



COLLEGE APPLICATION WEBINAR SERIES WORKBOOK

This workbook was created for you by a group of college admissions counselors that want you to be successful in your college application process! Please utilize this as you watch the webinars that are being offered Monday evenings in the Fall Semester, or just on your own to help you organize all of the information you learn throughout your college search process.

Pages will be added each week and will build upon each presentation so be sure to tune in!

Presentation topics and dates:

Monday, September 14, 2020: 6:00–7:00 PM PST
*Building Your College List
in a Covid-19 Era*

Monday, September 21, 2020: 6:00–7:00 PM PST
*How to Get the Dough to Help You Go!
Scholarships & Financial Aid*

Monday, October 5, 2020: 6:00–7:00 PM PST
*How to Sell Yourself:
Resume and Activities List*

Monday, October 12, 2020: 6:00–7:00 PM PST
[Personal Statement & Main Essay Writing](#)

Monday, October 19, 2020: 6:00–7:00 PM PST
[Supplemental Essay Writing](#)

Monday, November 2, 2020: 6:00–7:00 PM PST
[College Panel:
Ask the Experts](#)

BUILDING YOUR COLLEGE LIST IN COVID-19

WHAT ARE YOUR TOP 5 CRITERIA FOR A COLLEGE?

Examples might include: having an honors college, having a specific major, being able to apply “undecided,” affordability, size, location, etc.

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

THREE WAYS YOU PLAN ON CONNECTING WITH COLLEGES

Ways to do this are included in the presentation! Write them out and hold yourself accountable.

- 1.
- 2.
- 3.

ADDITIONAL RESOURCES FOR YOU

- <https://corsava.com/>
- Example Google Sheet to get you organized:
https://docs.google.com/spreadsheets/d/1dRW8_65RWwrft1Fi_z2DqkLsi9Fy7oObcvUp7qXgABQ/edit?usp=sharing
- College Board College Search tool:
<https://bigfuture.collegeboard.org/college-search>

GETTING THE DOUGH TO HELP YOU GO

5 FACTORS OF COA - COST OF ATTENDANCE

1. **Tuition and Fees**
2. **Housing and Dining**
3. **Books and Supplies**
4. **Transportation**
5. **Misc / Ancillary / FUN**

5 SCHOLARSHIP WEBSITES YOU PLAN TO USE

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

FAFSA WEBSITE: [HTTPS://STUDENTAID.GOV](https://studentaid.gov)

Gather these items and you'll be ready to apply on October 01!

- **Your Social Security Number**
- **Your Alien Registration Number (if you are not a U.S. citizen)**
- **Your federal income tax returns, W-2s, and other records of money earned. (Note: You may be able to transfer your federal tax return information into your FAFSA using the IRS Data Retrieval Tool.)**
- **Bank statements and records of investments (if applicable)**
- **Records of untaxed income (if applicable)**
- **An FSA ID to sign electronically**

COLLEGE COSTS NET PRICE GRID

Colleges that I applied to						
Tuition & Fees						
Housing & Dining						
Books & Supplies						
Transportation						
Misc Expenses						
COA						
Scholarship						
Scholarship						
Grants						
Loans						
Net Cost						

HOW TO SELL YOURSELF: RESUME AND ACTIVITIES SECTIONS

DETERMINE YOUR PERSONAL VALUES

Circle the personal values you feel apply to yourself. Next, narrow the list down to your top three. Choose from the list below or create new ones.

Recognition Accountability Inspiration Music Helping Others Peace Diversity
Expertise Vulnerability Global Awareness Hunger My Country Sleep Productivity
Intuition Culture Healthy Boundaries Second Chances Listening Family
Excitement Travel Adventure Laughter Entrepreneurship Wonder Health And
Fitness Love Close Relationships Humility Art Responsibility Safety Wealth
Creativity Knowledge Inclusion Curiosity Gratitude Faith Communication
Interdependence Efficiency Stability Humor Truth Order
Excellence Religion Beauty Meaningful Work Trust Self-expression Fun
Rationality Democracy Self-control Balance Adaptability Success Independence
Variety Community Patience Challenges Autonomy Loyalty Courage Self-love
Ritual Purpose Privacy Freedom Quiet Compassion Cooperation Growth
Authenticity Practicality Nature Objectivity Leadership
Wisdom Respect Strength Flexibility Financial Stability Empathy Belonging
Equity Resourcefulness Decisiveness Competence Collaboration Spirituality
Social Change Honesty Mindfulness Grace

Source: [The College Essay Guy](#)

1.) _____ 2.) _____ 3.) _____

Think about your future and things you would like to accomplish in college, a future career, or in life in general. How do your personal values relate to your goals?

LIST YOUR EXTRACURRICULAR ACTIVITIES

This exercise will help you list, prioritize, and describe your most important activities in a concise way.

Academic **Art** **Athletics: Club** **Athletics: JV/Varsity** **Career-Oriented** **Community Service (Volunteer)** **Computer/Technology** **Cultural** **Dance** **Debate/Speech** **Environmental** **Family Responsibilities** **Foreign Exchange** **Journalism/Publication** **Junior R.O.T.C.** **LGBT** **Music: Instrumental** **Music: Vocal** **Religious** **Research** **Robotics** **School Spirit** **Science/Math** **Student Gov.t./Politics** **Theater/Drama** **Work (paid)** **Other Club/Activity**

Directions:

List the most meaningful activities to you. Choose at least three but no more than ten. The categories are listed above (these are the same categories you will choose from on the Common Application).

