


STEP 1: Map your current community to identify the places that have supported your success.

warm-up: community map

Draw a map of your community (your town, city, or neighborhood, someplace where you feel comfortable, like your school campus, your workplace, your street, or even a virtual or online community). Show streets, buildings, and landmarks.

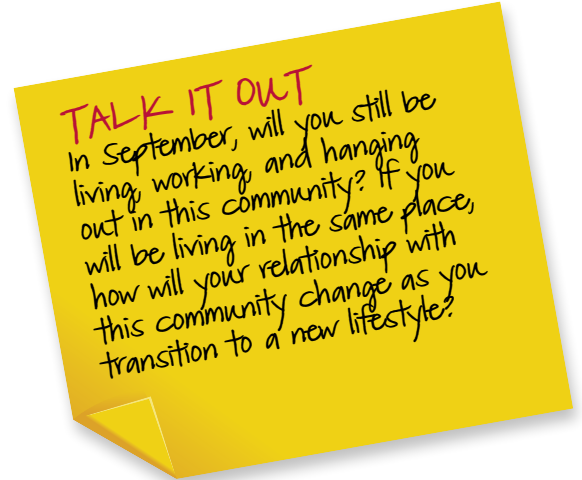


Now, **annotate** your map by marking and labeling the places in your community which support your self-care and stress management:

- Your high school
- Your home
- Your friends' and family members' homes
- Community centers and parks
- Places where you go to eat or enjoy a nice meal
- Places where you work or volunteer
- Stores where you can buy clothes, personal care items, and other things you need
- Places where you can do your laundry
- Places where you hang out with your friends
- Places where you go to exercise or play sports
- Places where you go to be alone or when you feel stressed
- Places where you go when you are sick (doctor's office, dentist, clinic, hospital, pharmacy, etc.)
- Places where you go to worship (your church, temple, etc.)
- Other places that are significant for you, or have meaning for you (a special corner, a memorable place, a building that used to mean something to you but no longer does)

Finally, **annotate** your map by marking and labeling the places in your community which support you academically:

- A library or media center
- A computer lab
- Places you'd go to study or to focus
- Places where you could be creative, like an art studio or a music performance space
- Places you'd go to get school supplies
- A place you could go to talk with someone about a personal or academic problem
- A place you could go to get help with a difficult assignment
- A place you could go to get your essay or paper revised, or get writing help
- A place you could go to get advice on college, careers, or what to do with your future
- Other places in your community you've gone which have helped you make it through high school



your transition plan: goals and action steps

STEP 2: Define **Transition Plan** and discuss your short-term transition goals.

Congratulations! By now, you have likely decided on a college, school, or program to attend and you've secured your place there. But there's still much to do to prepare for the big move to the world of higher education or a career. Set yourself up for a successful transition by preparing now.

In order to ensure that your transition to life after high school is as smooth as possible, you will create a **Transition Plan** in the next few weeks that will help you meet the following short-term goals:

YOUR TRANSITION PLAN

Short-term Goals:

Persist and Achieve — Research student life and academic support at your college or in your community. (Lesson 28)

Enroll and Register — Research the steps you'll need to take between high school graduation and the first day of college or work to ensure you start off on the right foot. (Lesson 29)

Create a Postsecondary Budget — Finalize your financial plan for life after high school. (Lesson 30)

Manage Your Money — Determine how you'll use banks, credit cards, and financial aid as part of your financial plan. (Lesson 31)

Arrive in Style — Finalize your **Transition Plan** by determining the supplies you'll need and how you'll move in. (Lesson 32)

STEP 3: Explain how communities support persistence and achievement.

your community: help when you need it

High school graduation is coming up soon, and the reason you're graduating is clear: You were able to **persist** and **achieve** in your high school community.

Persistence is continuing on, never giving up, and completing a task (like graduating from high school or completing all the steps in the college application process).

Achievement is completing a task with distinction, with honor, or at a high level (like graduating from high school with an excellent GPA or getting into your top choice college).

