

# College Readiness



Presented By  
Odell L. Brown, CIA, CPA, PHR  
For  
TCU ACAP: July 10, 2023  
12:00 pm – 1:15 pm

# Career At-A-Glance

## *CAREER AWARENESS & DEVELOPMENT:*

- Targeted Coaching & Mentoring
- Career Transitions Resources
- Accelerated Career Awareness Program (ACAP)
- Project MALE (group mentoring for African American males)
- Adjunct Human Development Professor
- College Internship Program

## *HUMAN RESOURCES & TRAINING:*

- ADA/Career Transitions Resources
- Business Acumen
- New Leader Onboarding HR Workshop
- Emerging Leadership Development Program
- ERP Implementations (PeopleSoft, SAP)
- Instructional Design/Facilitation
- College Relations and Recruiting
- College Internship Program Continuing Education for 120 CPAs

## *ACCOUNTING & AUDITING:*

- Adjunct Accounting Professor
- VP--Financial & SEC Reporting
- Internal Audit Director
- Public Accounting

## *EDUCATION & CERTIFICATIONS:*

Harvard Business School  
(Executive Leadership Development Institute)  
Masters in Professional Counseling  
Masters in Human Resources & Training  
Bachelors in Accounting  
Certifications: CIA, CPA, PHR

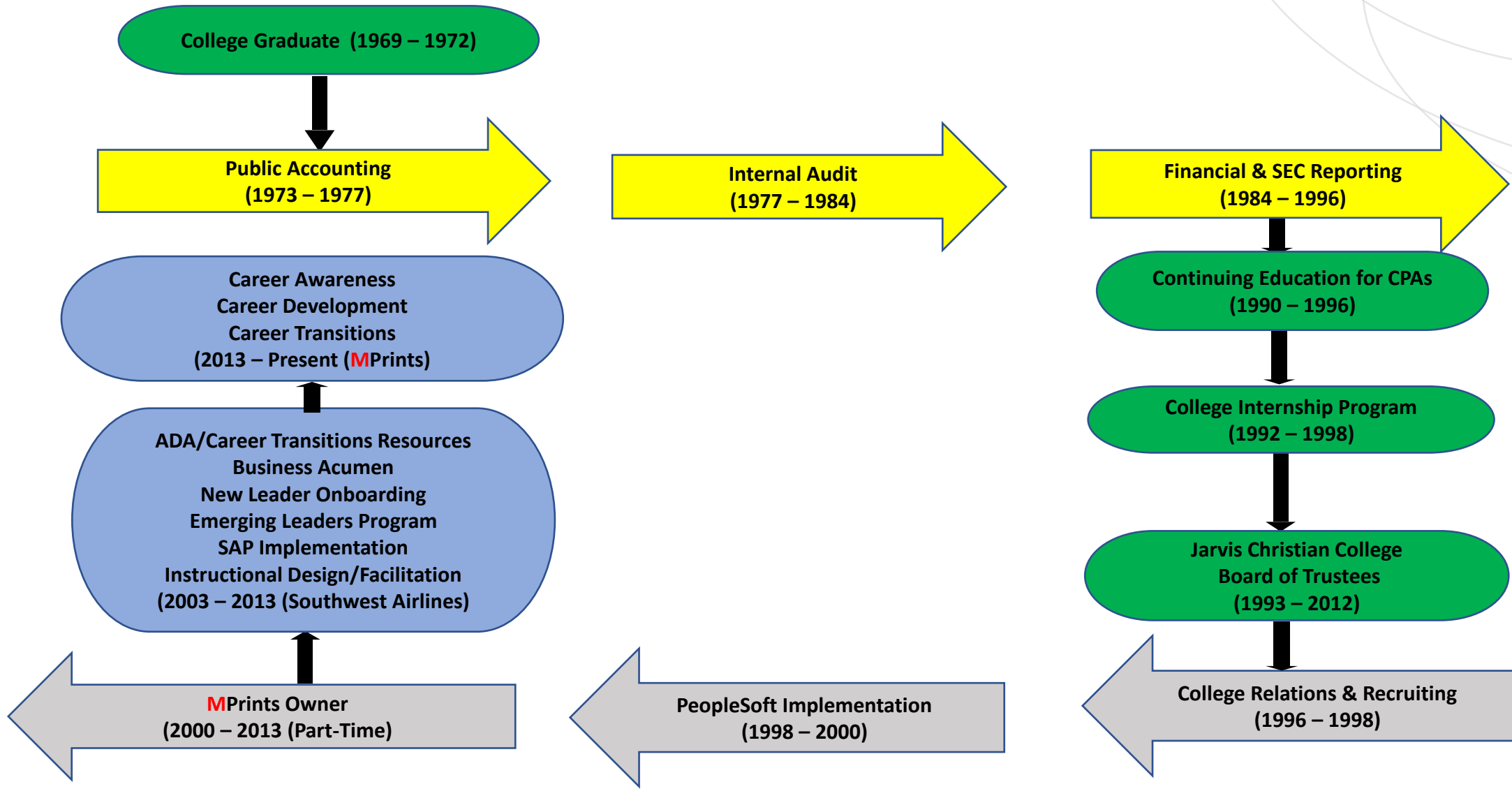
## *PAST EMPLOYERS:*

MPrints (Owner)  
Southwest Airlines Co. (Retired)  
North Lake College  
Associates First Capital Corporation  
KPMG, LLP



*Odell L. Brown  
(Retired)*

# Odell's Career Journey



# College Readiness: Some Common Realities

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- Moving from high school to college is daunting for almost all students out there. The good news is that there are things you can do to make that transition 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, your success can look quite different from your classmate's success, and still both of you can be equally successful.
- There is no "right" path to success in college—only the right path for you, and you get to decide what that path looks like.



# We All Have A Deep Soul- Level Need.

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**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.

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**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.

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**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.

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

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Why is that?

