

PREP FOR SUCCESS KIT

YOUR JOURNEY STARTS HERE



TABLE OF CONTENTS

	<i>Page</i>
Benefits of a Degree	3
What's Next: Admissions	5
FAFSA & Financial Aid Information	7
Time Management & Mental Health Tips	9
Need More? Online Resources & Tools	11

***A degree is a powerful tool that has the ability to
change your life!***



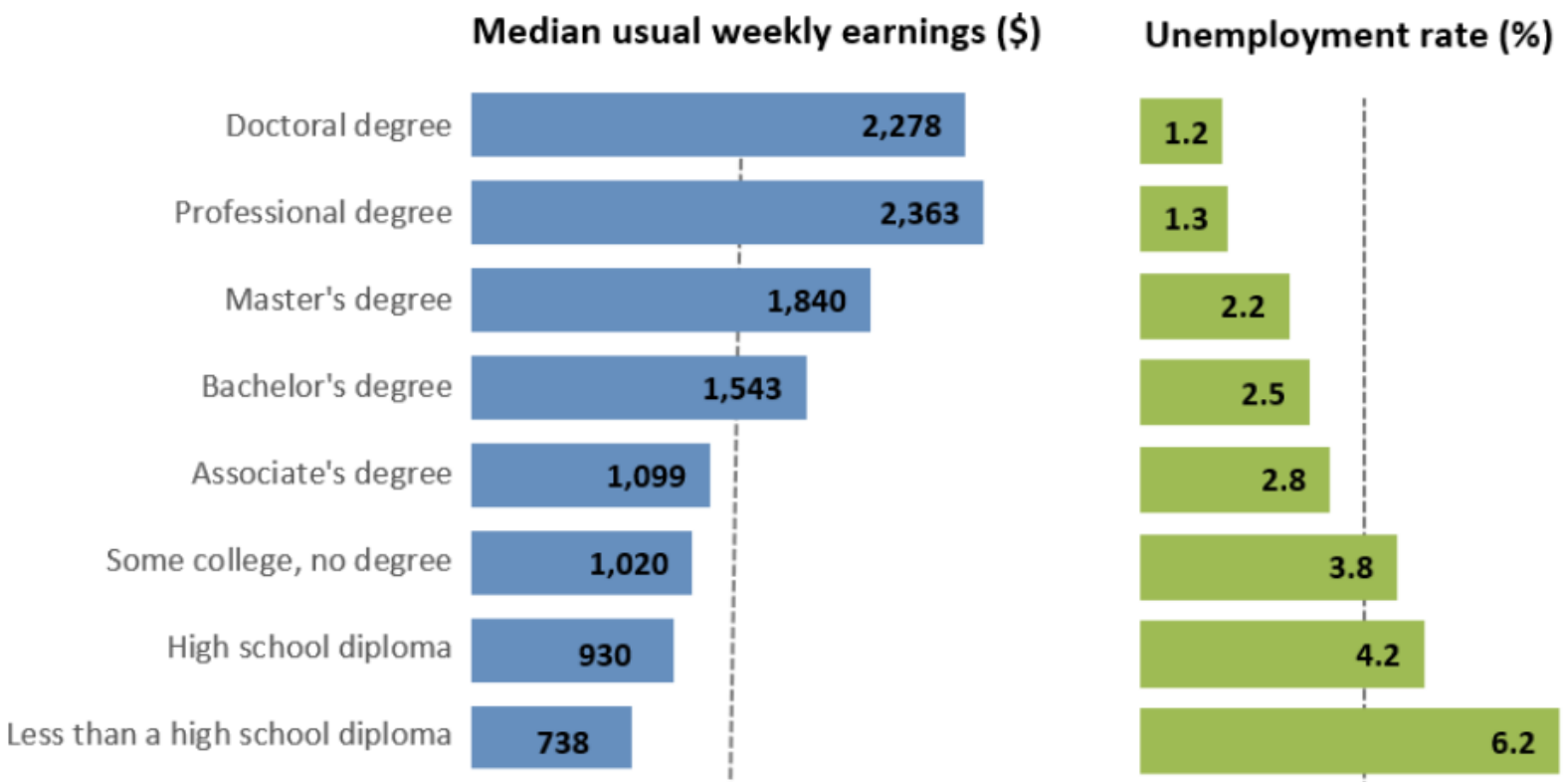
BENEFITS OF A DEGREE

College graduates may earn more during their careers than high school graduates

"Each level of education you complete may help you develop more skills; give you access to higher paying occupations; and signal that you're able to follow through on important tasks, such as planning ahead and meeting deadlines, that employers value. Other factors affecting employment and earnings include geographic location, experience, and hours worked."*

*Source: <https://www.bls.gov/careeroutlook/2025/data-on-display/education-pays.htm>

Earnings and unemployment rates by educational attainment, 2024



Note: Data are for persons age 25 and over. Earnings are for full-time wage and salary workers.

BENEFITS OF A DEGREE

Having a college degree can allow you access to more job opportunities and job stability

"Not only does it create opportunities and the chance of higher salaries, but it can also help you avoid unemployment. According to BLS data, 5.5% of workers with a bachelor's degree are facing unemployment, compared to 9% of workers with only a high school diploma"*

*Source: <https://www.snhu.edu/about-us/newsroom/education/why-is-college-important>

Those with a college degree experience a greater sense of accomplishment, as well as job satisfaction

"A 2016 Pew Research Center report found that 77% of workers with a post-graduate degree and 60% of workers with a bachelor's degree believe their job gives them a sense of identity, versus just 38% of those with a high school diploma or less*.

Workers with a bachelor's degree or more advanced education were 70% more likely to view their job as a career compared to just 39% of workers with no college education"*

*Source: <https://www.snhu.edu/about-us/newsroom/education/why-is-college-important>

WHAT'S NEXT: ADMISSIONS

Choosing a Degree