Depending on your personal needs, you probably took advantage of at least some of the resources in your community to help you get through, and possibly achieve more than you might have been able to on your own.

TALK IT OUT
What is the difference between persisting and achieving? How much work is it to persist at something? How much more work is it to achieve? When in your life have you demonstrated persistence? When have you persisted and demonstrated achievement?

persisting and achieving: resources on campus

As you learned in Unit 5, most college campuses, job sites, and neighborhood communities offer resources to their community members to support their academic excellence, self-care, stress management, time management, and conflict resolution. It's up to you to figure out which resources you want to access in order to meet your needs. This week, you'll focus on all the resources communities offer to help you persist and achieve in the challenging new environment of college (or a new career).

Self-Care: The Basics

Where would you go:

- to eat?
- to sleep?
- to exercise?
- if you got sick?
- if you got lost?
- if you felt unsafe or needed campus security?
- to buy school supplies, personal care items, and other things you need?
- to do your laundry?

Stress Management

Where would you go:

- to be alone?
 - to hang out?
- What choices do you have when it comes to:
- choosing what to eat?
 - blowing off steam with sports or clubs?
 - places to relax?



SELF-ADVOCACY

Remember that your first year of college or your career is a fresh start. The decisions you make now will affect your future. When you meet your new classmates and colleagues, and when you participate in social activities (including parties), be sure to have fun and be yourself. But also remember that you are making connections that will last you a lifetime. Don't let partying or your social life get in the way of your professional success.

Student Life: Getting Involved

Where would you go:

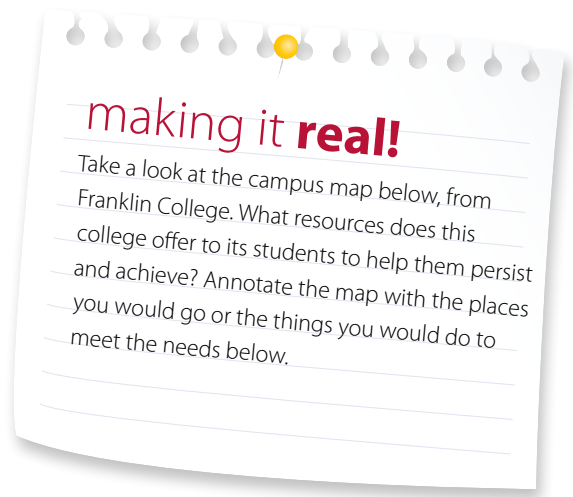
- to meet new people?
- to make friends?

Make a list of clubs, activities, and/or sports you'd like to get involved with.

