

# College Knowledge



## **Badge Overview**

The years after high school are an exciting time—you're going out into the world and figuring out what your adult life is going to look like. Some people will go to college right after high school, and some will take different paths. If you've decided that college is the best choice for you and your family, you may be feeling both excited and overwhelmed. Simplify the college preparation process by tackling it step by step, and you'll be ready to start your next chapter in no time!

## **Badge Components Part 1**

### 1. Explore your options

Earn this step by exploring your options!

- O Head over to this page to explore thousands of options across the U.S.. You can also check out this page to take virtual campus tours of over 600 colleges.
- Choose 3 colleges/universities you plan to apply to and create a checklist of their application requirements. Things to include are where to apply (Common Application, school website, other platform), transcripts, essays, ACT/SAT test scores, and letters of recommendation.
- It is also important to be aware of any additional application processes or requirements for specific majors, such as engineering or nursing, or programs such as honors programs/colleges.

## 2. Start the admissions process

Option 1: Earn this step by prepping for your personal essay!

- Watch this video to get some tips that are useful for any essay prompt.
- Then, head over to this <u>link</u> to take a look at the essay prompt options on the Common Application and select one. If you are not using the Common Application, these can still be great practice, or feel free to use a prompt specific to your school if provided!
- O Create an outline for your essay that includes your introduction, main points for your body, and your conclusion. Keep in mind that college essays have word count limits, for example, the Common Application requires your personal essay to be between 250 and 650 words.

Option 2: Earn this step by prepping for your letters of recommendation!

- O Check out this <u>article</u> for key things to know and remember as you begin asking for letters of recommendation from those teachers, counselors, advisors, etc. who know you best.
- O Can't ask for a letter of recommendation in person? You can draft a professional email asking the individual if they would be able to connect with you via phone regarding a letter of recommendation. This allows you to still connect with them in a personal way to ask and provide any information they need. If they are not available via phone, you can professionally and politely ask them via email and attach items such as your transcript, a resume with your extracurriculars, service, work, etc., and/or a copy of your personal essay for them to reference if needed.
- Once they have submitted your letter, be sure to send a note in the mail, (if you have their mailing address), or via email to thank them for supporting you and providing a letter of recommendation!

### **Materials**

- · Something to write with
- Something to write on
- Access to internet

# Florida Educational Standards

The content of all Girl Scout national proficiency Badges and Journeys have been correlated by grade level to national and state learning objectives.

**Click here** for more information on how Girl Scout Badge-work supports Florida's educational standards.



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# **Badge Components Part 2**

#### 3. Make a financial plan

Earn this step by looking into financial aid options!

- O School-specific options can be found on their websites, and you can explore other financing options on this site.
- Ocnduct a search to find 3 scholarships you qualify for either through a college/university you are applying to or through an outside organization. Similar to step 1, create a checklist of what application requirements there are for each scholarship.
- O Did you know that Gold Award Girl Scouts can apply for special scholarships? Check them out on GSSEF's website here.

# College Knowledge (Continued)



#### 4. Get set for success

Colleges and universities often provide resources specifically designed to support student success! Earn this step by exploring what your college/university choices provide when it comes to student success. This could be resources in areas like tutoring, career services, advising, parent and family opportunities, and even financial wellness.

O List 3 resources you find for each and what situations they can help with.

## 5. Build healthy habits

It is important to not only focus on academic/career success, but also health and wellbeing, both physically and mentally.

O Earn this step by exploring what your college/university choices offer to support students in this area. Some examples of what schools provide include a student health clinic, recreation center/gym, counseling center, and food pantry.

It is also important to begin building healthy habits before heading to college.

- Ocheck out this <u>video</u> that explains a bit more about stress and how it affects our body, and gives 5 tips on how to relieve stress!
- O What are some ways you have relieved stress before and were they effective?
- O What are some new methods you could try?

# Notes