

FROM NEST TO WINGS

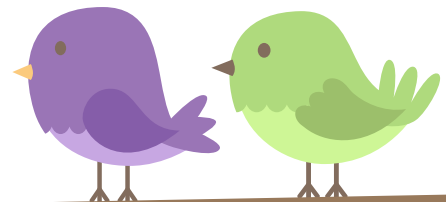
7th ANNUAL CONFERENCE



From Nest To Wings
A Unique College Preparation Experience

MAKE THE MOST OF YOUR FUTURE!
Saturday, February 24, 2018
8:30 am- 2:30 pm
Front Range Community College,
Longmont Campus

The From Nest to Wings Annual Conference is a unique college preparation experience in a one-day conference for high school sophomore, junior, and senior young women and their mothers, including a series of sessions for Spanish speaking moms. Topics addressed will be specific to your classification and all sessions will be led by facilitators with extensive experience in their field.



This conference is:

- Allows moms and daughters to spend a day together focused on their future.*
- An opportunity to ask questions of experts in their field.*
- Information related to the college search/first year experience changes quickly. This conference can help you stay up to date...even if you have older children who have attended college.*
- Not expensive (\$45, which includes lunch, for a mother and daughter if registered by 2/7/18).*

nesttowings.org



SENIORS

8:30 – 8:55 Registration and College and Information Fair

9:00 - 9:15 Welcome to the festivities

9:15-9:30 Classroom Orientation

9:30-10:30 Preparing for College - Vanessa Molina, Inclusive Excellence Fellow, Center of Multicultural Excellence, University of Denver

- What college is like (residence life, balancing activities, schedules, time management)?
- Becoming your own advocate
- Accessing help
- Getting involved
- Setting expectations for yourself and your family

10:35-11:35 Making Smart Choices - Bernadette Cordova, Academic Advisor, Front Range Community College and Jodi Wilson, Registered Dietitian

- Study tips
- Time management in college
- Keeping yourself healthy
- Eating for success
- Making wise choices

11:40- 12:10 Lunch (Box Lunches Distributed)

12:15 – 1:15 Maximizing Your Money IQ - John Nichols, Agent, New York Live

- Personal finances and budgeting
- Book buying strategies
- Employment
- How much does it cost to be you?
- On campus resources
- Managing your campus bill

1:20 – 2:00 Ask Your Questions - Riley Castleberry, Freshman, Colorado Christian University and Kenna Castleberry, Junior, Colorado State University

An opportunity to ask questions of a facilitator who is currently in college on any topic you would like.

2:05 – 2:30 Culminating Presentation and the Announcement of the 2018 Gold Star Awards



JUNIORS

8:30 – 8:55 Registration and College and Information Fair

9:00 - 9:15 Welcome to the festivities

9:15-9:30 Classroom Orientation

9:30 - 10:30 College Selection 101 – Representative of Front Range Community College

- How to utilize your junior year to prepare for the college decision
- Important conversations to have with your parents (finances, logistics, what support and challenge do you want as you move through the selection process)
- Maximizing campus visits
- Questions you should be asking of campus officials, your high school counselors, and yourself

10:35 - 11:35 The “How To” of College Applications – Deborah Schmidt, College Advisor, Longmont High School

- Application process/timeline/Common Application
- Application costs
- Information necessary for applications
- Making the list of schools to which you will apply
- What are the most important components of any college selection decision?

11:40- 12:10 Lunch (Box Lunches Distributed)

12:15 – 1:15 Process of Applying – Barb Norrbom, Counselor, Silver Creek High School

- When to apply
- Time management/Getting the applications done
- Essay writing
- Finding teachers, coaches, and others to list as references and/or write letters
- Record keeping

1:20– 2:00 Ask Your Questions – Laura Jeske Graduate, University of Denver and Taylor Roush, Graduate, University of Denver A chance to ask any questions you still have about the college application experience from a facilitator who has recently been in your position.

2:05 – 2:30 Culminating Presentation and the Announcement of the 2018 Gold Star Awards



SOPHOMORES AND MOMS

8:30 – 8:55 Registration and College and Information Fair

9:00 - 9:15 Welcome to the festivities

9:15-9:30 Classroom Orientation

9:30 - 10:30 What is the Right Choice for Me? - Kimberly Wiggins, Assessment Coordinator, SVVSD and Kahle Charles, Executive Director of Curriculum, St. Vrain School District

- What does the District offer as resources?
- SAT and ACT, which is right for me? How valuable is the writing exam?
- Planning college testing
- Practice testing
- How to gain practical experience (job shadowing, employment, volunteer work)
- Participation in dual credit/honors/CDC/focus programming/AP/Colorado Gold

10:35 - 11:35 Maximizing and Recording your High School Experience - Jeffrey Fredman, Assistant Principal, Timberline K-8

- Maximizing the high school classroom experience
- How to study in high school
- Building your high school resume/record keeping...for applications and scholarships
- Extracurricular activity choices (Leadership roles, community service, continuity vs completing hours/expanding horizons)
- Collecting information

11:40- 12:10 Lunch (Box Lunches Distributed)

12:15 – 1:15 Roles and Timelines: Who Does What When? - Molly Creek, Counselor, Erie High School

- What is a realistic timeline for college applications?
- What should the role of parents be throughout the process?
- What should the role of the student be throughout the process?
- Working together as you proceed to college

1:20 – 2:00 Ask Your Questions - Moms – Stephanie Grgurich, Assistant Director of Admissions, Cottey College and Laura Harrison, Mom of College Students

Sophomores – Kelly Dicharry, Junior, Colorado State University

Sophomores and their moms will be separated for this session.

