

Thank you for purchasing college-prep materials from DreamCatcher Curriculum, LLC. We appreciate your business and hope that our products meet your needs for assisting students prepare for college. Although our materials can stand alone as a handout for students, the program guide will offer additional information and activities to share with students in a classroom or workshop setting.

The program guide is intended as a rough outline for the topic and can be adapted as you see fit to meet the needs of your program, school, or situation. The guide also includes copy-permissible pages for use in activities as a supplement to instruction. **Please note that color handouts are copyright-protected and duplication in any form is strictly prohibited.** See our website [www.dreamcatchercurriculum.com](http://www.dreamcatchercurriculum.com) for additional info, resources, and new curriculum topics.

➡ **BEFORE YOU BEGIN:** This workshop requires minimal prep, however, it is strongly recommended that you read and review the program guide along with the handout before meeting with students.

## **FIRST YEAR OF COLLEGE OBJECTIVE & INCLUDED TOPICS**

To provide high schools students a guide of college terminology and concepts with which they should be familiar to begin the first year of college; *College First Year Experience, High School vs. College, Freshman Pitfalls/Mistakes to Avoid, Where to Find Support in College, Responsibility in Adulthood, Campus Life, College Slang*

## **BEFORE THE WORKSHOP/SESSION**

This workshop is designed for high school level students to provide an overview of what to expect the first year of college. The in-depth content includes additional activities on this guide, however, it may be beneficial to invite a panel of current college students (perhaps former participants) or a guest speaker from an area college to have a Q & A session. Guest speakers from the office of First Year Experience (if applicable) or Freshman Advisement or Orientation would be excellent to supplement the content of the handout.

### **STEP ONE TIME: 5 MINUTES**

Before distributing the *First Year of College* handout, start with an open discussion with students about what they might anticipate the first year of college to be like. Some questions to ask:

*What are you most looking forward to about college life?*

*What parts of college seem the most intimidating?*

*What fears do you have?*

*Is there something about college that you wonder about or don't understand?*

Encourage discussion. If students seem reluctant to share in a large group, have them pair up with a partner. Students will hopefully be able to see that their fears/concerns are not unique, but common to most first-year students. Explain that the more you know about what to expect at college, the less "scary" the campus experience will be. Perhaps share your own personal experience as a freshman college student and what aspects of college were most intimidating for you (or even some mistakes you made).

### **STEP TWO TIME: 10-15 MINUTES**

Distribute the *First Year of College* handout. Encourage students to keep the handout for future reference, as it includes a large amount of college terms and info relevant to the first year of college experience. Provide a few minutes for students to read and "shade in" the glasses on the list of items they are looking forward to in college. Cover the sections of the handout, directing students to circle the bolded all-caps college terms throughout. Be sure to point out the section *High School vs. College*, as this side-by-side comparison will be helpful in delineating between the two educational experiences. Feel free to offer any additional info or insight you feel appropriate.

# FIRST YEAR OF COLLEGE Program Guide



## **STEP TWO (CONTINUED)** TIME: 10-15 MINUTES

Discuss with participants the number of study hours required for classes in college. Many college freshman are caught completely by surprise by the intensive amount of studying required. Mention that **2-3 hours of additional study (outside of class) is recommended for every hour spent in class**. If a chalkboard/dry erase board is handy to your workshop location, you could illustrate the math (see below) behind study time required in college.

For one college course (typically 3 credit hours):

$$\underline{3} \text{ credit hours (in class 3 hours per week)} \times \underline{2} \text{ hours of study per credit hour} = \underline{6} \text{ additional hours of study outside of class}$$

For a full-time college schedule (minimum 12 hours required for financial aid):

$$\underline{12} \text{ credit hours} \times \underline{2} \text{ hours of study per credit hour} = \underline{24} \text{ minimum hours of study outside of class}$$

Emphasize that study time provided in the examples is the *minimum* recommended amount of studying for success in college courses. Depending on the difficulty of the course and time of the semester (close to midterms or finals), it could be much higher (36 hours or more of outside class time per week).

Continue covering the sections of the handout as you see fit. Options for covering the material: students could read the sections on their own (with group discussion afterward); students could pair up to cover one section together, then teach/share with other partner groups; or review material in big group, but allow 1 minute discussion time with a partner after each section. Allowing discussion time between sections will help commit the information to long-term memory.

