

CAP N' GOWN TO CAMPUS

A Guided Group for College-Bound Seniors

Tailored Glory
Consulting Group
TAILOR A LIFE YOU CAN BE PROUD OF

Big Transitions, Real Talk, and a Built-In Support Squad

*College apps. SATs. Friendship shifts. Packing up your room.
Leaving everything you know behind. New roommate.
Yeah... these next two years...it's a lot.*

This isn't just another group—it's your monthly check-in, real-talk circle, life skills toolbox, and future-friends network, all rolled into one.

Led by a certified behavioral health coach, this 20-month virtual group supports **high school seniors** as they navigate the rollercoaster of senior year and then sticks with them through their **entire first year of college.**

What You'll Get (Besides Peace of Mind)

- Monthly virtual group sessions (easy to join from anywhere)
- **Tools for handling stress, transitions, homesickness, and change**
- A chance to share stories and challenges with people who get it
- Tips on study habits, nutrition, time management, safety, and mental health
- Ongoing support and connection, even when high school ends

What Makes It Different (and Actually Cool)

- Runs from senior year through freshman year of college—you're never alone
- You'll build deep friendships that grow with you across campuses
- Learn what life is like at other colleges—and share your own stories too
- **Optional in-person kickoff to start with some face-to-face connection**
- Monthly challenges that turn tools into action—complete one and you could **WIN** cash prizes
(because yes, you will want that extra pizza, coffee, or laundry money)

Every third Sunday of the month @ 6pm

Starting September 21, 2025

\$50 per monthly session

Includes:

1st session optional in-person orientation (Sept 2025)

and

In-person goodbye cohort graduation and dinner (May 2027)



SPOTS ARE LIMITED!

To register or learn more, contact:

Gloria Ward | Tailored Glory Consulting Group

info@tailoredglory.com | 814-422-5622

www.tailoredglory.com/teengroup

Cap N' Gown to Campus

Monthly Schedule

SEPTEMBER

Theme:
Big Year, Big Feelings

OCTOBER

Theme:
Managing Stress & Academic Pressure

NOVEMBER

Theme:
Navigating Relationships & Social Shifts

DECEMBER

Theme:
College Decisions & Family Expectations

JANUARY

Theme:
Becoming Independent (One Step at a Time)

FEBRUARY

Theme:
Self-Care Isn't Optional

MARCH

Theme:
Making New Friends in New Places

APRIL

Theme:
Safety, Consent & Campus Life Realities

MAY

Theme:
Saying Goodbye and What Comes Next

JUNE

Theme:
Summer Survival Guide

JULY

NO SESSION

AUGUST

Theme:
So... You're Officially in College

SEPTEMBER

Theme:
Finding Your Rhythm

OCTOBER

Theme:
Homesickness, Loneliness & Feeling Lost

NOVEMBER

Theme:
Roommates, Conflict & Communication

DECEMBER

Theme:
First Semester Reflection

JANUARY

Theme:
New Semester, New Mindset

FEBRUARY

Theme:
Love, Identity & Emotional Intimacy

MARCH

Theme:
Money, Budgeting & Real Adulting

APRIL

Theme:
Burnout, Balance & Finishing Strong

**May/ June
Dinner Celebration**

VISIT OUR WEBSITE FOR MORE INFO



www.tailoredglory.com/teengroup

