



## **Community Outreach Early Awareness Initiative 2025 Free Lecture Series**

### **Intro to Adult Life Readiness**

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. They must be ready to take charge of their whole lives. This lecture introduces teens to the life management mechanisms required to transition from dependent adolescents to self-sufficient adults. Participants will gain valuable insights into the expectations of every hiring official, military recruiter, and college official for the self-knowledge and self-discipline one must bring to the table regardless of whether they desire to earn a badge, license, industry certification, certificate, or degree to attain their aspirations.

### **Set Up to Fail: A Day in the Life of a College Student**

All new jobs created in the U.S. today require some type of formal education credential after high school. Understanding the nature of higher education, the differences in various types of colleges and universities and how they operate can be a daunting task. This lecture introduces participants to the organizational structure of higher education and 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 Management 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 four 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 Life Management: What's Your A7MQ? She implements the GottaDo College® Early Awareness Initiative and teaches counseling professionals How to Counsel College & Corporate-bound Students in a training approved for National Board for Counselor Certification credit.*

**For more information visit: [www.HigherEd.Life](http://www.HigherEd.Life) or call (954) 558-2818.**

