

WELCOME & KICKOFF AT 4:00

WORKSHOP TOPICS

4:30

SESSION 1

UNDERSTANDING YOUR COLLEGE OPTIONS

Students choose one:

Seniors: Class of 2025
*Navigating Your Next Steps
Between Now and August!*

Juniors: Class of 2026
*College Prep Starts Now:
Building Your College List
and Senior Year Plan*

Freshmen & Sophomores:
*College Options 101:
Things You Can Do Now to
Plan and Prepare for
College!*

5:00

SESSION 2

FINANCIAL AID & THE COST OF COLLEGE

Students choose one:

Beyond Tuition:
Understanding and
Planning for the Hidden
Costs of College

Making College More
Affordable:
Scholarships, Grants,
and Work Study

Each Financial Aid Session will cover:

- *What is cost of attendance?*
- *Payment Plans*
- *Estimated vs. Actual Costs*

5:30

SESSION 3

THRIVING IN COLLEGE: SOCIAL & PERSONAL SUCCESS

Students choose one:

Imposter Syndrome &
Navigating New
Experiences in College as a
First-Gen Student

Stress, Burnout, and
Homesickness: Managing
and Optimizing Your Mental
Health in College

A Beginners Guide to Living
on Campus: Picking
Roommates, Packing, and
More!

RESOURCE FAIR 6:00-7:00

ATHLETICS

Getting recruited and
playing at all levels

FIRST-GEN

Navigating college as
the first in your family

STUDY ABROAD

Studying internationally
in college

FINANCIAL AID

Scholarships, FAFSA,
and more!

ACCESSIBILITY

Accommodations in
College (504s, IEPs)

STUDENT SERVICES

Food pantries and
emergency supports

ADVISING

Choosing your classes
in HS and college

CAREER

Resumes, internships,
and jobs in college!