A chance to ask any questions you still have about the college application experience from a facilitator who has recently been in your position.

2:05 – 2:30 Culminating Presentation and the Announcement of the 2018 Gold Star Awards



SENIOR MOMS

8:30 – 8:55 **Registration and College and Information Fair**

9:00 - 9:15 **Welcome to the festivities**

9:15-9:30 **Classroom Orientation**

9:30 - 10:30 **Practical Tips on Preparing Yourself and Your Daughter for College – Margaret Meek, Chair, From Nest To Wings**

- What you can do right now to help your daughter prepare
- What practical things does your daughter need when she leaves home?
- Setting expectations (communication, performance, behavior, etc.)
- How to know what is happening while she away (how to ask questions, social media, etc.)
- Practical tips for your role with the college (orientation, having access to campus files, notifications from the college, etc.)
- What role do colleges expect parents to play?
- How can you best help your daughter with managing the college process (mid-term and finals pressure, managing time, dealing with friends/roommates)?
- Resources available through the school to help your daughter succeed

10:35 - 11:35 **College Costs...A Lot! – Brenda Navarrete, Financial Aid Counselor, Office of Admissions, University of Colorado**

- Scholarships – keep applying, even after the freshman year
- Budgeting and financial discussions – educating your student
- Setting financial and performance expectations
- How to work with the campus Bursar's Office

11:40- 12:10 **Lunch** (Box Lunches Distributed)

12:15 – 1:15 **Relationships and Your Changing Role - Julie McVicker, Senior Consultant, Just ASK Publications and Development**

- Focusing on filling the “hole” in the family
- Developing a relationship with your adult daughter
- Communication styles

1:20 – 2:00 **Re-Styling Your Life –Donna Daniell, Life Counselor, Balance Your Life Coaching and Psychotherapy**

- What to do with all your new free time?
- Starting now
- Taking advantage of “you” time

2:05 – 2:30 **Culminating Presentation and the Announcement of the 2018 Gold Star Awards**



JUNIOR MOMS

8:30 – 8:55 Registration and College and Information Fair

9:00 - 9:15 Welcome to the festivities

9:15-9:30 Classroom Orientation

9:30 - 10:30 College Search Roles – John Happs, Education Consultant, Counseling 4 College

- Setting college search parameters
- Establishing decision parameters
- Negotiation vs arbitration
- Resource identification to assist in making the decision
- Finding balance between the future and the present
- Holding your daughter accountable

10:35 - 11:35 College Application Process – Bobby Browning, Senior Assistant Director, Office of Admissions, Colorado State University

- Timing for the application process (early vs regular admission)
- Common Application
- Collection of information to make the application process easier
- Resources (school counselors, alumni, at the college)
- College visits (when to go, what to ask, how does the school fit with your child?)
- Transfer credits

11:40- 12:10 Lunch (Box Lunches Distributed)

12:15– 1:15 College Finance Information – Kolby Knupp, College Wide Coordinator of Debt Education and Training, Front Range Community College

- Finances (Roth IRA, College Fund/529, scholarships, College Opportunity Fund)
- What is the FAFSA/what do I need to know?
- Identifying Resources

1:20 – 2:00 Preparing your Daughter and Yourself for College - Aimee Brown, Counselor, Niwot High School and Sarah Lucas, Counselor, Niwot High School

- Maximize the time you have with your daughter
- Planning for what happens from here for you
- Communication within the family as this major decision is made and the applications are filed
- Helping your daughter be prepared to leave home

2:05 – 2:30 Culminating Presentation and the Announcement of the 2018 Gold Star Awards



SPANISH SPEAKING MOMS

8:30 – 8:55 Registration and College and Information Fair

9:00 - 9:15 Welcome to the festivities

9:15-9:30 Classroom Orientation

9:30 - 10:30 High School Help for College Bound Students – Erin Rodriguez-Kearns, Board Treasurer, Collegiate Crossings

- High school grades
- Concurrent enrollment
- Deciding on a school/program/major
- Campus visits/researching a college
- Resources in the school district and beyond

10:35 - 11:35 The College Process – Gabriela Rivera, Bilingual Admissions and Outreach Representative, Front Range Community College

- How does college work?
- Application process
- Testing
- Dual/Concurrent credit in high school
- How much will it cost?

1:40- 12:10 Lunch (Box Lunches Distributed)

12:15 – 1:15 College Costs and Assistance – Brenda Navarrete, Financial Aid Counselor, University of Colorado

- FAFSA use and completion
- Budgeting and finances (employment, scholarships, grants)
- Identifying scholarships/funding sources
- Colorado Opportunity Fund
- ASSET Program

1:20 – 2:00 Letting Go – Paula Fredman, District Attendance Advocate, St. Vrain School District

- Preparing your daughter to leave home
- Support systems
- Relationship with your daughter once she leaves
- Focusing on you...dealing with your daughter as she moves on with her life

2:05 – 2:30 Culminating Presentation and the Announcement of the 2018 Gold Star Awards