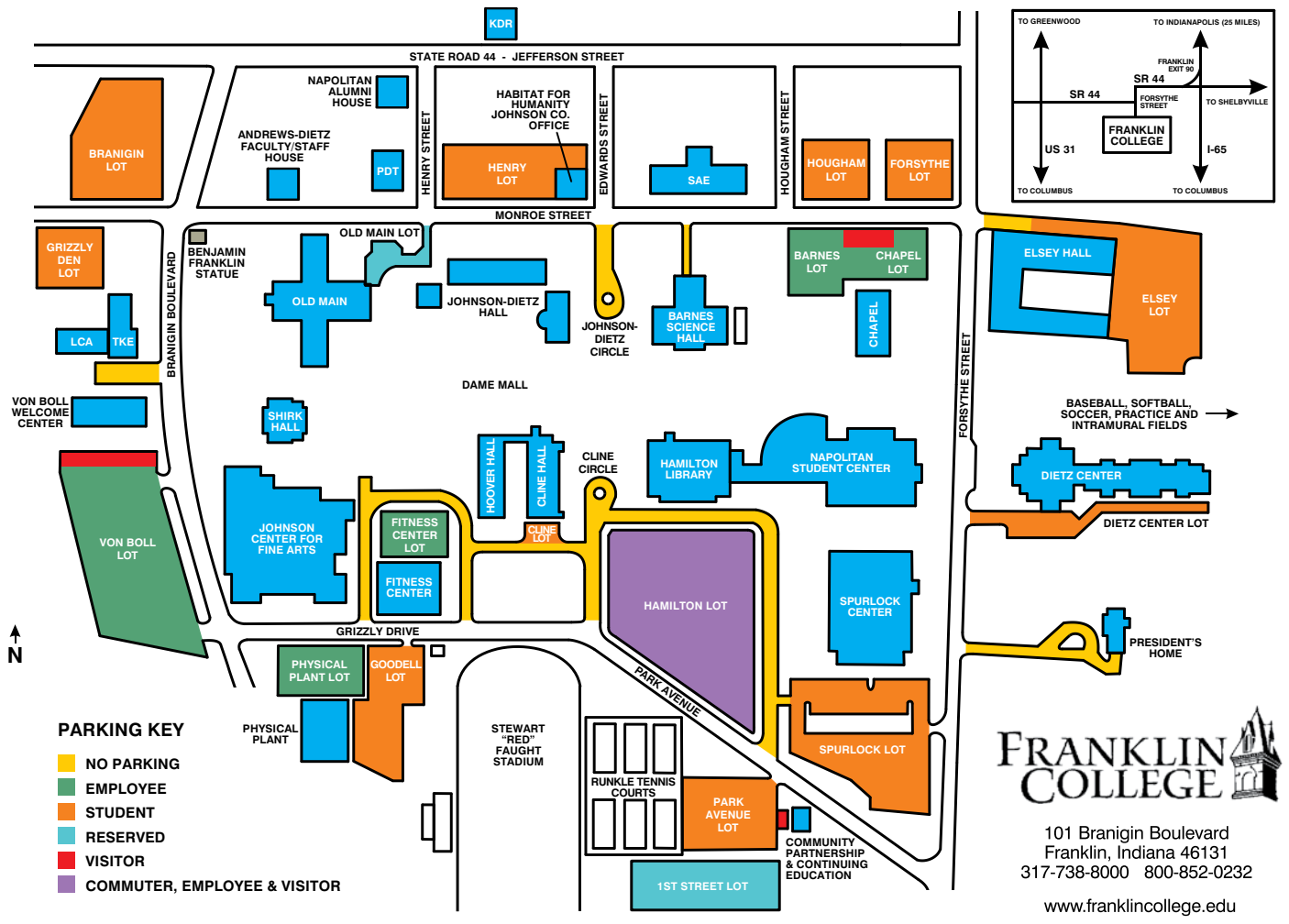
Support Services: Academic Excellence

Where would you go:

- to study?
- to get help with a research project?
- to get help with a writing assignment?
- to get help with an academic problem?
- to get tutoring?
- to get advice on your future or career?
- to get access to resources, such as books, encyclopedias, or computers?



FRANKLIN COLLEGE CAMPUS MAP





Student Life

ACTIVITIES

Greek life: There are 5 social fraternities on campus and 4 social sororities on campus.

Student activities: Student government, student newspaper (“The Franklin”), literary magazine, yearbook, radio station, television station

Number of honor societies: 15

Campus-based religious organizations: Fellowship of Christian Athletes, Intervarsity Christian Fellowship

Minority student organizations: Black Student Union, Student Association of the Support of Multiculturalism, Grizzly Pride Alliance, International Club, Modern Language Club

Other student organizations, musical groups, activities, and committees:

Amnesty International, Student Foundation, Student Entertainment Board, Student Congress, Up ’til Dawn, Wave 3, Accounting Club, Education Club, Marketing Club, Math/Computing Club, Pre-Law Club, Best Buddies, SCRUBS Club, College Mentors for Kids, Drama Club, EARTH Club, FC Athletic Training Club, FC Dancers, Habitat for Humanity, Residence Hall Association