There are a lot of things to consider when interested in pursuing a college degree! If you already have a degree you would like to enhance, you may already know which direction you would like to go in. If so, start by researching which degrees may be necessary for that particular occupation. If not, you can also visit our website to match with schools in your area, that might be a good fit for you. Here are some tips below that may help you:

- Think about your biggest priorities
- Think about things you are interested in
- Ask yourself what your passions are!
- Determine how critical salary and salary potential weigh into your decision-making process
- How rigorous will the coursework be?
- Speak to your academic advisor. They can provide some insight!

**Source: <https://www.bestcolleges.com/resources/choosing-a-major/>*

Typical Admissions Process Overview

Step 1: Phone Call

During your first phone call, the Admissions/Enrollment representative may want to schedule a time to speak with you. These are some things they may want to cover on the first call:

- What are your career goals?
- Why do you want to attend this school?
- Which program(s) interest you most and why?

WHAT'S NEXT: ADMISSIONS

Typical Admissions Process Overview- Continued

Step 2: Applications and Forms

When you have chosen, applied, and been accepted by the school you wish to attend, you will then start the enrollment process! Your enrollment document is important to your success as a student. It also outlines all the details of your position at the school.

Step 3: Course Registration

Most schools will recommend which classes to register for first. Other schools may let you select from a course catalog. You can speak to your advisor about this based on your specific needs.



HELPFUL HINT!

Being anxious is completely normal. After a couple of weeks, you'll regulate school as a part of your daily schedule, and everything will begin to feel normal!



FAFSA & FINANCIAL AID INFORMATION

What is Financial Aid?

Financial aid can come from federal, state, school, and private sources to help you pay for college or career school.

Grants

A grant is a form of financial aid that doesn't have to be repaid (unless, for example, you withdraw from school and owe a refund, or you receive a TEACH Grant and don't complete your service obligation). A variety of federal grants are available, including Pell Grants, Federal Supplemental Educational Opportunity Grants (FSEOG), Teacher Education Assistance for College and Higher Education (TEACH) Grants, and Iraq and Afghanistan Service Grants.

