



Fork In The Road

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Phases for your First Year

1. Early Summer Anticipation
2. Midsummer Anxiety
3. Late Summer Panic
4. The Honeymoon
5. End of the Honeymoon
6. The Grass is Always Greener
7. Can't Go Home Again
8. Primitive Coping Behavior
9. Realization
10. Putting it Together



Changes to Expect

- Increase in personal freedom and responsibilities
- Time Management Challenges
- Different Surroundings and Relationships



Feelings Frequent for Freshman

- Homesick/Loneliness
- Anxiety
- Doubt
- Insecurity
- Excitement
- Overwhelmed
- Giddy
- November is when cold and stress related illnesses increase.

Ways to Engage

- Dorm Events
- Campus Clubs and Organizations
- Rest
- Adjust Expectations....College Doesn't Look Like the Movies!



Pros and Cons of Attending 4 year College



Cons:

- Cost
- A degree isn't yielding the ROI that it used to
- Loans and Debt are crippling college grads and economy
- Doesn't necessarily prepare you for the real world
- Doesn't prepare you for the job market
- 18 year olds are not ready for college

Pros:

- Financial Aid/Scholarships
- Lasting personal friendships
- Mentoring relationships
- Can expand your mind and horizons.
- Still provides a better ROI than just a high school diploma
- Degree required for most jobs

Alternatives to College



- Start a business
- Attend Community College
- Trade School/Attend a work college
- Be an Artist
- Take online classes
- Take a job. Any job.
- Sell real estate
- Volunteer/Apprentice
- Join the military
- Travel

How We Make Decisions

A silver fork is stuck vertically into a crack in a gravel path. The background is a blurred green landscape with a bright sun flare on the right side.

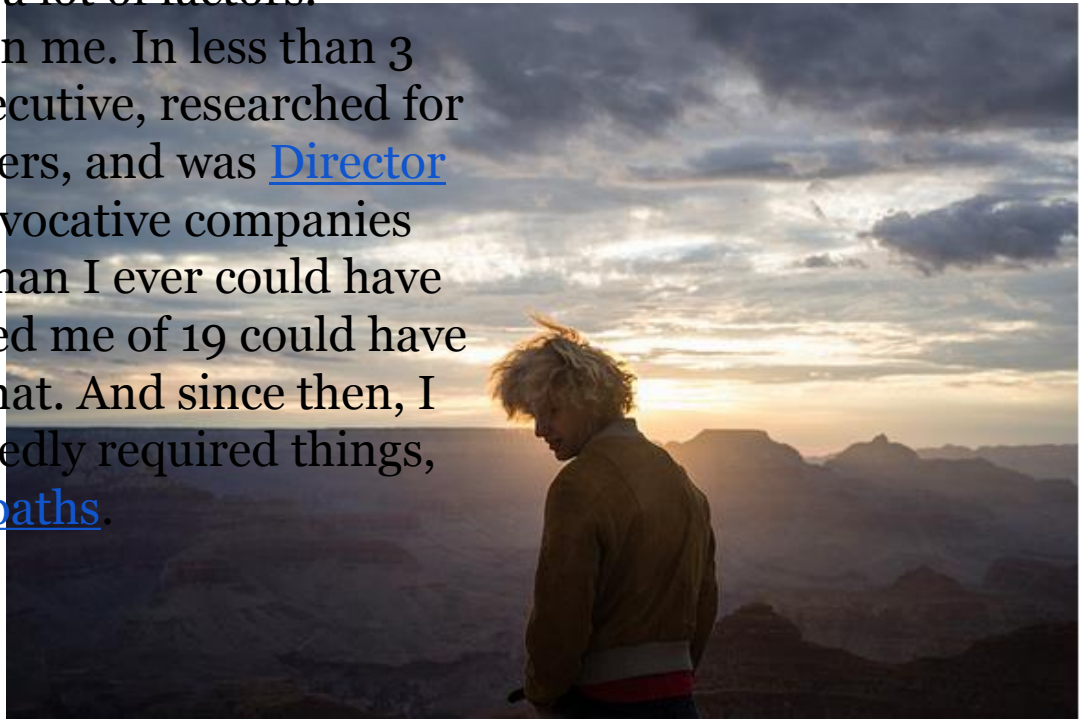
- Invite others to the table
- Name your fears
- Make time for solitude

Yes or No by Jeff Shinabarger

Ryan Holiday

When I dropped out of school, I was betting on myself. It was a good bet at the time, based on a lot of factors.

Honestly, the outcome surprised even me. In less than 3 years, I'd worked as a Hollywood executive, researched for and promoted multiple NYT bestsellers, and was [Director of Marketing](#) for one of the most provocative companies on the planet. I had achieved more than I ever could have dreamed of—the scared, overwhelmed me of 19 could have never conceived of having done all that. And since then, I “dropped out” of many other supposedly required things, [from six figure jobs to entire career paths](#).



You're at the Fork

A silver fork is stuck vertically into a crack in a gravel path. The path is made of grey gravel and has a yellowish-brown stain running down its center. The background is a blurred green landscape with trees and a bright sky.

- Conversations with friends and family
- Continuing to advocate for yourself
- Planning for the future

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Check out this quiz! <http://www.usnews.com/education/best-colleges/right-school/choices/articles/2008/08/21/college-personality-quiz>

A silver fork is stuck vertically into a crack in a gravel path. The background is a blurred green landscape with trees. The text is overlaid on the image.

From the doctor...

“You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose.”

- Dr. Seuss