ATHLETICS

School colors: Navy and old gold

School mascot: Grizzlies

Athletic conference memberships: Heartland Collegiate Athletic Conference (Division III)

Men’s varsity sports offered: basketball, cross-country, football, golf, soccer, tennis, track and field (indoor and outdoor)

Women’s varsity sports offered: basketball, cross-country, golf, soccer, softball, tennis, track and field (indoor and outdoor), volleyball

Athletic facilities: Spurlock Center (basketball, volleyball), Stewart Faught Stadium (football), John P. McDowell Field (baseball), Runkle Memorial Tennis Courts, American Legion Field (softball), Elsey Field (soccer), The Legends of Indiana Golf Course, Franklin Community High School (track and field), Johnson County Park (cross-country)

Intramural/recreational sports: Basketball, volleyball, softball, flag football, frisbee golf, racquetball

Excerpts reproduced by permission of Xap Corporation. Copyright © 2009 Xap Corporation. All rights reserved.

Self-Care and Stress Management

HOUSING

There are four different residence halls on campus: the Dietz Center, Elsey Hall, Johnson-Dietz Halls, and Hoover-Cline Halls. Each hall has different amenities, but most include: air conditioning, telephone with voicemail, internet ports, cable access, furniture, pool tables, in-room sinks, fitness center for residents, laundry room, and kitchen area.

DINING AND VENDING

Meal plans: Four different meal plans are offered, which can be used to purchase between 10 meals a week and 150 meals per semester. Meal plans may be used at the following dining areas:

The Marketplace, located in the Napolitan Student Center: *[A] food court-style cafeteria that features a number of food stations including Hometown, Smartmarket, The Grill, The Pizza Station, Substantials, Red Hot Chef, salad and soup bars, a dessert bar, soft serve ice cream and yogurt stations, as well as multiple beverage stations.*

Jazzman’s Café in the Napolitan Student Center: *Features premium coffee, espresso drinks, flavored coffees, smoothies, premium baked goods, and lots of grab-and-go snacks.*

CAMPUS SECURITY

The Campus Security Office is located in the Napolitan Student Center. It is open 24 hours per day, 365 days per year.

HEALTH CENTER

The Health Center is located on the second floor of the Napolitan Student Center. All students who have a health record on file are eligible for free services at the Health Center. A Registered Nurse staffs the Health Center five days a week. On some days, family practice physicians are available. The Health Center is open Monday – Friday from 8:00 am to 5:00 pm.

COUNSELING CENTER

The Counseling Center, located on the second floor of the Student Center, provides support to all students on an individual or group basis.

Information about Self-Care and Stress Management Resources at Franklin College provided courtesy of Franklin College, www.franklincollege.edu



Academic Support Services

ACADEMIC RESOURCE CENTER

Located on the third floor of the Hamilton Library, the ARC offers the following services to students:

Academic Mentoring: Upperclassmen mentors lead review sessions for popular courses.

Academic Success Courses: Special classes which focus on techniques needed to advance in college and in life and provide helpful information to achieve and maintain success.

Peer Tutoring: Peer tutoring is free of charge to students. Tutoring can be arranged for any subject and any course.

Scholastic Standing Counselors: A faculty or staff member who will work with a student who is placed on academic probation throughout the semester to encourage and support the academic success of the student.

Math Study Center: Advanced math students are trained to provide homework help, address questions on specific subjects, or help with studying for tests.

Academic Concerns Forms: If a professor feels that a student is experiencing difficulty academically, he/she may send the student an Academic Concerns Form. The student's advisor, as well as the director of academic resources, may then contact the student to offer help and suggestions.

The Write Place: A resource area for students to work on their writing with the assistance of trained tutors. Students at all levels of college work are encouraged to bring in drafts in order to get feedback about structure, word usage, clarity, and other important aspects of the writing.

