

Strategies for Life and Learning

Academics West is Now Offering College Guidance Packages!

One-on-one coaching for students and families to guide them through the college process, including assistance with the following from our college guidance expert:

- ✓ **High School Course Selection:** Which courses are the most appropriate and the most helpful for the student's development?
- ✓ **Extracurricular Activities:** Which activities pique the student's interests and passions?
- ✓ **Community Service:** Which options are available and most appealing to the student?
- ✓ **Letters of Recommendation:** Who to ask, how to ask, and when to ask?
- ✓ **Internships:** Help exploring interests and options, and securing internship positions.
- ✓ **Summer Plans:** What is the most productive way to spend the summer months?
- ✓ **Bridge Programs:** Which programs, if needed, will help the student prepare for college?
- ✓ **College Applications:**
 - Completing college or transfer student applications, supplements and essays.
 - Assistance with writing resumes, cover letters, and personal statements.
- ✓ **Mock Interviewing Skills:** Preparation for college and job interviews.
- ✓ **Campus Tours:** Where to go, what to see, and which questions to ask.
 - Option for personally scheduled meetings with admissions counselors
- ✓ **Career/Personality Assessments:** Myers Briggs Type Indicator (MBTI) and Strong Interest Inventory.

The counselor can help develop an appropriate college list based upon the fit between the student and the college, and can offer the following:

- ❖ Insight into colleges/universities across the U.S. as well as internationally
- ❖ Assistance developing a reach, safety, and target list of schools.
- ❖ Help discovering the colleges/universities that offer accommodations for learning disabilities.
- ❖ Help figuring out the specific programs that are available and determining which are the best fit for the student, taking into consideration the student's career interests, proximity to home, and choice of major.
- ❖ Guidance in figuring out the supports available in the dormitory setting to help the student and figuring out which types of support are available for the student, if needed.



Please call our office at (212) 580-0080 to schedule your child for one of our college guidance package. Send an e-mail to heather@academicswest.com or jacki@academicswest.com for more information.