Column 2 below, select (mark “x”) your top 3 fears or anxieties as you enter college life. In Column 3, list several things you will do to minimize your fears.

Some Common Fears	My Top 3 (Mark “X”)	Things I Will Do to Minimize My Fears
Sharpening my Study Skills		
Time Management Skills		
Working on my Reading Skills		
Planning to Write a Lot		
Being Assertive		
Procrastination		
Taking Care of Myself (sleeping, exercising, eating healthy, etc.)		
Learning to Laugh at Myself		



# What's Important To Me (Things I Value)

Note: It's important to know what you value and/or are looking for in life. Do the following:

Column 1: List five (5) things that are important to you in life, work, etc.

Column 2: The highest rating is already given. There is nothing else to do in this column.

Column 3: Rate the value in Column 1 in terms of importance to you from 1 to 10, 10 being highest.

Column 4: Rate that same value as it relates to your current reality.

Column 5: List any explanatory comments.

Value (What's Important)	Ideal Rating	My Rating	This College	Comments
	10			
	10			
	10			
	10			
	10			
<b>Total</b>	50			

It is easier to succeed at something that you are passionate about.

# Personal Reflections: \_\_\_\_\_, Slide 1 of 2

**Remember:** Knowing what I want out of college and/or out of life is important for my success. I must be sure that I measure my success against my own potential as opposed to someone else's yardstick.

Questions	Comments: What I Want As It Relates to the Question
<b>College Life:</b> What do I want out of college?	
<b>Success:</b> What does "success" look like to me?	
<b>Past Success:</b> When have I felt successful in the past?	
<b>Future Self:</b> When I think of a future version of myself, what do I see?	

# Personal Reflections: \_\_\_\_\_, Slide 2 of 2

**Remember:** Knowing what I want out of college and/or out of life is important for my success. I must be sure that I measure my success against my own potential as opposed to someone else's yardstick.

Questions	Comments: What I Want As It Relates to the Question
<b>Time Away From Home:</b> What is the longest time you have spent away from home?	
<b>Greatest Concern—Independent Living:</b> What is your greatest concern to transition to independent living?	
<b>Bank Accounts:</b> Listed what applies to me.	

# What Does It Take To Move Forward?

**You  
Now**

**You  
Then**



Positive Mindset?

Experience?

Education?

Training?

Reading/Studying?

Time?

To Do List:

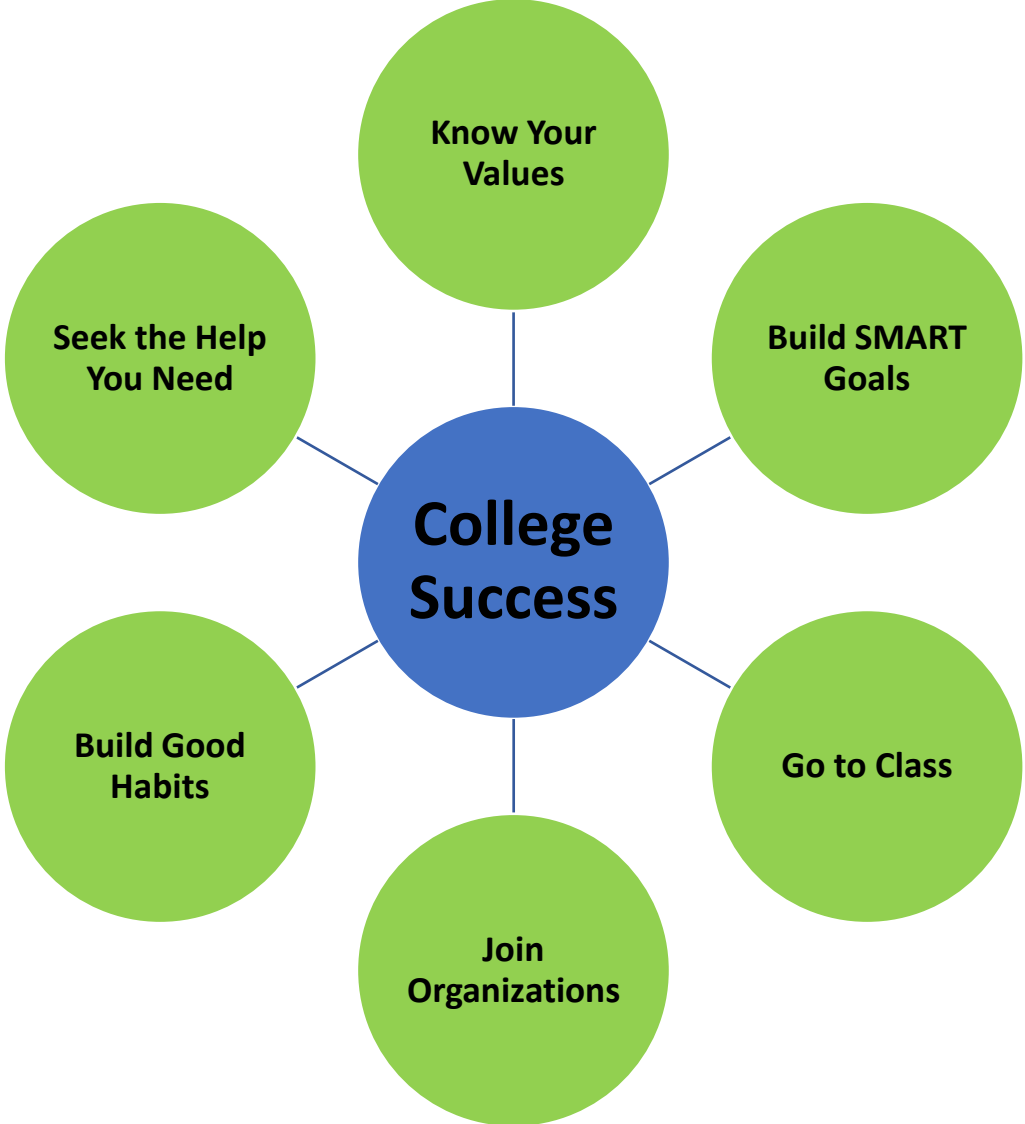
- 1.
- 2.
- 3.
- 4.

