

Attention Rising Seniors



Do you need some guidance getting together your college applications? Starting your college essay? Learning how to navigate Naviance? Finding ways to balance self-care with all of your responsibilities? Managing anxiety? Getting motivated?

Join us- this summer for a 4 day workshop designed with your needs in mind!

Who:

Cheri Scharff- MS- Counselor Education, Certified School Counselor, Certified Secondary Education/English Teacher, Certified Health and Wellness Coach, Certified Mindfulness instructor.

Kayley Harkins- School Social Worker, LMSW

Special Guest:

Niko D'Agnese- MS-Counselor Education, School Counselor, former College Admission Counselor and Baseball Coach.

Hours: 10am-2pm

Monday, August 14th-Thursday, August 17th

Location: 719 Traver Rd

Pleasant Valley, NY 12569

Maximum # of students- 10. We do need a minimum of 7 to run the program.

Cost: \$400 (That is only \$24 per hour!)

Please contact Cheri Scharff, Cheridan Health and Wellness, if you have any questions or concerns. Cscharff71@gmail.com

845-797-2267



Schedule

Day 1: Getting to Know You!

- 10-10:30- Introductions
- 10:30-11- BINGO IceBreaker
- 11-11:15- Mindfulness Activity
- 11:15- 11:30 Break
- 11:30-12:30- Overview of college application process
- 12:30-1- Question/Answer Session
- 12-12:30- Lunch/Swim
- 12:30-2- Common Application



Day 2: College Essay Day

- 10-11-Speed Dating with Common App. questions/ Looking at 11-11:30-Exemplary Sample Essays
- 11:30-12-Brainstorm- Getting it down on paper.
- 12-12:15 Break
- 12:15-12:30-Mindfulness Activity
- 12:30-1- Lunch/swim
- 1-2-Rough Draft



Day 3- Stop Stressing!

- 10-11- Yoga and Mindfulness
- 11-11:30- Stress quiz/Stress Buster toolkit
- 11:30-11:45- Break
- 11:45-12-Intro to Naviance
- 12-12:30-Lunch/swim
- 12:30-2- Work on Naviance/College Essay

Day 4-Goal Setting/Vision Board

- 10-11- Setting Goals
- 11-11:15- Break
- 11:15-12:15- Vision Boards
- 12:15-12:45- Lunch/swim
- 12:45-1:30- Present college essays
- 1:30-2pm- Culminating Activity



Registration Form:

Student Name _____

Email address _____

Phone Number _____

Parent Name _____

Email address _____

Phone Number _____

Emergency contact:

Name _____

Phone number _____

Please describe the goals that are most important for you to achieve through this workshop.

Please write down any questions that you hope are answered by completing this workshop.