Activity 1 Category: _____

Position/Leadership description and organization name, if applicable [50 characters max]: _____

Please describe this activity, including what you accomplished and any recognition you received, etc. [150 characters max]:

Activity 2 Category: _____

Position/Leadership description and organization name, if applicable

Description:

Activity 3 Category: _____

Position/Leadership description and organization name, if applicable

Description:

LIST YOUR HONORS AND AWARDS (IF APPLICABLE)

List up to five academic honors and awards (ex. Honor roll, Academics Award, Community Service award, etc. Leave out Athletic awards unless they relate to academics). List the most important to you, especially the ones that are most related to academics.

Categories: **School** **State/Regional** **National** **International**

1.) **Category:** _____

Title and Explanation [100 characters]:

2.) Category: _____

Title and Explanation [100 characters]:

3.) Category: _____

Title and Explanation [100 characters]:

4.) Category: _____

Title and Explanation [100 characters]:

5.) Category: _____

Title and Explanation [100 characters]:

RESOURCES

Values Exercise - From The College Essay Guyt

<https://www.collegeessayguy.com/cwiab-student-15-values-exercise>

No Extracurricular Activities? Here's What You Should Do – From Prep Scholar

<https://blog.prepscholar.com/no-extracurricular-activities-what-you-should-do>

How to Fill Out the Common App Activities Section – From College Vine

<https://blog.collegevine.com/how-to-fill-out-the-common-app-activities-section/>

How to Create an Elevator Pitch with Examples

<https://www.thebalancecareers.com/elevator-speech-examples-and-writing-tips-2061976>

HOW TO FILL OUT THE COMMON APP ACTIVITIES SECTION!!! – From YouTube, Josh Beasley

<https://www.youtube.com/watch?v=Zg2SxLwvPU4>

How to Complete the Honors Section of the Common App – From College Transitions

<https://www.collegetransitions.com/blog/how-to-complete-the-honors-section-of-the-common-app/>

PERSONAL STATEMENT & ESSAY WRITING

BRAINSTORMING ACTIVITY

Divide a piece of paper into four squares and label:

1. **Obstacles/Challenges**
2. **Strengths/Successes/
Accomplishments**
3. **What makes you, YOU?**
 - a. **Heritage**
 - b. **Race**
 - c. **Ethnicity**
 - d. **Religion**
 - e. **Hobbies/Interests**
4. **Goals/Dreams**
 - a. **Career**
 - b. **Major**
 - c. **What do you see for your future self?**
 - d. **How will this school help you get there?**

WHAT ATTRIBUTES ABOUT YOU DO YOU WANT TO SHARE IN THE APPLICATION?

Think about what application piece you will share these attribute(s)

What Attributes do you want to share?

- 1) *Ex.: I earned an Eagle Scout*
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

Where in the Application will You share about this?

- 1) *Ex.: Resume/Activity Section*
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

START WRITING...

Using one attribute or story about yourself, write for 5 minutes on that topic.

- 1) How many words did you write?
 - a) Usually a good sign is if you could write easily more than 100 words on the topic you chose
- 2) Was it easy to write or did you have a hard time?
 - a) If it was a challenge to write about this then perhaps you chose the wrong thing to share.
- 3) Try writing about 2 more attributes in the same manner
- 4) Then after all 3 have been written, share with someone and see which one they prefer.
 - a) Do you agree?
 - b) Is this a college essay or one part of your college essay

SHOW NOT TELL

Practice showing using this exercise:

What is it you want to tell the colleges you are applying to?

- 1) *Ex.: That I am passionate about sustainable farming.*
- 2)
- 3)
- 4)
- 5)

Now choose one of the “tells” and write about it for 2 minutes:

Ex.: My family owns an organic, cage-free farm which has influenced my eating habits. In fact, my friends laugh when I tell them that I love my pet chicken to the last bite. What they don't ever ask is why?...

WRITING IS IN THE REVISIONS!

REMEMBER WRITING IS A MUSCLE - YOU NEED TO KEEP
WORKING (WRITING) IT OUT!

SUPPLEMENTAL ESSAY WRITING

TIPS ON DEVELOPING YOUR SUPPLEMENTAL ESSAYS

- A small _____ is _____, but not always necessary
- Be yourself!
- Try to incorporate _____ to _____ main ideas into each of your supplemental essays.
- Make sure each time you mention the school, try to _____ it back to yourself.
- Check your _____ and mind your word count.
- Don't wait until the last minute--colleges can tell!

6 COMMON SUPPLEMENTAL ESSAY MISTAKES

- Writing about the school's _____, _____, reputation, weather or _____.
- Simply using emotional language to demonstrate fit
- Screwing up the mascot, stadium, _____ or names of any important places or _____ on campus.
- _____ the information on the college's brochure or _____.

6 COMMON SUPPLEMENTAL ESSAY MISTAKES (CONT)

- Describing traditions the school is well known for.
- Thinking of this as only a _____ essay.

RESOURCES

<https://www.collegeessayguy.com/supplemental-essays>

https://www.youtube.com/watch?v=7CZotWo1ybU&ab_channel=CollegeEssayGuy

NOTES



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