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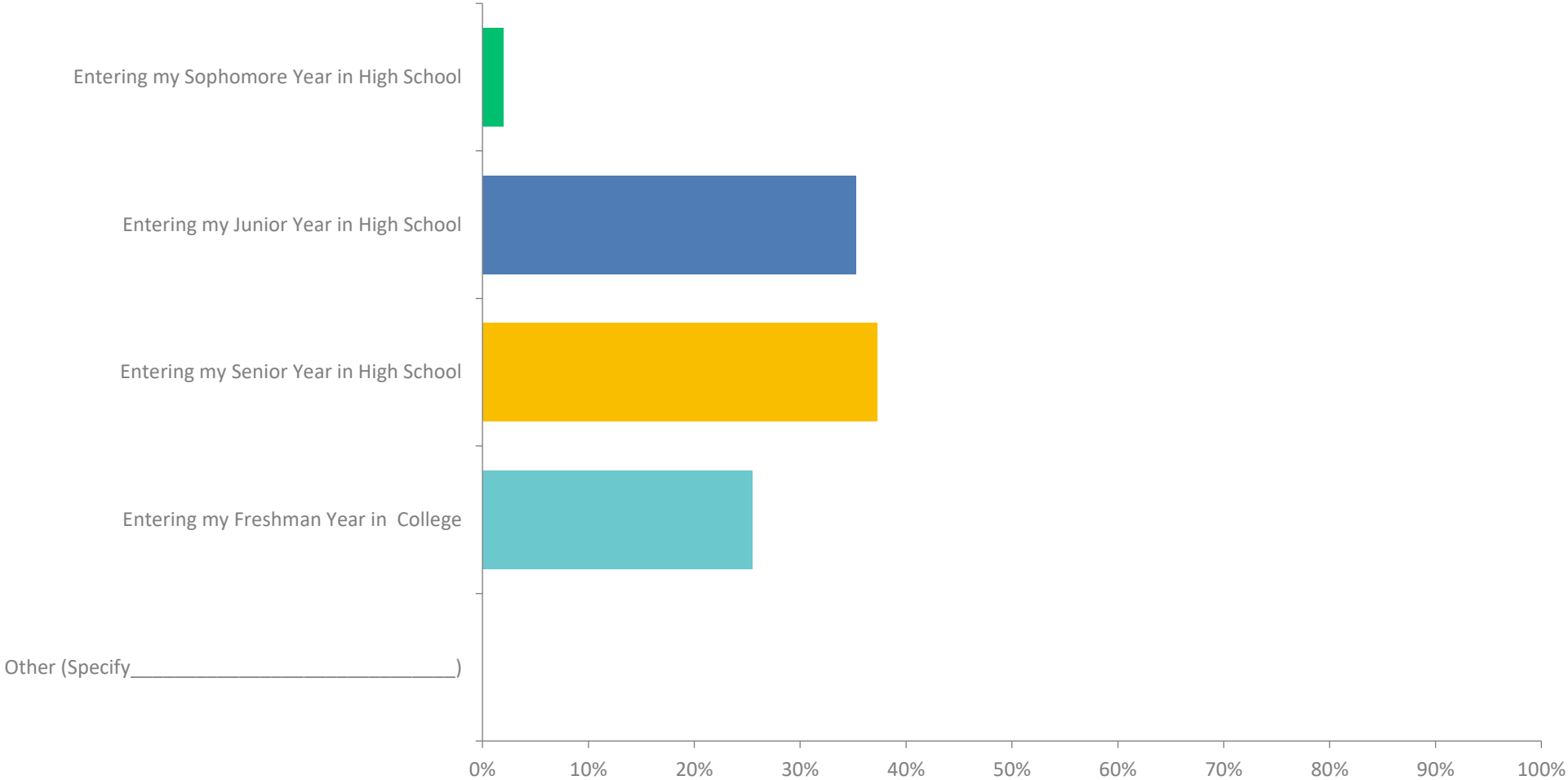
Some of the larger issues are things like the basic human condition, the fears and insecurities we face, and the pressures life presents.



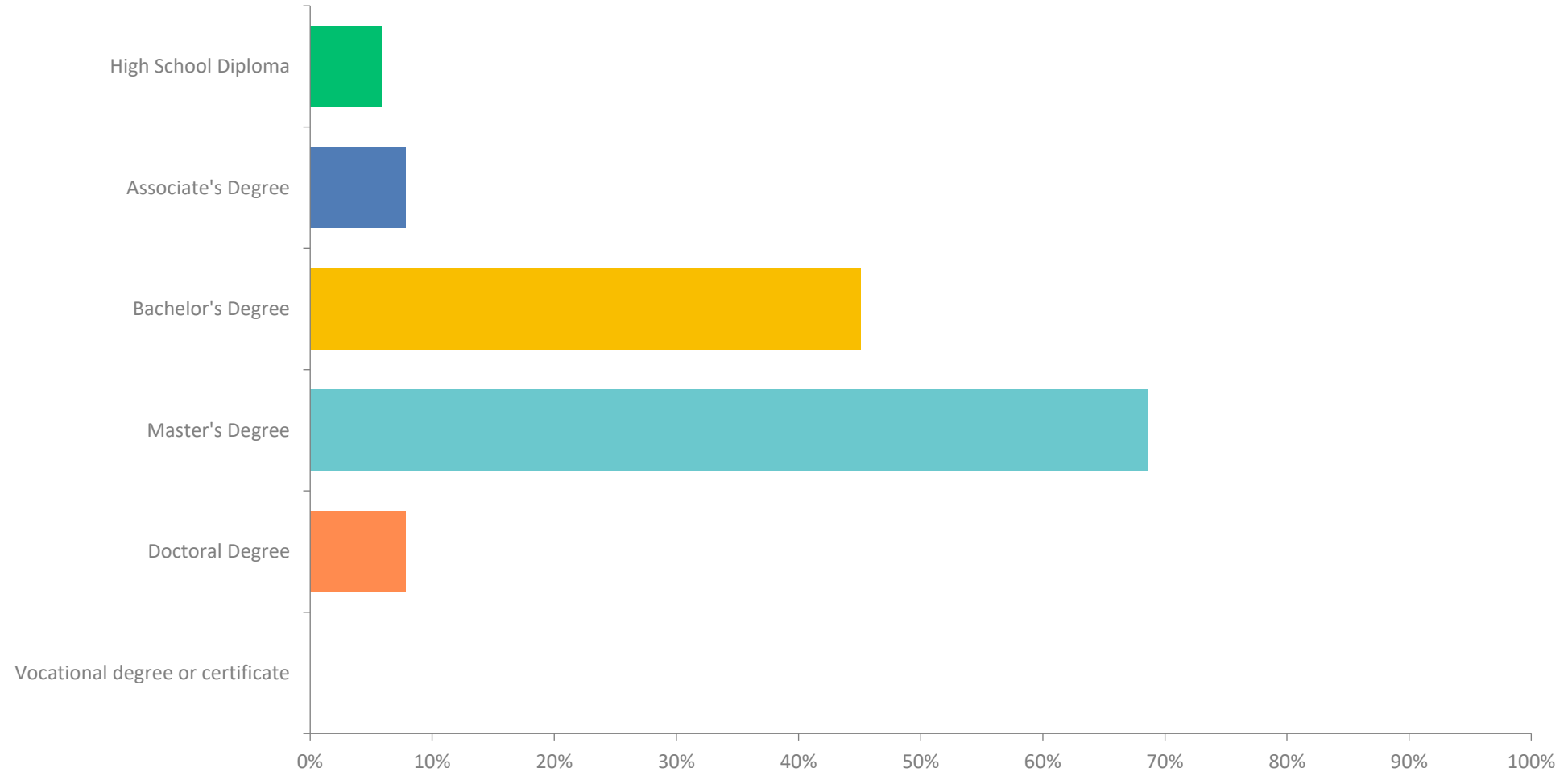
# Survey Results

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# Your Current Classification