Academic Technology Services: ATS offers assistance in the use of technology on Franklin College's campus. Some of the services provided include assistance for creating webpages, multimedia creation, and presentations using technology. Training sessions can cover programs such as: Excel, Word, PowerPoint, Internet Explorer, and Publisher.

Disability Services: Offers support and help for students with disabilities.

ONLINE PORTAL

myFC is an online portal which allows students to register for classes, check email, and keep up with your class work online via the Blackboard Learning System.

BOOKSTORE

A bookstore on campus and online offers access to books, school supplies, and more.

LIBRARY

The Hamilton Library offers a large selection of resources to support student research including:

- An online catalog
- Books, videos, DVDs, magazines, and special collections
- Articles and databases online
- Research help
- Historical archives
- Access to millions of resources at libraries worldwide through Inter Library Loan
- 24-hour computer lab
- Group study area
- Back issues of journals & magazines
- Vending machines
- Restrooms

CAREER SERVICES

Located on campus, the Career Services office offers services such as:

- Self-Assessment Tools
- Individualized Career Counseling
- Resume Writing Programs & Critiques
- Cover Letter Writing Programs & Critiques
- Interviewing Programs and Mock Interviews
- Online Job Postings
- Internships and Internship Search Assistance
- Career Fairs
- Graduate School Information & Catalogs
- Networking Opportunities & Assistance
- Career Development Magazines & Journals
- Current Job Posting & Internship Binders
- Summer Job Information & Programs
- Alumni Panels
- Volunteer Information
- Current Information on Trends in the Workplace

COMPUTER LABS

- A 16-station computer lab is located on the second floor of the library
- A larger 24-hour computer lab is located on the third floor of the library. You can access this lab when the Library is closed by entering through the connector from the Student Center.
- Word processing and spreadsheet programs are available on all computers, and all computers are networked.

Information about academic support services at Franklin College provided courtesy of Franklin College, www.franklincollege.edu

STEP 4: Research self-care services, student life, and academic support on your campus or in your community.

researching your school or program

All schools, programs, job sites, and communities are different. With a little research, you can identify the resources available to you at your particular school or program.

STEP 5: Annotate a map of your campus or career community.

making it real!

Print out and annotate a map of your campus or community. Label as many of the following places as you can, based on your research:

Self-Care and Stress Management	Academic Excellence
Dorms (or where you will live)	Library/Media Center
Cafeterias, restaurants, or cafés	Computer Lab
Health center or hospital	Bookstore
Counseling center	Tutoring and/or Writing Center
Campus security (or police station)	Academic Advising
Chapel or house of worship	Registrar’s Office
Student Life	Career Center
Parks, outdoor spaces, or hang-out spots	Mark any other offices, buildings, or spots on campus or in your community that will be important to you in the next year
Student union or activities center	
Athletic fields, stadiums, or facilities	
Offices of clubs, affinity groups, or other organizations you’re interested in	

learning more about student life and support services

Depending on your school or program, you might be able to take part in the following events and opportunities, which will help you learn more about your new life and community:

take action: plan for persisting

Events and Important Dates on My Campus

Freshmen or New Student Orientation

What it is: A time for new students to visit the campus and participate in activities designed to familiarize them with the resources available

When it is: Usually in the summer, before classes start

Check it out: *When is the date for Freshmen Orientation on your campus?* _____

Summer Bridge Program

What it is: A “head start” program for students in the summer before their freshman year, to get them prepared for college-level work and introduce them to the campus. Sometimes required for students in EOP/HEOP and other programs.

