



Free Adult Life Readiness Lecture Series



Who Should Attend?

All college-bound, corporate-bound or military-bound students ages 16+ who have limited access to or cannot afford to pay for private guidance counseling. Topics include:

Intro to Adult Life Management: When students graduate from high school and enter society, they will be treated like adults and expected to act like adults, even though they are still teenagers. This session gets students ready to take charge of their whole lives, regardless of whether they desire to earn a badge, license, industry certification, certificate, or degree to attain their aspirations.

Anatomy of Higher Education: Understanding how different types of educational institutions operate can be a daunting task. This interactive session familiarizes participants with the history and organizational structure of higher education using the fictitious GottaDo College® as an example.

How to Select a Major Field of Study: Have you ever wondered why schools and colleges require you to take courses you don't think you need? This session introduces students to the U.S. Dept. of Education's Classification of Instructional Programs, the U.S. Dept. of Labor's Occupational Database, and the North American Industry Classification System.

How to Study in College: This session explains the differences between the instructional approaches to adolescent learning used in high school settings (pedagogy) and the instructional approaches to adult learning used in college settings (andragogy). Participants will be taught an easy-to-learn study method that is applicable in academic and non-academic settings.

A Day in the Life of a College Student: This session introduces students 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.

College Culture Shock: This session clarifies what students "think" college life is like based on the fiction they see in movies or on television, and what it is in "reality." Various stages of culture shock, the college life cycle, and life-threatening situations will be discussed. Rated PG.

Stress Management: 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 session introduces participants to a variety of self-care techniques recommended by the national Center for Mind-Body Medicine.



Facilitated by Dr. Rozalia Williams, President

Nova Southeastern University, Alvin Sherman Library, Fifth Floor, (954) 558-2818

Visit <https://HigherEd.Life/Calendar> for dates, times, and registration information.