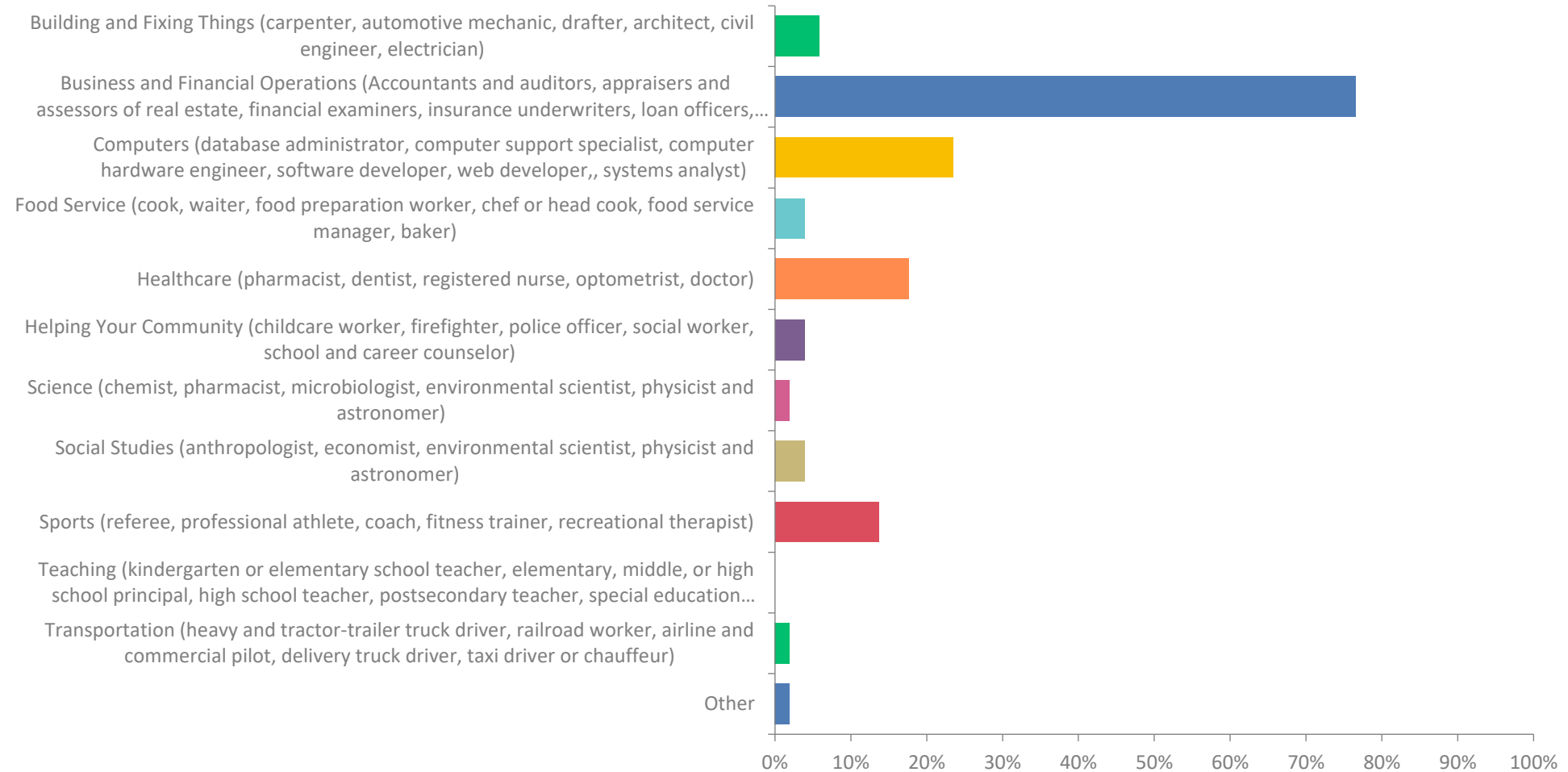


# The Highest Educational Level You Plan to Pursue

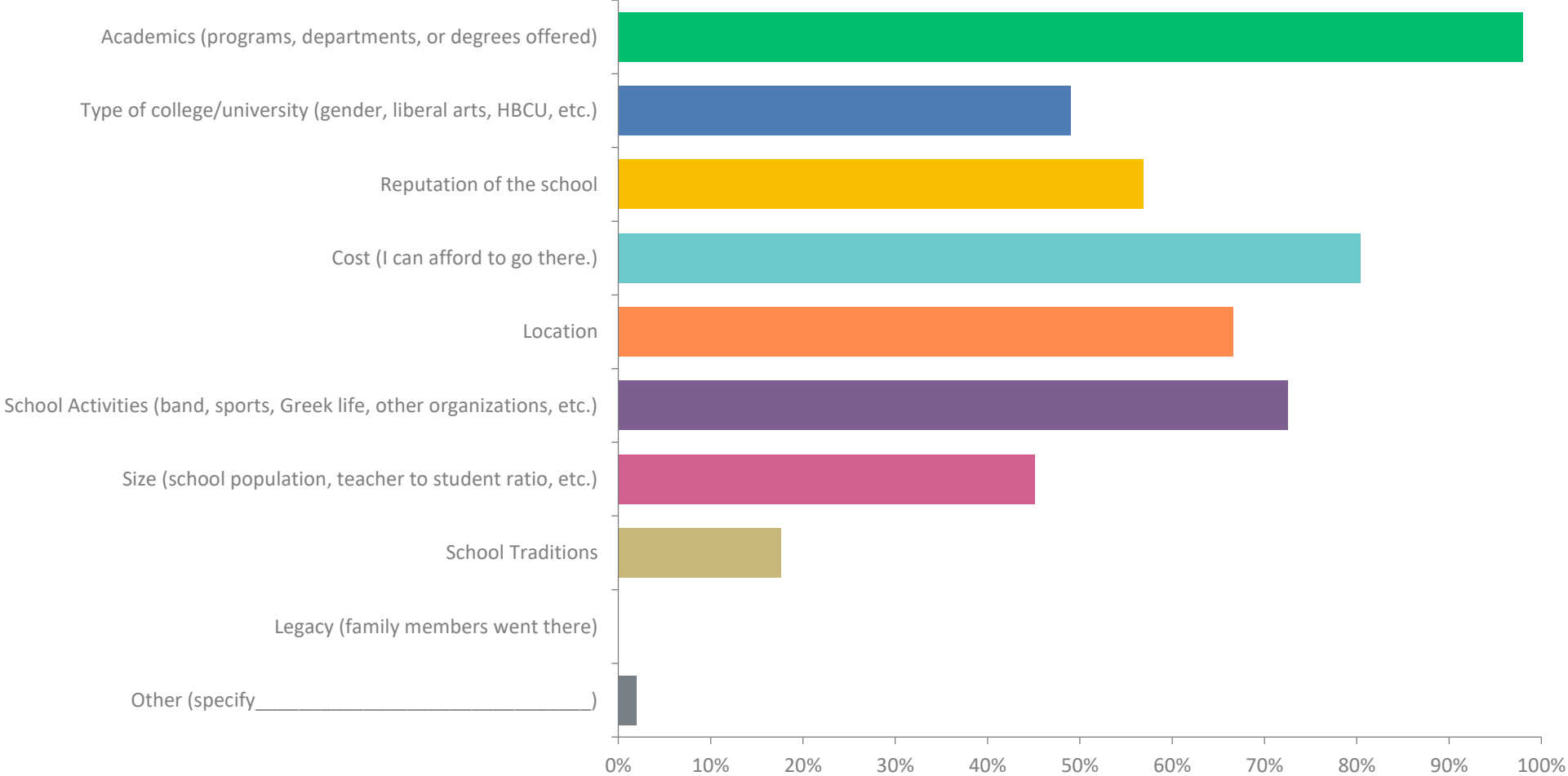




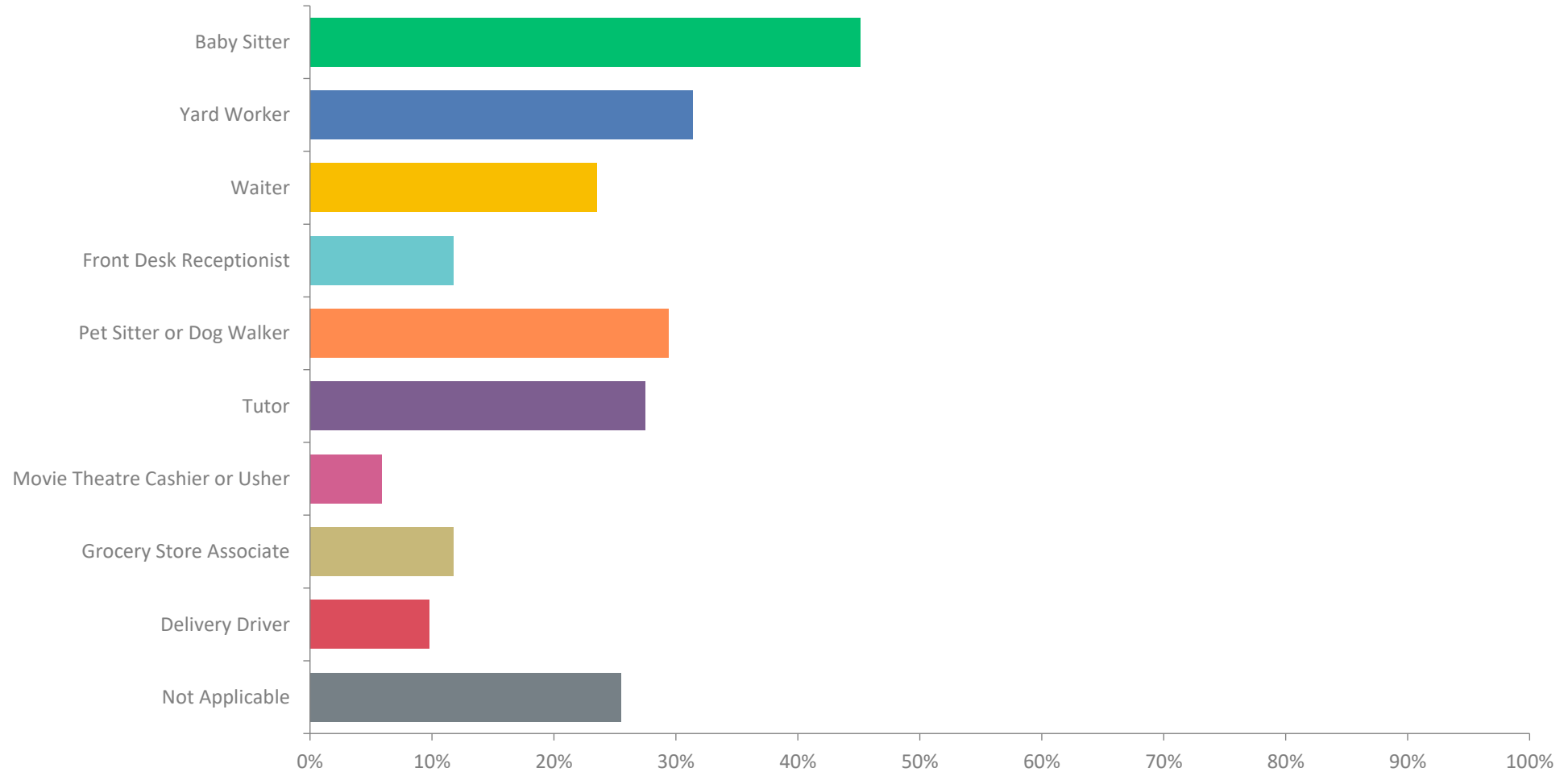
