

Self-Compassion

Self-compassion, unlike self-esteem, is more than accepting or even liking yourself. It means being kind to yourself and treating yourself with the same compassion and love you'd treat a best friend.

Rate your self-compassion.

Yes No

- | | | |
|--------------------------|--------------------------|--|
| ☐ | ☐ | Do you avoid criticizing yourself when you make a mistake? |
| ☐ | ☐ | When you're stressed, do you take time to relax/recharge? |
| ☐ | ☐ | Do you accept that you're not perfect? |
| ☐ | ☐ | Are you patient with yourself when you're learning something new? |
| ☐ | ☐ | Do you treat your own feelings with the same patience and love with which you treat your best friend's feelings? |

Give yourself 1 point for every "Yes." Your Score _____

4-5 points: You're taking good care of yourself. Keep it up!

2-3 points: Try to show yourself a little more compassion.

0 - 1 point: Go easier on yourself! Treat yourself more like you'd treat a friend or family member.

Write a note to yourself.

In your note, include some kind, encouraging words—words that will lift you up and make your day better.

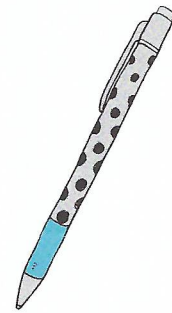
How to Prepare for College

Work hard to get the best grades possible.

The higher your grades, the more college choices you will have. *And remember, once you're in high school, everything counts! All of your courses and grades will be on the transcript that's sent to the colleges you apply to.*

In the grid below, list the courses you're currently taking. Then, in the "Grade" column, write down the highest grade you think you can earn in each course this semester.

	Course	Grade
1		
2		
3		
4		
5		
6		
7		



Think of these grades as your academic goals for this semester.

Believe in yourself, and believe that you can achieve your goals!

Be active and involved.

Colleges look for students who are engaged in meaningful activities. Get involved in school and community activities, and look for ways to develop your interests, skills, and talents.

What activities (in and out of school) are you involved in this year? _____

What skills or talents will you work on developing this year? _____

Your College To-Do List

Here are some things you can do to plan and prepare for college.



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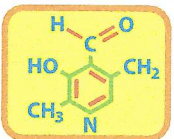
When you apply to a college, you must submit a copy of your high school transcript. Your transcript will include your GPA, all of the courses you've taken, and all of the grades you've received, beginning with ninth grade.

What is one thing you can do this year to improve your grades?



Learn about a college in your area. Visit the website, and if possible, make an informal visit. Take a walk around the college campus, go to a sporting event, or eat in the student union. If you can't visit a college in person, you may be able to take a virtual tour on the college's website or on *campustours.com*.

What college would you like to learn about? _____



Think about a major or subject you want to study.

At some point, you must choose a major (the subject you'll study in-depth). Start thinking about your interests, talents, and abilities in terms of a possible major.

What major or subject are you interested in studying? _____



Explore your college options.

Students today have a variety of education options. You can go to a two-year community or technical college, a four-year college, or a career/trade school. There are also specialty colleges, such as art, nursing, and culinary colleges. Learn all you can about the options available to you.



Meet with your counselor.

Talk to your counselor to make sure you're taking the courses you need for college. Discuss your college plans and ask questions. *Your counselor can help you make your college dreams a reality!*

Have you met with your counselor this year? _____



Be involved in activities and develop your interests. Colleges are looking for students who are active and involved in their school and community. Participate in school activities, and take time to develop your interests and talents.

What activities are you involved in this year (in and out of school)? _____

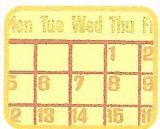


Consider taking a practice test. Some high schools offer tests to help younger students prepare for the ACT and SAT. Your counselor will have information on any tests that may be offered at your school.



Think about how you will pay for college. Have a conversation with your parents about how your education will be paid for, and about how much of the cost you will need to cover with grants, scholarships, and/or loans. Also, research college savings plans with your parents to see if they might be an option.

What are some ways you can save money for college now? _____



Make a testing plan. Consider taking the PSAT/NMSQT in October and the ACT and/or SAT in the spring of your junior year. Visit act.org (ACT) and collegeboard.org (SAT) for information.



Determine your criteria. Knowing what's important to you in a college will help you find a college that's a good fit for you.

What are you looking for in a college? _____

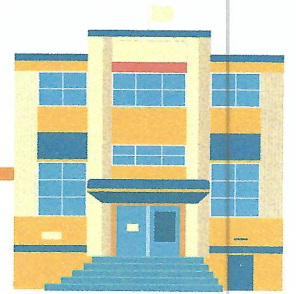


Do some research online. Once you know what is important to you, you can start doing some research online. Visit websites such as bigfuture.collegeboard.org or nces.ed.gov/collegenavigator to search for colleges that fit your criteria.

High School vs. College

As you think about going to college, it's important that you learn as much as you can about your college options—and about what you can expect as a college student.

Understanding the differences between high school and college will help you know what to expect.



Read each statement and decide if it is referring to high school or college. Circle your choice. (Answers are at the bottom of the page.)

- | | | |
|----|---------|---|
| HS | College | 1. Homework grades are often a large part of your final grade. |
| HS | College | 2. Your final grades typically depend heavily on major papers and exams. |
| HS | College | 3. Your days are scheduled and organized by others. |
| HS | College | 4. Your classes usually have 30 students or less. |
| HS | College | 5. Teachers request that you talk to them during their office hours. |
| HS | College | 6. Many teachers don't take attendance. |
| HS | College | 7. Your course selection is limited and your schedule is arranged for you. |
| HS | College | 8. Your classes can be small or have over 100 students. |
| HS | College | 9. You can usually talk to your teachers before or after class. |
| HS | College | 10. Teachers often approach you about a low grade or concern they may have. |
| HS | College | 11. Teachers keep track of your attendance carefully. |
| HS | College | 12. You organize your days and manage your own time. |
| HS | College | 13. You often have a lot of time between classes. |

1. HS 2. Col 3. HS 4. HS 5. Col 6. Col 7. HS 8. Col 9. HS 10. HS 11. HS 12. Col 13. Col

WHAT TO EXPECT IN COLLEGE

College is about more than taking classes and studying. Going to college is also about meeting new people, becoming more independent and responsible, and participating in activities you enjoy.

Three things to expect in college

Here are three things that students can expect in college.

1. You are responsible for your own academic progress.
2. There are so many things to do outside of class.
3. You have the opportunity to grow and create a better you.

Each of the following statements is an example of one of the above. Write the correct numbers (1, 2, or 3) in the lines below.

- 2 A. There are lots of clubs you can join (e.g., Frisbee, chess, photography).
- B. No one checks to see if you're going to class.
- C. You meet lots of different kinds of people.
- D. You can go to the rec center to work out, swim, take a yoga class, and more.
- E. If you need help in a class, it's up to you to reach out to your instructor.
- F. There are sports teams you can join for fun and exercise.
- G. You learn how to manage your time and your money.
- H. There are concerts, art shows, lectures, and theatre performances.
- I. You become more independent and responsible.
- J. Most of your learning is done outside of the classroom, on your own.
- K. There are sporting, art, and cultural events you can attend.
- L. You have the opportunity to take courses in a wide variety of subjects.

A. 2 B. 1 C. 3 D. 2 or 3 E. 1 F. 2 G. 3 H. 2 I. 3 J. 1 K. 2 L. 3