

Exploring Your Purpose for Attending College





The College Experience

- Why college is important to our society
 - Higher standard of living
 - Level playing field for everyone
 - Preparation for leadership roles
 - Preparation for graduate or professional school
- Why college is important for you
 - Developing valuable skills, such as critical thinking
 - Social networking
 - Experiences that help you achieve your purpose



Your Turn

So far, is life at your college or university what you expected or hoped for? Why or why not?



Your Turn

When you hear the phrase “American dream,” what do you think of? How would you describe to someone else the meaning of these words?



Your Turn

How would you describe your reasons for coming to college at this time in your life? Do you think your reasons will change during your college career? Why or why not?

Setting Goals for Your College Experience and Beyond

- Importance of establishing goals
- SMART
 - **S**pecific, **M**easurable, **A**ttainable, **R**elevant, anchored to a **T**ime period
- Is the goal realistic?

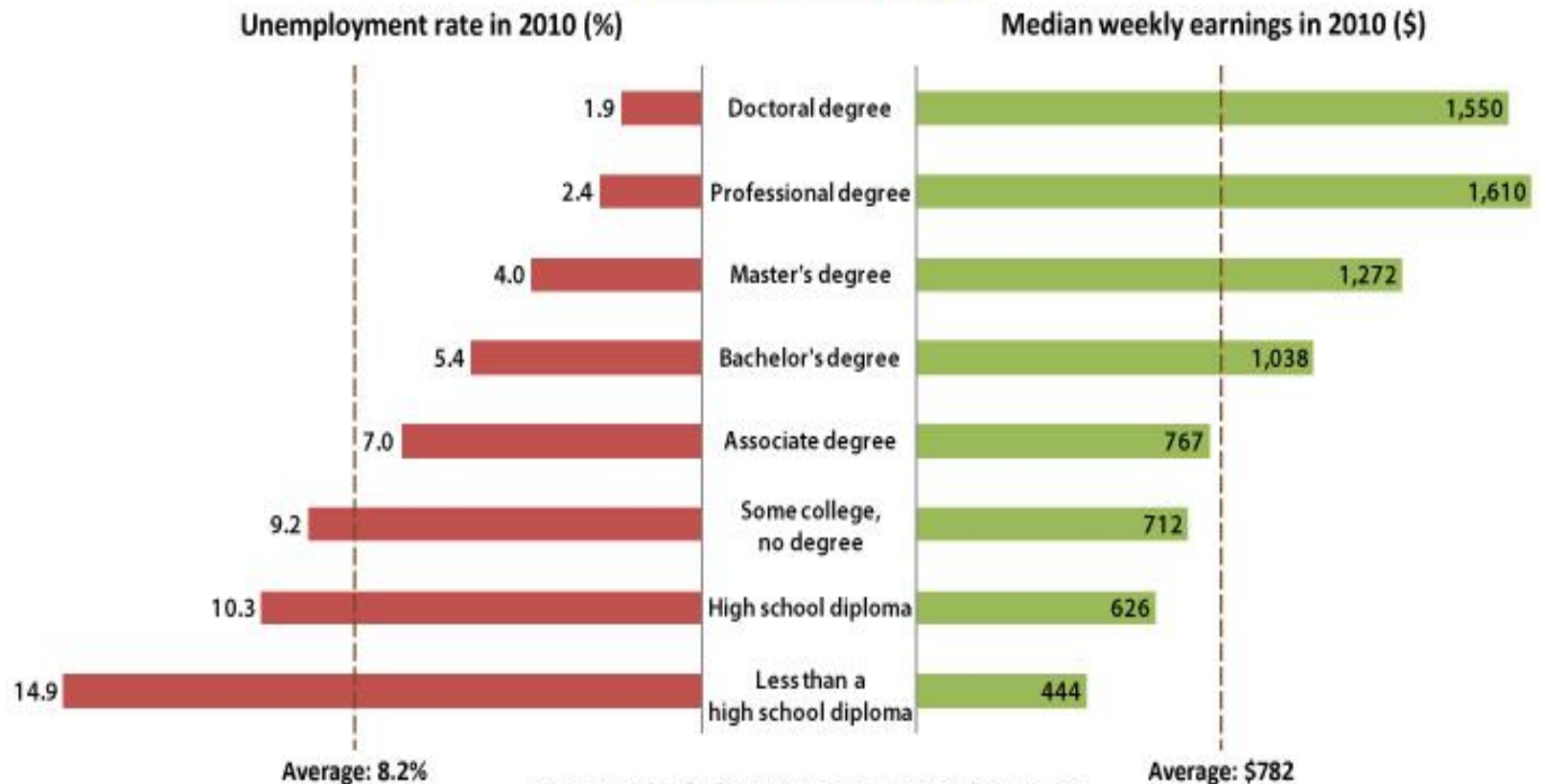


Outcomes of College

- Accumulate knowledge
- Make better decisions
- Grow through interacting with people different from yourself
- Gain self-esteem and self-confidence
- Become more future-oriented
- Tend to your personal wellness
- Earn more money than non-college graduates

Earning Potential

Education pays:



Source: Bureau of Labor Statistics, Current Population Survey



Making the Transition

- Distinct differences between high school and college
- Challenges and opportunities for adult and returning students
 - Dealing with less freedom
- First-year motivation and commitment
 - Dealing with newfound freedom

High School vs. College:

What's the difference?

High School	College
You had known many of your classmates for years	More diverse classmates in terms of race, age, religion, political opinions, and life experiences
Your parents and teachers made sure you were in school every day	Attendance may be up to you, and managing your time may be difficult at first
Tests and quizzes were given regularly to check your understanding of the material	College instructors give fewer tests
Parents and teachers gave a lot of guidance	Nobody treats you like a kid anymore
Reading assignments were generally short	You have to do much more reading now
Good grades were often easy to get, if you paid attention in class	Good grades are hard to get and require a lot of study
Classes were small with a lot of instructor-student interaction	Classes are larger, more complex, and more impersonal



Your Turn

In what ways are you already finding that college is different from high school? Did you anticipate these differences? Why or why not?



Your Turn

As an adult or returning student, what challenges in college have you already faced? To whom can you turn for help? How might you avoid such challenges in the future?



Your Turn

On a scale of 1 to 5, with 5 being the highest, rate your own level of motivation for college. What do you think accounts for your current motivation level? If you don't think you are motivated, what strategies can you think of that would help motivate you?

What Is Your Purpose in College?

- “I belong here” vs. “What am I doing here?”
- The clearer the sense of purpose, the easier it is to stay motivated
- Building a clearer sense of purpose
 - Look to students with similar career interests
 - Visit the career center
 - Talk to advisers, professors, and campus chaplains

Tech Tip: Expand Your Skills

- Basic software programs
 - Microsoft Word
 - Creates polished documents used for most written assignments
 - Microsoft Excel
 - Spreadsheet application for creating charts and lists for analyzing data
 - Microsoft PowerPoint
 - Presentation software for creating digital slideshows
- Essential skills for each