# Career Role of Greatest Interest to You



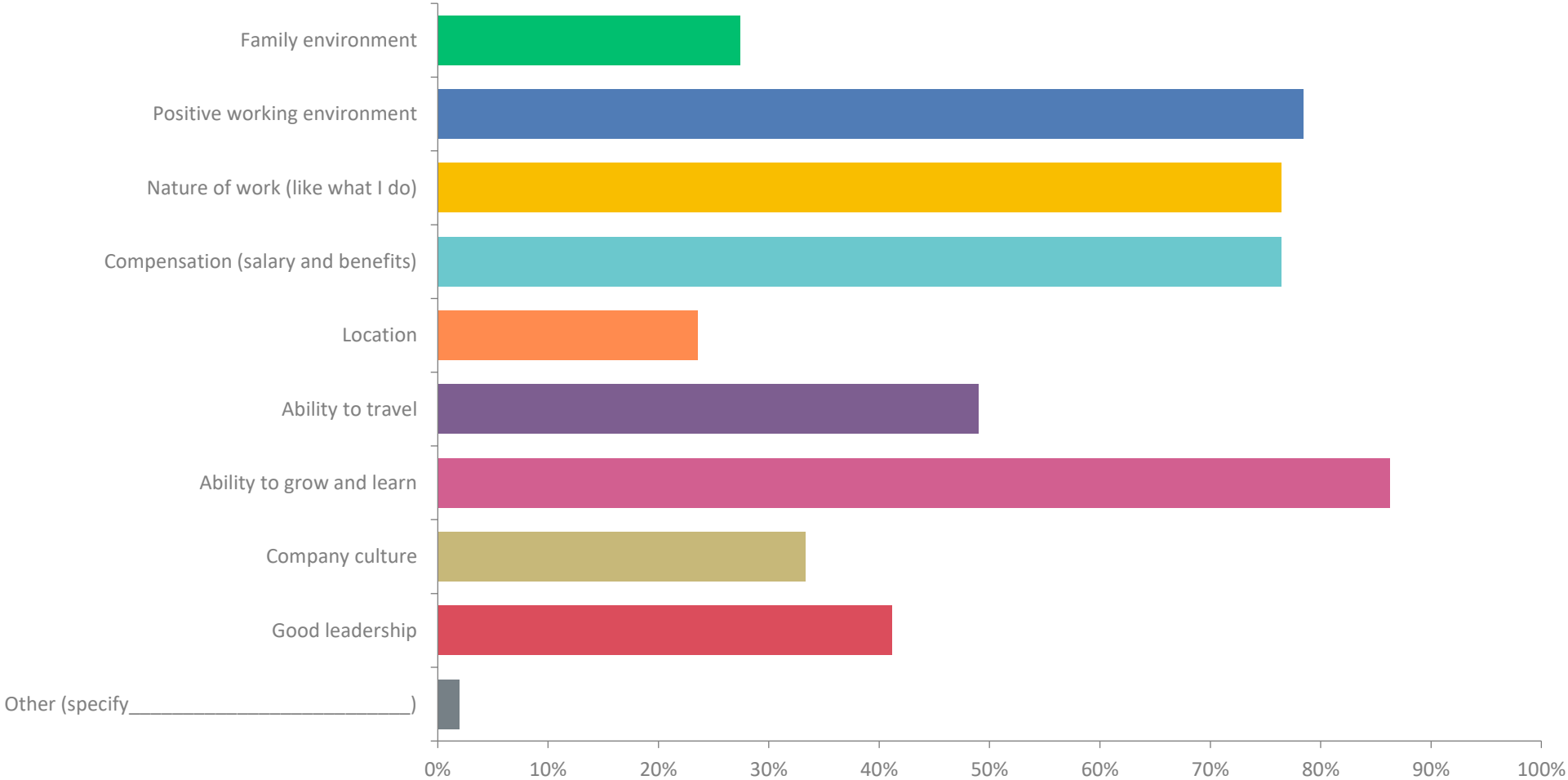
# Values Most Important to You in Choosing A College or University



