

# KnowHow2GO

## TO COLLEGE

### FACILITATOR GUIDE



Activities in this guide reinforce the three steps to college found in the *KnowHow2GO* publication for 7th & 8th grade students.

- **RECOMMENDED TIMEFRAME:** Allocate at least 45-50 minutes to cover *KnowHow2GO* with your students.
- Find *KnowHow2GO* resources under “Resources for Grades 6-8” in the Professionals section at [EducationQuest.org](https://www.educationquest.org). This includes a presentation that follows the student publication, plus video links and extension activities.



## GETTING STARTED - (PAGE 1) IDENTIFY ADULTS WHO CAN HELP YOU MAKE COLLEGE POSSIBLE.

Ask students about their dreams for the future to learn about careers they may want to pursue. Then ask: "What obstacles might keep you from going to college?" After hearing their answers, ask students to name two adults they could ask to help them overcome those obstacles.

Next, ask students how college might benefit them. Show the "Five Ways Ed Pays" video at <https://youtu.be/spNDLD2KRuA>, and ask students to share one way that stood out to them.

Wrap up by showing the *KnowHow2GO* "Skate" video at <https://youtu.be/3x5eFuWJZPQ>. This will demonstrate that students *have what it takes* to make college possible.

## STEP 1: FIND THE RIGHT FIT. (PAGES 2-4) EXPLORE CAREER AND COLLEGE OPTIONS.

- 1) Describe the types of colleges on p. 2. Then ask students to take the shoe from their left foot...and swap it with someone nearby. (Yes, put it on!) Ask them to raise their hands if the fit is too big or too small, and then ask which students found a good fit. Like shoes, you have to "try on" colleges, which you can do through research and campus visits.

*Extension Activity:* Facilitate the *KnowHow2GO Activities* titled "College Profiles," "Virtual Campus Tour," and "Campus Visit Scavenger Hunt."

- 2) Introduce career exploration by showing a student shadowing a lawyer at <https://youtu.be/cysOGkMI8ZY>. Next, have students check activities they are good at and/or like to do on p. 3, and then introduce the "career wheel" on p. 4 showing six career fields. Point out that the colors of the activities they selected match the color-coded career fields.
- 3) Finally, showcase a career example from each field in the table on p. 4. To show additional careers, download and print Now/Next/Later career ladder posters at [networks.nebraska.org](http://networks.nebraska.org). Click on "Labor Market Analysis" and choose "Career Ladder Posters" under "Publications."

*Extension Activity 1:* Have students complete a career interest inventory at [https://eqf.org/explore\\_careers](https://eqf.org/explore_careers). (Note: [MyNextMove.org](http://MyNextMove.org) requires no log-in.)

*Extension Activity 2:* Review EducationQuest blogs "Are you sure you want to be a doctor?" and "So you want to be a professional athlete?" to address careers that are popular, but few jobs exist.

Conclude by asking students to identify an action they can take to explore careers or colleges.

## STEP 2: PUSH YOURSELF. (PAGES 5-6)

### TAKE TOUGH CLASSES AND GET INVOLVED.

- 1) Ask four volunteers to compete in a push-up contest. The first to complete 20 push-ups and stand up again is the winner. Afterward, ask who feels “tougher” after doing the push-ups. Explain that in the same way gym class makes you physically stronger, tough classes will make you academically stronger and more prepared for college.
- 2) Watch the *KnowHow2GO* “Algebra II” or “Foreign Language” videos to show that tough classes aren’t that scary. Review why it’s important to take tough classes, and the recommended high school classes on p. 5. (Answer: 4 years of English & math; 3 years of science & social studies; 2 years of world language.)
- 3) Before reviewing study habits on p. 5, play “Heads Up.” Prepare by writing each study skill on 8.5” x 5.5” cardstock. Five volunteers each take a turn holding the cardstock up to their forehead – with text facing out (no peeking!). The rest of the class then silently acts out the phrase while the volunteer tries to guess the study skill.
- 4) Ask students to “check” their current study habits on p. 5, and to snap their fingers for each habit they use. Then show the “Study Hacks” video in the *KnowHow2GO* presentation.
- 5) To explain GPA, have students complete the report card activity on p. 6. (Answer: Total points = 15/total number of classes = 5 yields a 3.0 GPA. This student would qualify for scholarships.)
- 6) Review reasons to get involved on p. 6. Then show students how their choices in high school can impact their future by facilitating “Step to the Top of the Class” in the *KnowHow2GO* Activities.

Conclude by asking students to share an action they can take to push themselves to take tough classes or get good grades.

## STEP 3: PUT YOUR HANDS ON SOME CASH. (PAGES 7-10)

### LEARN ABOUT WAYS TO PAY FOR COLLEGE.

- 1) Tell students there are things they can do now to help pay for college. Share college costs on p. 7, and ask students to identify a Nebraska example of each type of college listed (for example, “What’s the community college closest to us?”). Point out that most students won’t pay full “sticker” price.
- 2) Ask if anyone is saving money for college. Read the “Start Saving!” section on p. 8 and ask students to share additional ideas for earning and saving money. Have them “do the math” to see how much they could save on snacks.
- 3) Introduce Nebraska’s 529 College Savings Plan by showing an image of a \$100 bill. Say, “I want to save this \$100 for college, so I put it in my bank savings account. After one year, how much interest will I earn? (Answer: 10 cents, as the average interest rate is 0.10%). But let’s say I put this \$100 in a 529 college savings account, which is offered by the state of Nebraska. After one year, I earned \$7 (an average return of 7%) on my \$100 investment. Which savings plan has a greater reward?”

Encourage students to share a NEST 529 brochure (order via [EducationQuest.org](https://www.educationquest.org)) with a parent or adult who cares for them financially. Refer to EducationQuest’s “What’s a 529 College Savings Plan?” blog article to learn NEST FAQs.



- 4) Introduce financial aid by showing EducationQuest’s “4 Ways to Pay” video. Ask students to identify the type of financial aid described in these scenarios:
- You won \$1,000 in a “Why I Want to Go to College” essay contest. (*scholarship*)
  - You work at the college cafeteria to help pay tuition. (*work study*)
  - You complete the FAFSA, a college financial aid application, and receive \$3,000 that you don’t have to pay back. (*grant*)
  - You borrow \$2,000 for college that you will have to pay back after you graduate. (*student loan*)
- 5) On p. 9, have students put an “x” through scholarship categories they think **won’t** apply to them in the future. Then read the “scholarship equation” on p. 10. Point out the reality of athletic scholarships (find a visual depiction in the *KnowHow2GO* presentation).

Conclude by asking students to share an action step they can take to pay for college in the future.

*Extension Activity 1:* Review with students the “How to Earn Scholarships” presentation, then have students apply for a real scholarship. Find scholarship contests in the “Grow” section of [nest529.com](http://nest529.com).

*Extension Activity 2:* Facilitate these *KnowHow2GO Activities*:

- Financial Aid Facts – debunks the myths of financial aid
- Financial Aid Choices – a board game that shows how decisions students make can impact the money they receive to go to college

## WRAPPING UP

Ask your students:

- Who could you share this publication with to help you prepare for college?
- What is one action step you will take as a result of this information?

## WHAT’S NEXT FOR STUDENTS?

EducationQuest’s *Exploring College* publication guides freshmen and sophomores through steps they can take to prepare for college.



EducationQuest.org

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