

# Life Skills for College and Career Course

*“Succeed, not just survive, living on your own”*

A course for high school juniors and seniors to prepare them for going to college, finding a career, and living on their own. Classes will meet once a month. Topics are as follows:

- Top Ten Tips: Students will discuss their concerns and hopes for life after high school and get some tips for preparing for and starting college
- Find Your Fit: Students will learn a little about themselves through personality instruments
- Networking: Students will learn what it means to network and practice the skill
- Interviewing: Students will learn about the dos and don'ts of in-person and virtual interviewing and take part in mock interviews
- Financial Planning: Students will learn about basic concepts of budgeting, savings, and taxes and come away with an idea of how to budget at college
- Relationships: Students will discuss the important components of various relationships and learn how to navigate life with a roommate
- Living on Your Own: Students will practice basic skills including cooking, taking care of clothes, car maintenance, and others
- Mental, Spiritual, and Physical Well-Being: Students will learn about and practice various aspects of self-care

## Agenda

### Class Structure

- 7:00PM – 7:30PM Dinner
- 7:30PM- 8:00PM -Presentation
- 8:00PM- 8:45PM -Hands on tasks
- 8:45PM - 8:55 PM-Discussion of optional homework
- 8:55PM-9:00PCompline

### Topics + Leaders

- 1) Top Ten Tips: Leaders: Kip and Jocelyn
  - *Top 10 Tips to Prepare for College*
  - *Top 10 Tips for Getting off to a Good Start at College*

2) Find Your Fit: Leader Kip with assistance from Jocelyn.

3) Networking: Leader Jocelyn with assistance from Kip.

**Guest: Ethan Hsu**

4) Interviewing: Leader Kip with assistance from Jocelyn

5) Financial Planning: Leader Jocelyn with assistance from Kip.

6) Relationships: Roommates, Friends: Leader Kip Brailey with assistance from Jocelyn

**Guest: Andrew Brailey**

7) Living on Your Own: Leader Jocelyn with assistance from Kip.

**Guest: Car maintenance expert.**

8) Mental, Spiritual and Physical Well Being: Leader Jocelyn with assistance from Kip.

**Guest: Subject Matter Expert ( TBD)**

**Toolkit Additions:**

**College packing list:**

## Bio Jocelyn Hsu



Jocelyn has been a member of Holy Comforter since 1999 and taught Sunday School for several years. In her professional life, she has worked in various financial, training, and management positions in the government contracting industry since 1993 and currently serves as the Chief Administrative Officer at Paradyme Management. She was also a founding board member of the non-profit Real Food for Kids and served on the board for ten years. She received a BA in Economics from University of Connecticut and an MBA from George Mason University. Jocelyn is the mother of two college students, Olive is a freshman at North Carolina State University and Ethan is a senior at University of South Carolina.