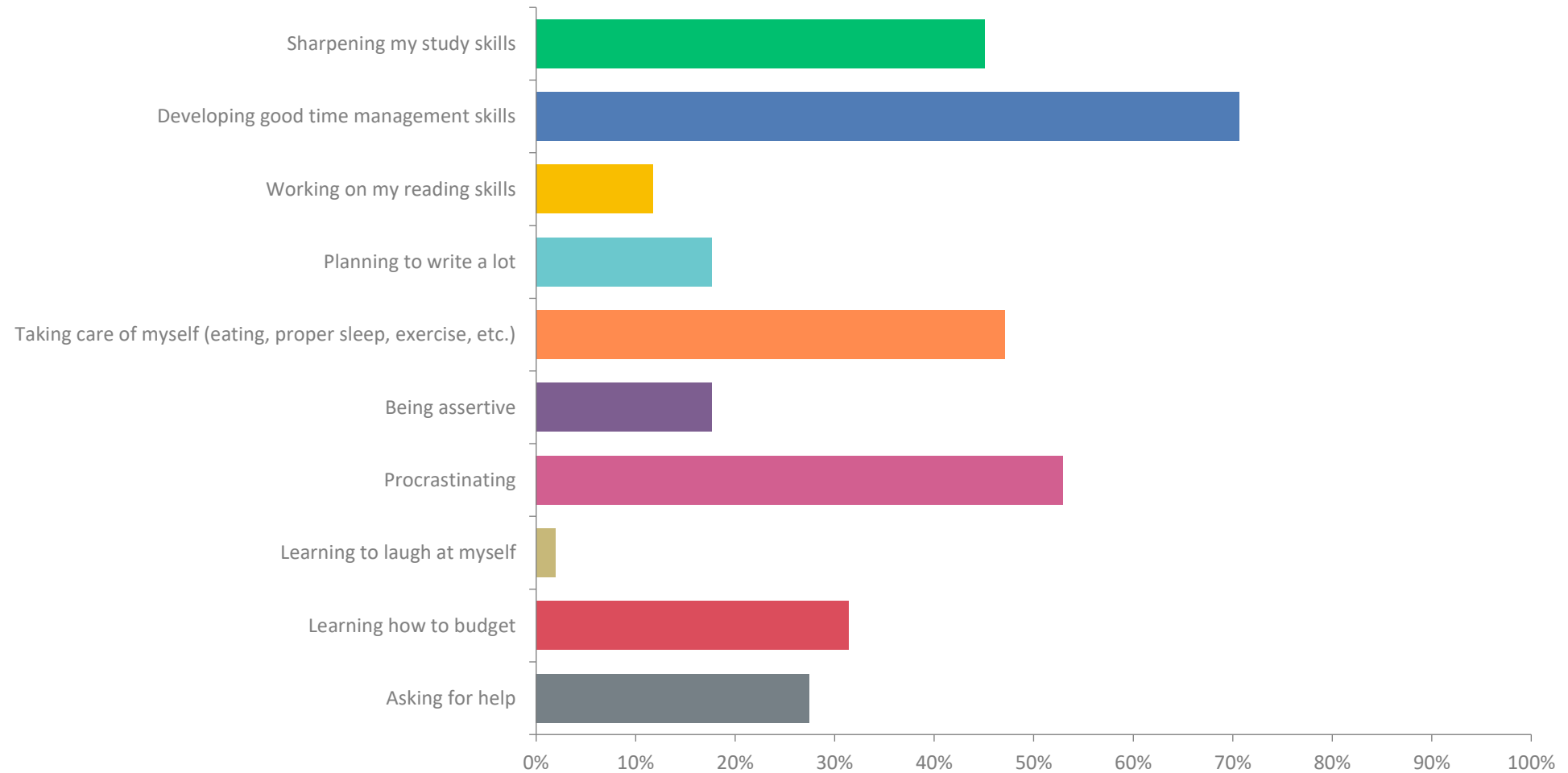
# Work That You've Already Done



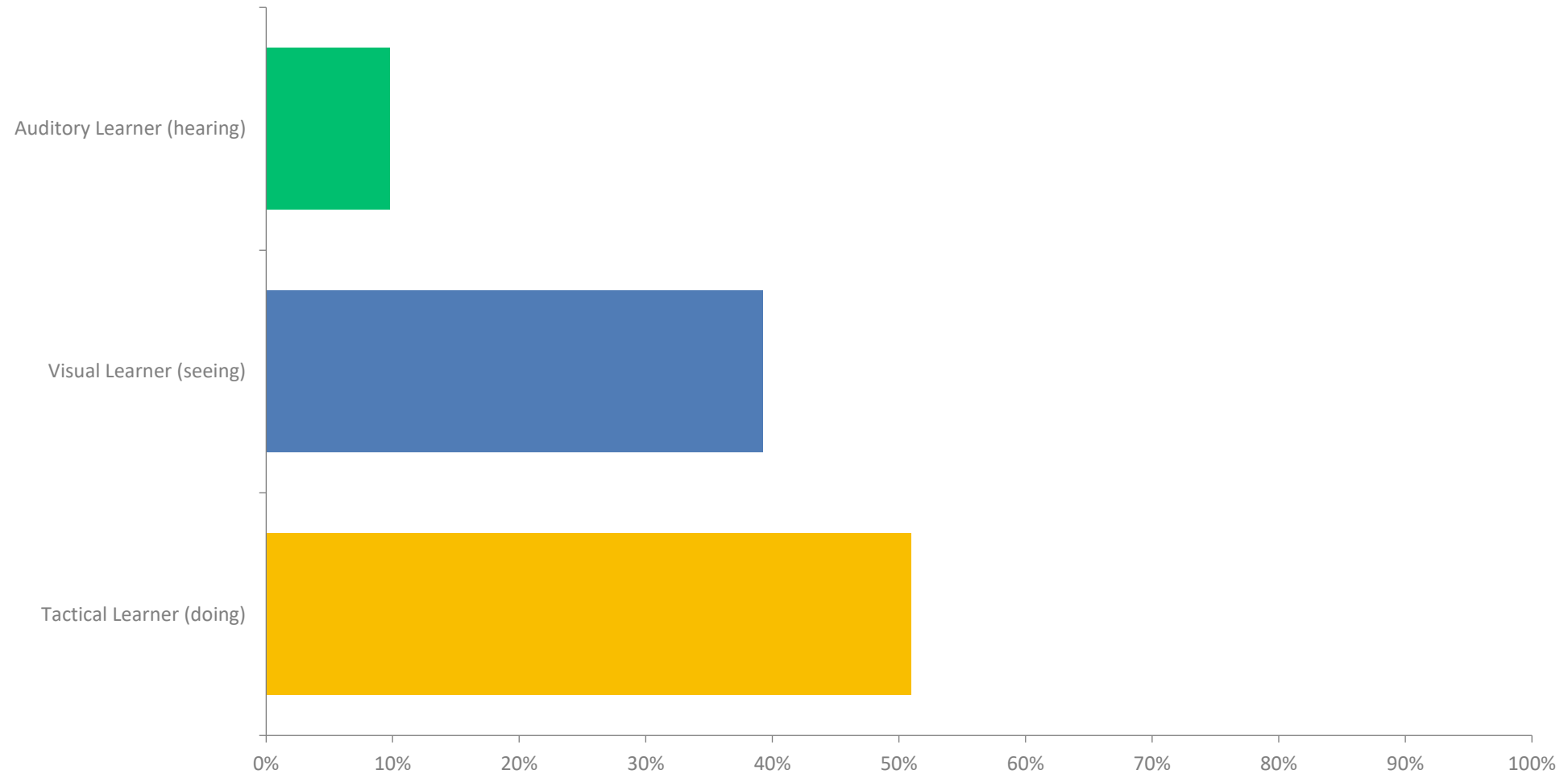
# Five (5) Values That are Most Important to You