## **STEP THREE** TIME: 10-15 MINUTES

Once all sections of the handout have been covered, allow students time to write down the circled college terms (encountered thus far throughout the handout) in the *College Slanguage* section on the back page. By writing down these words, it will help further seal the new terminology into memory. Also, by connecting the new terms with the definition, it will aid even more in comprehension and retention of the material.

Answers to the matching activity:

**Academic Advisor-Q**

**Health Center-D**

**Student Activity Fee-R**

**Add/Drop-B**

**Intramurals-V**

**Student Handbook-L**

**Attendance Policy-T**

**Job Placement Office-P**

**Syllabus-F**

**Dead Week/Day-K**

**Major-O**

**Teaching Assistant-I**

**Electives-A**

**Mid-Term/Final-H**

**Withdrawal-G**

**Freshman Orientation-J**

**Office Hours-M**

**Work-Study-S**

**Freshman Seminar-N**

**Resident Assistant-U**

**Grade Forgiveness Policy-C**

**Retention-E**

Review the answers to the matching activity as time allows. Spend a few minutes discussing *A Few Last Items Worth Mentioning*, or move on to the optional activities in Step 4. If covering the *Last Items*, you could add that not all study abroad programs are for college credit toward degree completion. Those that are, however, typically qualify for financial aid. Also worth a mention: the fact that not all colleges have the same policies, offices, amenities, or options on co-curriculars. Each institution is completely unique and will take time to learn. Time permitting, you could open up for questions about other college terms or concepts that seem confusing or unfamiliar.

**DreamCatcher Tip:** At this juncture of the workshop (if it can be arranged in advance), consider inviting a panel of current college students to conduct a brief Q & A session about college life. Your students may feel a bit more comfortable asking questions of college students, plus it would be a fun break from the handout, yet related to the content.

## **STEP FOUR TIME: 10 MINUTES**

**QUOTE ACTIVITY** — Divide into groups of four to discuss the inspirational quotes included with this guide (simply print sheet on cardstock and trim cards to size). Provide each group one of the quote cards. State that they will have about 2 to 3 minutes to read and discuss with their group members what they believe the quote means and how it might apply to going to college. At your transition cue (see tip below), groups should trade cards so that they have a different quote to discuss. Repeat (as time permits) for a few different quote cards. If you have extra time, consider allowing groups to share their favorite quote with the workshop, explaining why/how/if they believe it to be applicable to college. Ask students if they believe these quotes to be applicable to adult life beyond college, too.

**DreamCatcher Tip:** To make transitioning from group activities easier, consider purchasing a mini wind chime (such as Zenergy chimes, sold inexpensively on Amazon). Simply sound the chime when it is time to transition to the next activity or when you need to call attention for further instruction, etc. The tone is soothing and much quicker to refocus the group than using your voice/clapping/etc.

## **LAST STEP & ASSESSMENT TIME REMAINING**

Conduct assessment (below) and collect before students are dismissed. A full page of print-friendly assessments is included with this guide. Simply print and cut. Assessment could be given to full group or a smaller sampling of students.

Distribute copies of the **Headed to College Packing List** (included with this guide). If time permits, feel free to discuss the packing list and note the *What NOT to Pack* section.

## **LEARNING OUTCOME**

At the end of this session, students will be able to provide examples of how college life will be different from high school, have a familiarity with typical college terms encountered their first year, as well as know common mistakes made by college freshmen. Through discussion with the facilitator and classmates, students will be able to view college in a fresh light, and understand that feelings of fear or confusion are common to all students transitioning to college.

### **FIRST YEAR OF COLLEGE PROGRAM ASSESSMENT**



**Explain how college will be different from high school:**

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**Name FOUR (4) College *Slanguage* Terms Learned Today:**

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**List TWO (2) College Rookie Mistakes You Should Avoid:**

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# Headed to College? PACK THIS...



## LAUNDRY ITEMS

- Sheets & Pillowcases\*
- Mattress Pad\*/Egg Crate Topper
- Comforter/Blankets
- Pillows
- Towels (several bath towels, hand towels and washcloths)
- Bed Risers or Lofting Equipment
- Clothes Hangers
- Laundry Hamper and/or Basket
- Laundry Detergent/Dryer Sheets
- Sewing Kit
- Static Spray
- Lint Roller
- Iron/Mini-Ironing Board or Mat
- Quarters
- Other \_\_\_\_\_