# College Readiness Tips

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# College Readiness, Slide 1 of 2

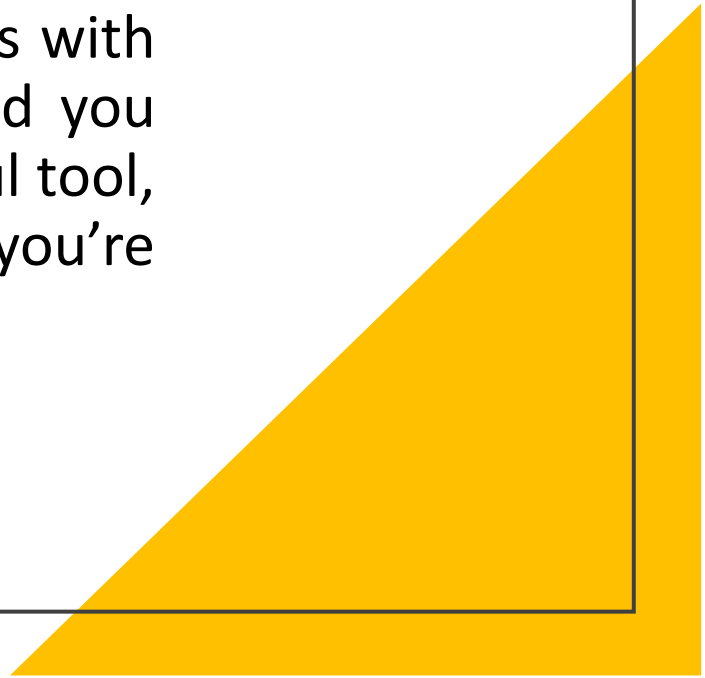


# College Readiness, Slide 2 of 2

Activity: Thing to Do	Comments
<b>Know Your Values</b>	<ul style="list-style-type: none"><li>• Knowing your values helps you to stay focused.</li><li>• Recognize what's important to you.</li><li>• Minimizes falling into comparison tags.</li></ul>
<b>Build SMART Goals</b>	<ul style="list-style-type: none"><li>• SPECIFIC: Identify your task.</li><li>• MEASURABLE: Determine how you'll measure your goal.</li><li>• ACHIEVABLE: Create realistic goals that you have some control over.</li><li>• RELEVANT: Focus on goals that will guide you toward your idea of success.</li><li>• TIME-BOUND: Set a deadline for yourself to stay on task.</li></ul>
<b>Go to Class</b>	<ul style="list-style-type: none"><li>• Show up for class each day.</li><li>• Study; read</li><li>• Take learning seriously.</li><li>• Know your learning style.</li><li>• Attend office hours.</li></ul>
<b>Join Organizations</b>	<ul style="list-style-type: none"><li>• Create a sense of community.</li><li>• Good way to make new friends.</li><li>• Prevents feelings of isolation or loneliness.</li></ul>
<b>Build Good Habits</b>	<ul style="list-style-type: none"><li>• Get sleep, exercise, and eat healthy.</li><li>• Practice advocating for yourself.</li><li>• Focus on getting the most out of your college experience.</li></ul>
<b>Seek the Help You Need</b>	<ul style="list-style-type: none"><li>• Consult with the school's Career Counselors.</li><li>• Ask the Teaching Assistants (TA's)</li><li>• Use tutoring services</li><li>• Ask your Professors (know their office hours)</li><li>• Seek mentors</li><li>• Seek professional help if needed</li></ul>

# Writing Your Goals

Studies have shown that we can increase the odds of achieving our goals by writing them down and sharing our progress with an encouraging person. Having someone you trust hold you accountable for your action and inaction is a proven useful tool, so look to your team to help hold you accountable when you're contemplating a "temporary" pause in your journey.





# Goal Setting

**S**pecific

Well-defined. You know exactly what you seek to achieve.

**M**easurable

Quantifiable in a way that helps determine the goal has been achieved.

**A**chievable

A goal is within reach, largely because of your deep desire to attain it.

**R**elevant

The goal provides you a feeling of satisfaction and achievement.

**T**ime-bound

The goal is set to a timeframe to ensure continued, focused efforts toward attainment.

“Specific” is the who, what, why, and how of the goal: who will do the work? What will be done? Why is that important? How will you achieve the goal? How does doing this make you feel?

Goals should be simplistically written and should clearly define what you are going to do.

Personal Photos, Other

Personal Photos, Other