When it is: Usually in the summer, before classes start

Check it out: *Is your summer bridge required or optional?* _____

What are the dates for your summer bridge? _____

“Welcome Freshmen” or New Student Events

What it is: Welcome events, parties, and mixers designed to help new students meet each other, make connections, and learn about campus life

When it is: Usually the week before or during the first few weeks of class

Check it out: *When does school begin on your campus?* _____

Are there any “Welcome” events planned at your school? _____

When do they occur? _____

Student Activities Fair

What it is: An event where all of the organizations, clubs, and sports teams on campus have information booths and opportunities for new students to sign up for activities, and email lists

When it is: Usually during the first few weeks of class, or during orientation

Check it out: *When is the date for the Student Activity Fair on your campus?* _____

Lab orientations or tours? _____

Placement Testing

What it is: A series of tests in different subject areas designed to measure your readiness for college-level work. If you perform well on a placement test, sometimes you can “test out of” lower-level classes and begin with high-level classes on your first day. Note: Rather than Placement tests, some schools and programs require you to submit a portfolio of your work, or earn high scores on a State Test, an SAT II, or an AP exam.

When it is: During Freshman Orientation or before registration begins

Check it out: *In which subjects must you take placement tests for your school?* _____

When do placement tests occur? _____

Does your school require a portfolio or additional test scores? _____

Library and/or Computer Lab Orientation or Tours

What it is: A guided tour or a class which introduces you to the resources at the Library or in the Computer Lab. Sometimes covers how to use online resources like Article and Database search engines, an online catalog, the school’s online portal, or other services.

When it is: Usually during the first few weeks of class, or during freshman orientation

Check it out: *What are the dates of your library orientations or tours?* _____

What are the dates of your computer lab orientation? _____

Summer Reading List

What it is: Some colleges will mail out a reading list, or even send you a book or articles to read before school begins. Other colleges may not send out a specific list, but they expect you to be well-read and have an awareness of current events.

When it is: Usually in the summer

Check it out: *Does your school or program have a required reading list?* _____

If not, what will you read this summer to prepare yourself for college? _____

Books, newspapers, magazines, online sources? _____

COLLEGE CAREER CONNECTION

Just like colleges, companies and communities often have events and resources available that you can take advantage of. Plan to tap into these if you’re not headed to college in the fall.

STEP 7: Identify **action steps** to add to your **Transition Plan**.

STUDENT HANDOUT

and achieving

This week, you familiarized yourself with support services at your school, program, or job site. Just as in high school, there are many supports in place to help you persist and achieve in your professional career. By graduating high school, you've proven your ability to work hard and take advantage of support and help when you need it. Now, you can translate that ability to professional work at the college or career level.

Review the following **action steps** and decide which you should add to your **Transition Plan**, based on your campus, job site, or postsecondary plan:

Before college starts:

- Visit the campus before class starts or your job site before the first day of work, to get a "lay of the land."
- Write, call, text, or email your new roommate to introduce yourself, before move-in.
- Attend freshman orientation or new employee orientation.
- Get your Summer Reading List and read all the books on it, or, create your own summer reading program to get yourself up to speed.
- Get a planner or calendar at the bookstore.
- Attend the Summer Bridge Program, if required.
- Get your username and password for the online portal, and explore its resources.
- Take placement tests.
- Send your portfolio, if required.
- Send any required test scores (AP, SAT II, State scores).

During the first few days of class:

- Attend Welcome Freshmen activities and events the first week of school.
- Attend the Student Activities Fair to learn about clubs, sports, and activities.
- Sign up for the email list of the activities that interest you, so you can know when events are coming up.
- Get to know your roommate, classmates, and/or co-workers.
- Get a shirt/keychain/mug/pen with the school's or company's name or logo on it. Get one for your friends and family, too. Represent!
- Meet with your **academic advisor**.
- Get to know your **resident advisor** or mentor.
- Locate the library and computer lab. Get to know their resources, hours, rules for printing, and surfing the web, etc.
- Read your syllabi and decide whether the class is for you before the drop/add deadline.
- Attend a library orientation or tour.
- Attend a computer lab orientation or tour.
- Visit the Career Services office or website to explore its resources.
- Visit the writing center to get help on your first big paper or project.
- Visit the tutoring center to study for your first big test.

After researching your new community, what opportunities and resources are you most interested in taking advantage of?

What barriers might exist in this new community for you to overcome?