\* Some college beds are extra-long; check what your dorm has before buying

## FOOD PREP ITEMS

- Cups/Coffee Mug
- Plastic or Silverware
- Bowls (1 or 2)
- Refillable Water Bottle
- Can Opener
- Coffee Maker or Electric Kettle
- Microwave\*
- Small Refrigerator\*
- Other \_\_\_\_\_
- Other \_\_\_\_\_

\*Check with roommate(s) about sharing these items

## ELECTRONICS/MISC ITEMS

- Computer/Laptop/Printer\*
- Extension Cords/Power Strip
- Phone/Phone Charger
- Headphones/Ear Buds
- Camera
- TV/DVD Player/Game System
- Audio Equipment
- Electric Fan
- Removable Wall Hooks
- Area Rug
- Bike/Bike Lock (if desired)
- Other \_\_\_\_\_

\* Colleges have computer labs to use, if you don't have a computer

## CLOTHING ITEMS\*

- Coat & Light/Heavy Jacket
- Waterproof Jacket/Raincoat
- Pajamas/Robe
- Gloves/Hat/Scarf
- Socks/Underwear
- Jeans/Pants
- Shirts/Sweaters/Sweatshirts
- Dress Clothes (1 set)
- Business Casual Clothes (1 set)
- Sneakers/Comfy Shoes/Boots
- Flip Flops (to wear in the shower)
- Other \_\_\_\_\_
- Other \_\_\_\_\_
- Other \_\_\_\_\_

\* No need to overpack—switch out

## NECESSARY ITEMS

- Tissues
- Paper Towels
- Dish Soap/All-Purpose Cleaner
- Disinfectant Wipes/Spray
- Trash Bags/Zippy Storage Bags
- Food Storage Containers
- Framed Photos From Home
- Other Sentimental Items
- Posters/Wall Art/Decorations
- Umbrella
- Shower Caddy
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## TOILETRY ITEMS

- Prescription Meds/Pain Meds
- Upset Stomach Medicine
- Adhesive Bandages/First Aid Kit
- Cold Medicine/Cough Drops
- Shampoo & Conditioner
- Hair Styling Products & Tools
- Razors/Electric Shaver
- Nail Clippers/Tweezers
- Cotton Swabs
- Soap/Face Soap/Shower Gel
- Lotion (body & face)/Lip Balm
- Make-Up/Misc. Beauty Products
- Toothbrush/Toothpaste/Floss
- Glasses/Contacts & Cleaner
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## DESK/STUDY ITEMS

- Desk Lamp
- Alarm Clock (as a back up to phone)
- Trashcan/Wastepaper Basket
- Pens/Pencils/Highlighters
- Scissors
- Ruler/Protractor
- Paper Clips/Rubber Bands
- Sticky Notes/Notecards
- Pencil Sharpener
- Printer Paper
- Notebooks & Other Paper
- Hanging Files/Folders/Labels
- Flashdrive/Memory Stick
- Stapler/Staples
- Dayplanner/Calendar
- Pocket Folders/Organizers
- Envelopes & Stamps
- Bulletin Board/Thumbtacks
- Dry Erase Board/Markers
- Storage Trays/Boxes/Bins
- Blue Book Testing Booklets
- Scantron Sheets
- Calculator
- Backpack
- Other \_\_\_\_\_

## WHAT NOT TO PACK

Weapons (of ANY kind, including knives/swords/guns, etc.), Candles, Space Heaters, Tobacco/Alcohol/Illegal Substances, Cooking Appliances (toasters, grills, etc.), Lava Lamps, Pets (fish may be allowed)

**FAILURE**  
IS SIMPLY THE OPPORTUNITY  
TO BEGIN AGAIN,  
THIS TIME  
MORE  
INTELLIGENTLY.

Henry Ford

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THE SECRET OF CHANGE  
IS TO FOCUS ALL  
YOUR ENERGY  
NOT ON FIGHTING  
THE OLD BUT ON BUILDING  
**THE NEW**

Socrates

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THE BEST ADVICE I'VE  
EVER RECEIVED IS,  
**NO ONE  
ELSE**  
KNOWS WHAT  
THEY ARE DOING  
**EITHER.**

Ricky Gervais

[www.dreamcatchercurriculum.com](http://www.dreamcatchercurriculum.com)

THE ONLY WAY TO MAKE  
SENSE OUT OF CHANGE IS TO  
**PLUNGE**  
**INTO IT,**  
MOVE WITH IT,  
AND JOIN THE  
**DANCE.**

Alan Watts

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# FIRST YEAR OF COLLEGE PROGRAM ASSESSMENT



Explain how college will be different from high school:

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