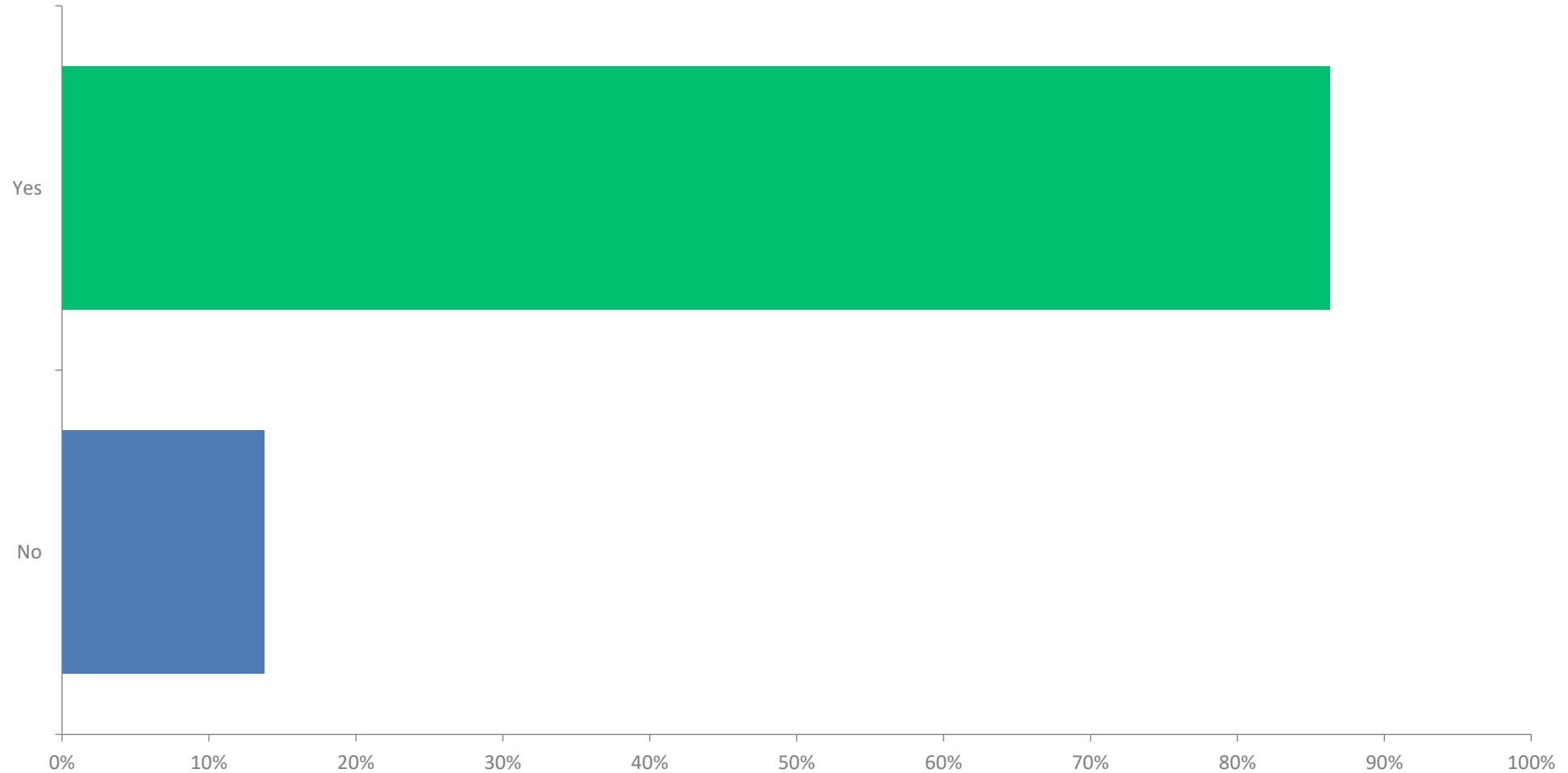
# Items That Give You Most Concern Post-High School



