



Community Outreach Early Awareness Initiative Free Lecture Series

Intro to College Life Management

Gain valuable insights on the expectations of virtually every college official, hiring official or military recruiter for the self-knowledge, self-discipline, and college knowledge students must bring to the table if they desire to earn a credential and become employed. This workshop introduces participants to the seven major questions they must be able to answer in seven segments of their lives to attain their aspirations.

Anatomy of Higher Education

Understanding the nature of higher education and how different types of institutions operate can be a daunting task. This workshop familiarizes participants with the organizational structure of higher education using the fictitious GottaDo College® as an example.

A Day in the Life of a College Student

This workshop introduces participants to over 75 rules, regulations, policies, procedures, codes, and customs that impact students on seven critical days: Decision Day, Orientation Day, Advising Day, Registration Day, Payment Day, Class Day, and Graduation Day.

Stress Reduction Workshop

High school students experience tremendous pressure from peers, parents, and society to perform academically, get into college, get funded, get a job, and simultaneously become wholly responsible for managing their lives. This workshop introduces participants to a variety of self-care techniques recommended by the Center for Mind-Body Medicine including concentrative meditation, mindfulness, expressive meditation, guided imagery, and self-expression.

About the Speaker: *Rozalia Williams, President earned an Ed.D. in Administration, Planning, and Social Policy from the Harvard University Graduate School of Education; and an M.S. in Counselor Education from Florida International University. She has over three decades of experience counseling and educating high school and college students; creating, implementing, and evaluating college student development programs, and teaching first-year experience courses. Dr. Williams served as an Exchange Scholar at the U.S. Department of Education where she also consulted as a Peer Reviewer. She is the author of the College FAQ Book: Over 5,000 Not Frequently Asked Questions About College! and College Life Management: What's Your A7MQ? She implements the GottaDo College® Early Awareness Initiative and uses the A7MQ® Life Management framework to teach practitioners How to Counsel College-bound Students in a professional development training approved by the National Board for Certified Counselors for NBCC continuing education credit. Dr. Williams invented the A7MQ® Life Management Wheel and the A7MQ® Life Management Cubes.*

For more information visit: www.HigherEd.Life or call (954) 558-2818.