



Family Partnership Charter School Sponsors
'Steps to Your Future'
with Mari Jo Parks, M.Ed., Career & College Coach



Turning Exhaustion into Reflection

As the Fall semester comes to a close, know that you have made it through one of the toughest times in your life and history. You have faced the pandemic, school online, friends from a distance, boredom, anger, loneliness, and hopefully some good times. These past months the world has changed, education has changed, YOU have changed.

This past year has been different from anything we could have prepared you for or wanted for you. Just coping with so many changes has been exhausting. It is hard as a College and Career Coach to know what the best advice is to give you. But once again here I go...

First and foremost, Embrace the feelings you have had, the moments of sadness, happiness, confusion, anger, laughter. Take time to reflect on them, understand them, accept them, let them be a part of your forever. Take the lessons you have learned and let them help guide you through the rest of your life.

It is all the more important that you record the lessons you have learned. Take time over the winter break to record a few of your thoughts. Make a running list of your experiences. I cannot stress this enough; you will be glad you made a record of the Fall 2020.

Moving forward reflect...Remember you get to tell your story!

1. We have seen how individuals have taken these troubling times and turned them into opportunities. What opportunities can and have you created for YOU? Have you reached out to anyone special, learned something new, solved a major problem?
2. We have seen people be innovative and creative. How have you been innovative or creative? You can create a poem or story, a song, a drawing or painting, build a space for yourself...some form of creativity that will last?
3. What made you stronger through the sacrifices? What advice would you give a freshman in high school as they go through school at home? What have been the greatest advantages from this semester?

If you are applying to colleges, there are some things you can get done over winter break.

- Create a list of colleges and list important information. KNOW your deadlines. (A form is attached to this newsletter for you.)
- Explore the college websites. Go deep into information like courses, services, student government, newspaper. Get a real feel for the college.
- If you have decided on a college apply for housing and orientation as soon as possible. There will be more students applying for housing for the Fall, so applying early will help you get your choice. Check to see if the housing deposit is refundable if you select a different school.
- Work on scholarship essays. I have provided prompts in former newsletters. Feel free to contact me if you would like them again.

Lastly, you have time to decide on your future. If you are still uncertain that is okay. When you are ready you will find the answers you need.

Even though we have never met I am available to answer your questions. Feel free to contact me at future.incl@gmail.com. I look forward to hearing from you.

Have a restful and great break. I'll be in touch in the new year!!! Mari Jo Parks, College & Career Coach