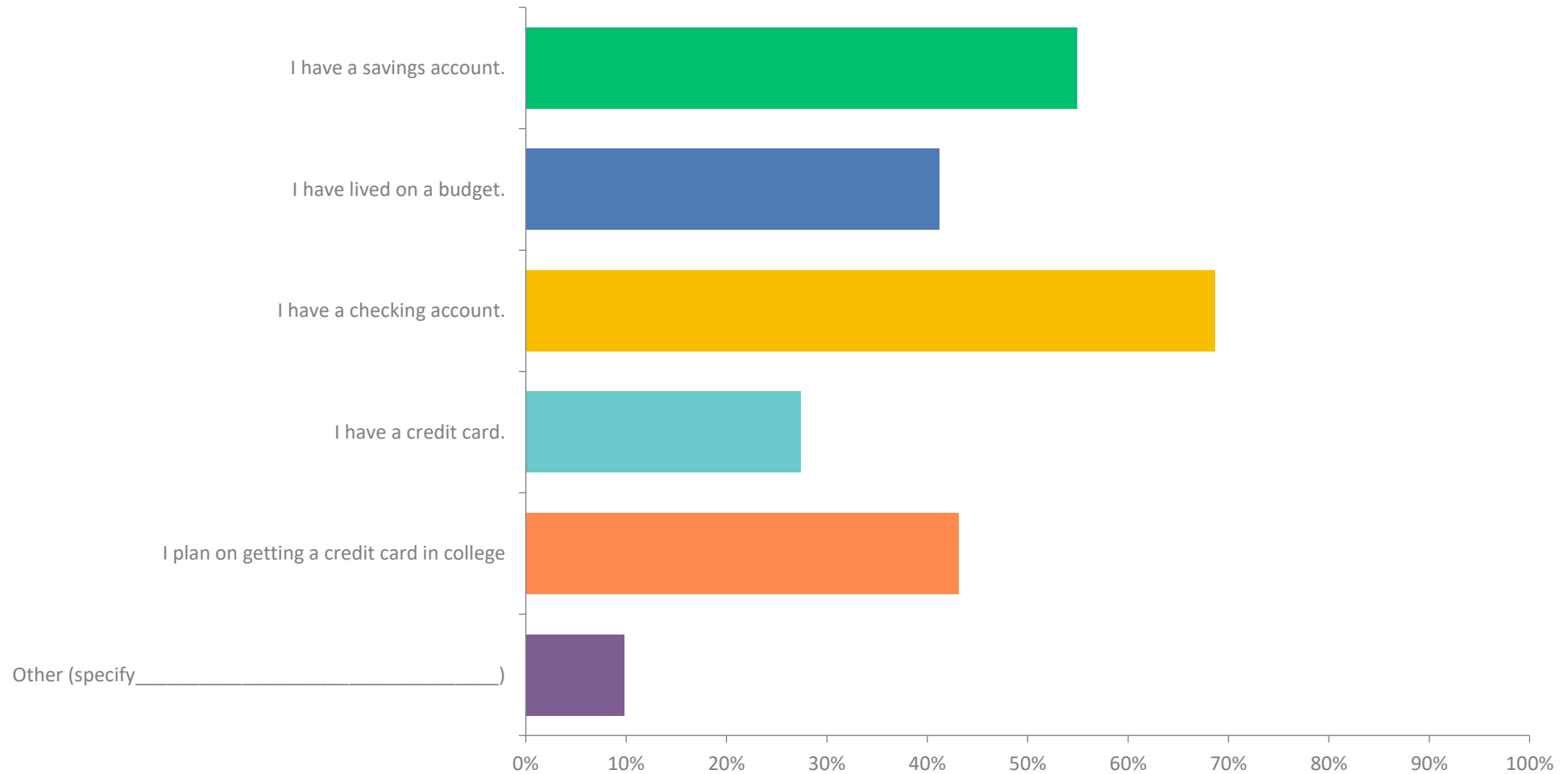
# What is Your Preferred Learning Style



# Have You Felt Successful in the Past?



# Items That Apply To You

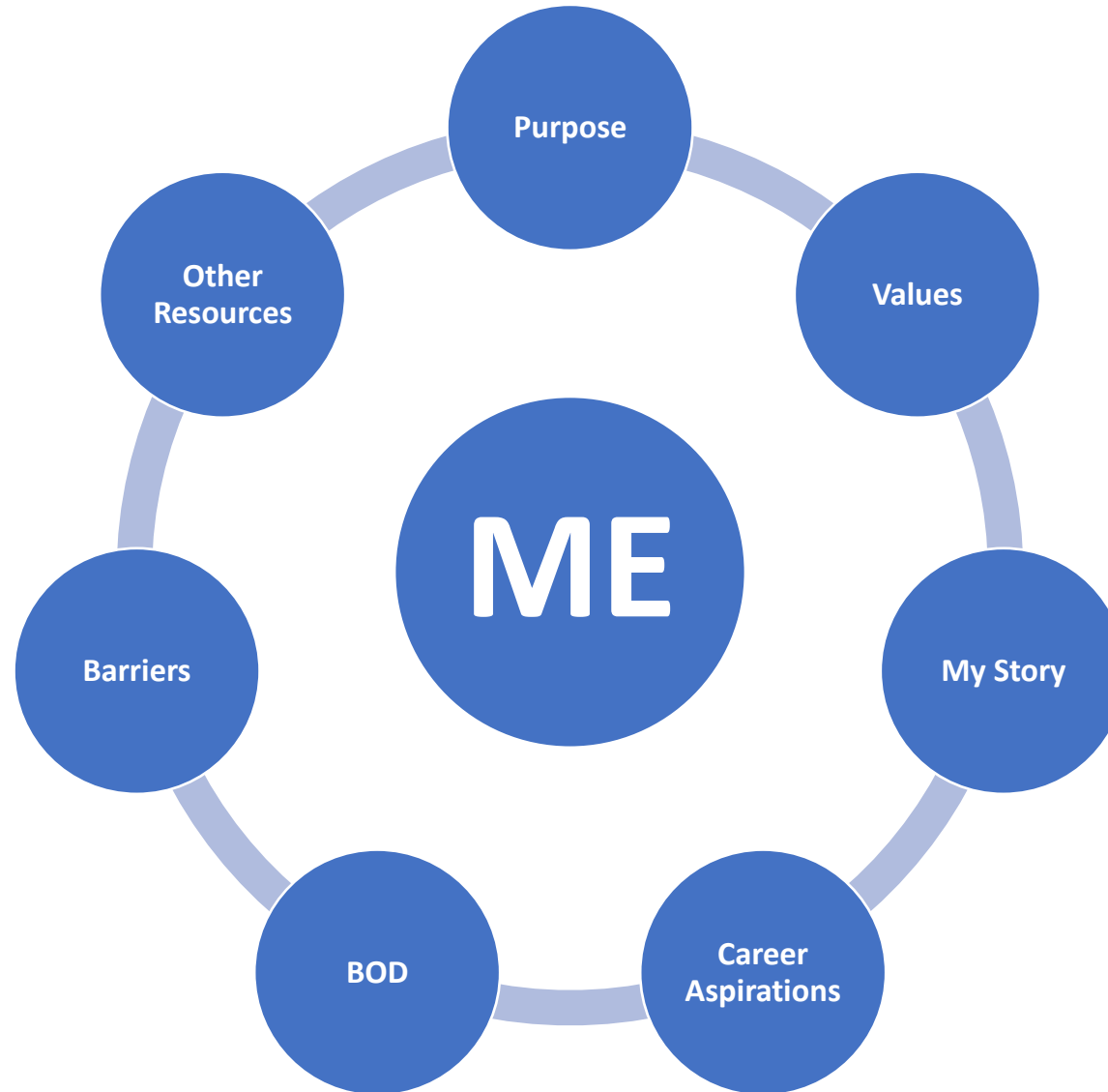






**Self-Assessment  
(Who Am I?)**

# Filters for Self-Discovery



Purpose: my "why"

Passion: my "what"

Gifts/Talents: My "how"

# Self-Assessment Exercise

Your Name: \_\_\_\_\_; Intended Major in College: \_\_\_\_\_

**Instructions:** As of today, and beside each circle below, list at least 2 to 3 items related to each of the circles.

- The process of looking at yourself in order to assess aspects that are important to one's identity.
- Opportunity to make judgment about your learning process.
- You become an active participant in your own evaluation.
- It's an effective tool for tracking your career progress, achievement, and self-development.
- Empower you to take control of your learning.



# 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. There is nothing to do here.

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: -----	Comments
	10			
	10			
	10			
	10			
	10			
<b>Total</b>	50			

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 what you 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 values in Column 1 in terms of importance to you from 1 to 10, 10 being highest (threshold).

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

Column 5: List any explanatory comments.

Values (What's Important To Me)	Ideal Rating	My Acceptable Rating	Current Reality	Comments
	10			
	10			
	10			
	10			
	10			
<b>Total</b>	50			

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

# What Does It Take To Accomplish My Goal(s)?



Positive Mindset?  
Education?  
Training?  
Skills/Talents  
Reading/Studying?  
Experience?  
Time?  
Intangibles?

Lifestyle  
You Want

To Do:

- 1.
- 2.
- 3.
- 4.
- 5.

# 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 I have spent away from home?	
<b>Greatest Concern—Independent Living:</b> What is my greatest concern to transition to independent living?	
<b>Bank Accounts:</b> Listed what applies to me.	



# College Readiness Tips

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# College Readiness, Slide 1 of 2

**Note: Discover your path to “success”. You get to decide what path to take. So, own that responsibility.**



# 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>• Develop a routine: study; read, etc.</li><li>• Take learning seriously; take effective notes.</li><li>• Know your learning style.</li><li>• Attend office hours. (Communicate with your Professors.)</li></ul>
<b>Join Organizations</b>	<ul style="list-style-type: none"><li>• Get involved.</li><li>• Create a sense of community.</li><li>• Good way to make new friends. Build and leverage relationships</li><li>• Prevents feelings of isolation or loneliness.</li></ul>
<b>Build Good Habits</b>	<ul style="list-style-type: none"><li>• Accept responsibility for your success. Don't quit.</li><li>• Get sleep, exercise, and eat healthy. (Maintain good mental, physical, and spiritual health.)</li><li>• Practice advocating for yourself.</li><li>• Focus on getting the most out of your college experience.</li><li>• Develop good self-awareness, self-management, and self-discipline.</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 (workshops, group study sessions).</li><li>• Ask your Professors (know their office hours).</li><li>• Seek mentors.</li><li>• Seek professional help if needed.</li></ul>

# Essential Skills for College-Bound Students



# 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.

# Learning Styles

**Note: Everyone's brain processes information differently. Figuring out how you learn best and the study habits that suit your learning style can help build confidence in your ability to succeed academically.**



## Auditory

Sit where you can hear.  
Study new material by reading it out loud.  
Have your hearing checked on a regular basis.



## Visual

Sit near the front of the classroom.  
Have your eyesight checked on a regular basis.  
Try to visualize things that you hear or things that are read to you.



## Tactical

Participate in activities that involve touching, building, or drawing.  
Use flashcards and arrange them in groups to show relationships between ideas.  
Use a computer to reinforce learning through the sense of touch.

