

ACT /College Preparation

	Content	Skills	Assessments	Resources
	Preparation for the ACT test	<p>These topics convert to physical, emotional and informational skills</p> <p>ACT The format of the ACT ACT site and registration Exploring the ACT site Sections of the ACT instructions Timing each section for you The personal plan of attack No one cares how you do, only you! Finding personal drive Writing section or not Strategy vs. content What to target The reliability factor Pouring on the effort What are my personal needs? Strategies for each section What do I personally need to do to increase my score? Practice does not make perfect, hard work does The myth about your score increasing just because you keep taking the test Love the process We do not read enough in high school</p>	<p>Completion and participation grade</p> <p>Four entire ACT released tests are taken and analyzed</p> <p>Student notebooks are reviewed for completion</p>	<p>www.actstudent.org</p> <p>college admissions and statistical web sites</p> <p>national magazines and publications for college descriptions, evaluations, and information</p> <p>Several publications for ACT Preparation such as The Princeton Review ACT, The Barron's ACT, the Real ACT Prep Guide, Sylvan ACT Prep</p> <p>Many web sites appropriate for addressing the items listed in the skills section of this document</p>
	College preparation			

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		College Preparation Understanding and communicating with professors Selecting a major Selecting classes Troubleshooting bad class choices Drop/add class procedures Professor's office hours Student writing center Food choices and nutrition Circadian rhythm Relationship pros and cons Roommate issues Money: respecting, spending and making Dorm room needs Avoiding trouble: parties Selecting a roommate Social Media is different in college Pets Clothes/ laundry/ machines Studying, where, how, when Sleep problems Emotional ups and downs Privacy Friend finding Time management/ organization Cell phones and relationships What do I do in class? Taking notes and learning how to do college reading Learning how to understand your parents at this stage of life Visitors from home Long distance relationships Your new GPA Keeping your scholarships Fraternities and sororities		
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		<p>Millions of things to do</p> <p>How to say no to all kinds of stuff</p> <p>Managing alcohol and those around you who drink</p> <p>The honor system</p> <p>Plagiarizing and cheating</p> <p>Research opportunities and why you may want one</p> <p>Where is help? Emotional, academic, medical, money</p> <p>Dealing with illness</p> <p>Your bed</p> <p>Weather</p> <p>“Different” people</p> <p>The first aid kit</p> <p>A long way from home issues, travel, moving, holidays</p> <p>Communal bathrooms</p> <p>Changing majors</p> <p>AD, BA, BS, BMED, MA, MS, PhD, MD</p> <p>Boards and certification, and programs that require admission after two or three years of college</p> <p>Finishing in 4 years or not</p> <p>Summer school thoughts</p> <p>Foreign travel choices</p> <p>What is a liberal arts school?</p> <p>Public vs. private colleges</p> <p>Divisions and affiliations in collegiate sports</p> <p>Scholarship types</p> <p>What kinds of transitions are there and how do I adjust?</p> <p>Being 18 years old</p> <p>Living with 18-22 year olds</p> <p>Intermurals, intramurals</p> <p>What is ‘advice’?</p>		
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		<p>My technology, my style</p> <p>Honoring opportunities</p> <p>No one knows you, this is good mostly</p> <p>Cars/parking/stickers/lots/tickets/fr iends</p> <p>Emergencies</p> <p>Finding doctors</p> <p>Loans, credit cards and borrowing money</p> <p>Staying fit</p> <p>Personal motivation</p> <p>Procrastination</p> <p>The student athlete</p> <p>How to find a college FIT</p> <p>Tuition/ room and board</p> <p>AP courses policies at your schools</p> <p>The application process</p> <p>The college mission statement</p> <p>Writing essays</p> <p>Interviewing</p> <p>What is a C.V.?</p> <p>How am I being evaluated by my high school teachers?</p> <p>The Common Application</p> <p>The FAFSA</p> <p>Comparing freshman statistics to mine</p> <p>Senior year is the year to prove yourself, not relax</p> <p>Targeting recommenders</p> <p>Being more open minded as you mature</p> <p>Accepting personal control</p> <p>Energy level</p> <p>Self-talk</p> <p>Breaking down goals and organizing them</p>		
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