Scholarships

Many nonprofit and private organizations offer scholarships to help students pay for college or career school. This type of free money, which is sometimes based on academic merit, talent, or a particular area of study, can make a real difference in helping you manage your education expenses.

Loans

When you receive a student loan, you are borrowing money to attend a college or career school. You must repay the loan as well as interest that accrues. It is important to understand your repayment options so you can successfully repay your loan.

For more information on additional financial aid options, you can visit <https://studentaid.gov/understand-aid/types>

HOW FINANCIAL AID WORKS

Start Planning Early

Plan how to pay for college before you start. Ask school counselors and the college financial aid office about state, college, and nonprofit grants and scholarships you can apply for.

Fill Out the FAFSA Form

Before each year of college, apply for federal grants, work-study, and loans with the Free Application for Federal Student Aid (FAFSA) form. Your college uses your FAFSA data to determine your federal aid eligibility. Many states and colleges use FAFSA data to award their own aid.

Review Your Aid Offer

Your aid offer explains the types and amounts of aid a college is offering you, and your expected costs for the year. If you've been accepted to multiple colleges, compare the costs and aid offers. Accept the aid from the school that's best for you.

Get Your Aid

Time to go to school! Your financial aid office will apply your aid to the amount you owe your school and send you the remaining balance to spend on other college costs.

Graduate and Start Repayment

Good news! Federal student loan borrowers have a six-month grace period before you begin making payments. Use this time to get organized and choose a repayment plan.

For more information on additional financial aid options, you can visit <https://studentaid.gov/h/understand-aid/how-aid-works>

TIME MANAGEMENT & MENTAL HEALTH TIPS

Make a Plan and Set Realistic Goals

- Schedule tasks
- Set time aside for yourself
- Organize priorities
- Find a schedule or system to use that works for you
- Set small goals throughout the week to stay on track and complete assignments without being overwhelmed

Commit to Daily Check-Ins

- Technology provides 24/7 access to learning, reminders, communication and resources for academic and social needs- use it!
- Set a daily reminder to log into your student email or online discussion threads to stay current with your schoolwork.

Set (And Celebrate!) Mini Milestones

- These smaller, short-term goals can be anything from achieving an uninterrupted study session to writing the first few pages of a paper

Identify and Avoid Distractions

- Social media
- Emails and chats (dedicate certain times in your day to review missed correspondence and reply)
- Meetings (Ensure there is a clear agenda before starting)

TIME MANAGEMENT & MENTAL HEALTH TIPS

Wellness Tips

Sleep

- Don't work in bed (Keep your work space separate from your sleep space to keep insomnia at bay)
- Avoid caffeine, eating, and drinking right before bed (These things can throw off your body's internal clock)
- Avoid all-nighters (Not getting enough sleep can impair your ability to do well, no matter how much you've studied)

Stress

- Put limits on work hours (Practice work/life balance)
- Take advantage of campus resources (Your campus will have resources available to help with time management, studying, and so much more)
- Cut back if needed

Exercise

- Go to the gym
- Walk to class
- Take advantage of group fitness

Diet & Nutrition

- Eat breakfast (Start your day off right with a good meal!)
- Don't fight stress by eating
- Limit junk food and focus on a healthy lifestyle, but indulge every once in a while!

NEED MORE? ONLINE RESOURCES AND TOOLS

Grant/Scholarship Resources

General / Variety

<https://www.careeronestop.org/toolkit/training/find-scholarships.aspx>

Nursing

<https://nursing.jnj.com/scholarships>

Business

<https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-major/business-scholarships/>

Psychology

<https://www.psychology.org/scholarships/>

Computers / IT

<https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-major/computer-science-scholarships/>

Cosmetology

<https://www.beautyschools.org/students/grants-scholarships/>

Vocational Programs

<https://www.scholarships.com/financial-aid/college-scholarships/scholarships-by-type/vocational-scholarships/>

This Prep for Success Kit is for information purposes only and is not affiliated with or endorsed by the U.S. government or any of the other companies and organizations mentioned herein.