# College Transition Tips, Slide 1 of 3

## Sharpen Your Study Skills

- In college, you're going to study a lot.
- Get your toolbox ready for it in high school. When making the transition to college, do the following consistently:
  - Take good notes.
  - Review lecture materials and readings.
  - Attend class consistently.
  - Don't skip assignments.
- Many freshmen students let those things slide when getting used to campus. When they do, grades quickly fall.

## Develop Good Time Management Skills

- In college, no one forces you to attend class.
- The responsibility to do well is all on you. Make sure to attend class on time.
- Do your work and show up for exams; that's critical.
- College professors are not required to make you attend class.
- Lay out your class schedule, assignments, tests, and other responsibilities and create a workable schedule.
- You won't be able to cram for tests the night before like in high school.
- Plan to spend at least 2-3 hours of study time for each hour of regular class.
- Know that tests in college cover much more ground; to do well on them, you need to put in the time to know everything thoroughly.

## Work on Reading Skills

- College reading assignments are often dense; you need to know how to extract information from them.
- If you come across new or difficult words, have a dictionary on hand for quick reference. Learn to break down an author's argument and how it's presented.
- Understand the context information is presented in, especially if asked questions where you need to access information from surrounding paragraphs for help.

## Be Ready to Write A Lot

- Essays and papers will be your life in college; get ready for them in high school.
- Work on how to organize an argument from top to bottom. You should be able to develop a thesis and support it with evidence. If you present an argument over multiple pages, then it's imperative to have its structure thought out and supported.
- Your goal should be to logically develop an idea with ample evidence, without being too stiff to read.



# College Transition Tips, Slide 2 of 3

## Take Care of Yourself

- Develop healthy eating and rest habits.
- College is the time to explore and express yourself in a new environment.
- Partying and long hours often result. However, if you choose to ignore sleep, diet, and exercise, your academic performance will undoubtedly drop. Stress also builds up from poor self-care.
- Do the best you can to establish a workout routine you enjoy, even if it's something as simple as walking.
- Maintain a consistent diet.

## Be Assertive

- If you're an overly shy person, you'll need to work on developing assertiveness with others.
- Almost all freshmen live with roommates. Living with strangers requires frequent negotiation about space and social boundaries. You will need to establish what you are comfortable with tolerating from this new person.
- However, if there are moments of tension that arise, use the word "I" instead of "you" because it addresses your concerns without sounding hostile.

## Don't Allow Procrastination

- College work is overwhelming at times. Don't let putting it off become the habit.
- Remember that you are in college to learn and grow. Putting off the hard work that comes along only wastes your time and guarantees bad grades. Instead, look at the many large projects you'll tackle and break them down into manageable tasks.
- It's easier to write a semester-ending term paper when you've spent the previous weeks working on notes and an outline.
- Preparation guarantees results in college.

## Learn to Laugh at Yourself

- School is stressful, but don't let stress overwhelm who you are.
- Learn to take a moment or two every day and laugh. It can be about something that you saw that day or about the absurdity you'll face from professors and classmates. The point is to accept that you don't need to feel bothered by your quirks and insecurities.
- You're in an environment with people working hard to better themselves; that fact alone means that none of them are perfect. You don't have to force yourself to be perfect either.

# College Transition Tips, Slide 3 of 3

## Learn How to Budget

- More than likely, you will live on your own and need to manage a budget.
- College is the first time many high school students actively manage their personal finances. It is a whole new world; you have to determine what you need, how much things cost, and what you have left over.
- Figure out where your income is coming from.

## Don' Be Afraid of Help

- Adjusting to a new environment is a struggle for many people. It's especially difficult for students who choose to do it all by themselves.
- Whether it's out of fear or pride, many freshmen carry unrealistic burdens on themselves mentally and emotionally.
- Don't fall into that trap. Instead, check on campus for student resources designed to help.
- Most schools have student services catering to academic tutoring, mental health, personal counseling, etc. that are there to help. If you want to get more out of your campus experience, many clubs and organizations exist to accept you. The point is that you're not alone in college unless you choose to be.
- Enjoy the social experience you'll receive there.





# Things You Can Do This Summer

## (Extracted Article from the Colleges of Distinction Team)

As summer approaches and the excitement of college awaits, it's time to start preparing for the next chapter in your educational journey. Whether you're a recent high school graduate or a transfer student, taking proactive steps during the summer will help ensure a smooth transition into college life. To help you stay organized and make the most of your summer, we have put together a comprehensive checklist of essential tasks. Let's dive in!

**1. Financial Aid:** Take some time to review your [financial aid package](#) and ensure all necessary documents are submitted. If you have any questions or concerns, reach out to the financial aid office for assistance.

**2. Housing:** If you'll be living on campus, make sure to complete all necessary paperwork and submit any required deposits by the designated deadlines. If you're considering off-campus housing, start researching options and connecting with potential roommates.

**3. Orientation:** Sign up for your college's [orientation](#) program. Orientation is a valuable opportunity to familiarize yourself with campus, meet fellow students, and learn about important resources and services.

**4. Course Selection:** Review the course catalog and plan your [class schedule](#). Be mindful of any prerequisites and requirements for your intended major. If you have questions, don't hesitate to reach out to your academic advisor.

**5. Health Requirements:** Check with your college to see if there are any required immunizations or medical forms that need to be completed before you arrive on campus. Schedule appointments with your healthcare provider if necessary.

**6. Summer Reading:** Some colleges assign summer reading to incoming students. Check if your college has such a program and acquire the necessary books. Engaging with the material before the semester begins can enhance your understanding and participation in class discussions.

**7. Technology Setup:** Make sure you have the necessary technology for your college experience. Check if you need a laptop, software, or any specific applications for your courses.

**8. Networking:** Join social media groups or online communities for incoming students. Connecting with your future classmates can help you build friendships, get advice, and ease any anxieties you may have.

**9. Personal Development:** Take advantage of the summer break to enhance your personal skills or explore [new hobbies](#). Whether it's reading, volunteering, taking online courses, or pursuing a passion project, use this time to grow and develop as an individual.

**10. Relax and Enjoy:** While it's important to prepare for college, don't forget to take some time for yourself. Enjoy the summer with friends and family, recharge your batteries, and create lasting memories before embarking on this new adventure.





Remember, summer is an excellent opportunity to get ahead and set yourself up for success in college. By completing this checklist, you'll be well-prepared to tackle the challenges and embrace the opportunities that await you.

# Video: Making Informed Career Decisions

<https://youtu.be/9tpYnM1ZdEM>



# Some Online Resources

Image	Topic/Resource	Link to the Resource
	<b>Scholarships:</b> How to Find—and Win—Scholarships: Your Complete Guide	<a href="https://collegesofdistinction.com/advice/how-to-find-and-win-scholarships-your-complete-guide/">https://collegesofdistinction.com/advice/how-to-find-and-win-scholarships-your-complete-guide/</a>
	<b>Financial Aid:</b> How to Negotiate Your Financial Aid Package	<a href="https://collegesofdistinction.com/advice/how-to-negotiate-your-financial-aid-package/">https://collegesofdistinction.com/advice/how-to-negotiate-your-financial-aid-package/</a>
	<b>College Readiness:</b> High School Checklist: Freshman Through Senior Year	<a href="#">High School Checklist: Freshman through Senior Year – Colleges of Distinction</a>
	<b>College Readiness:</b> Top 50 Questions to Ask Your College Counselor in High School	<a href="#">Top 50 Questions to Ask Your College Counselor in High School – Colleges of Distinction</a>

