

Section

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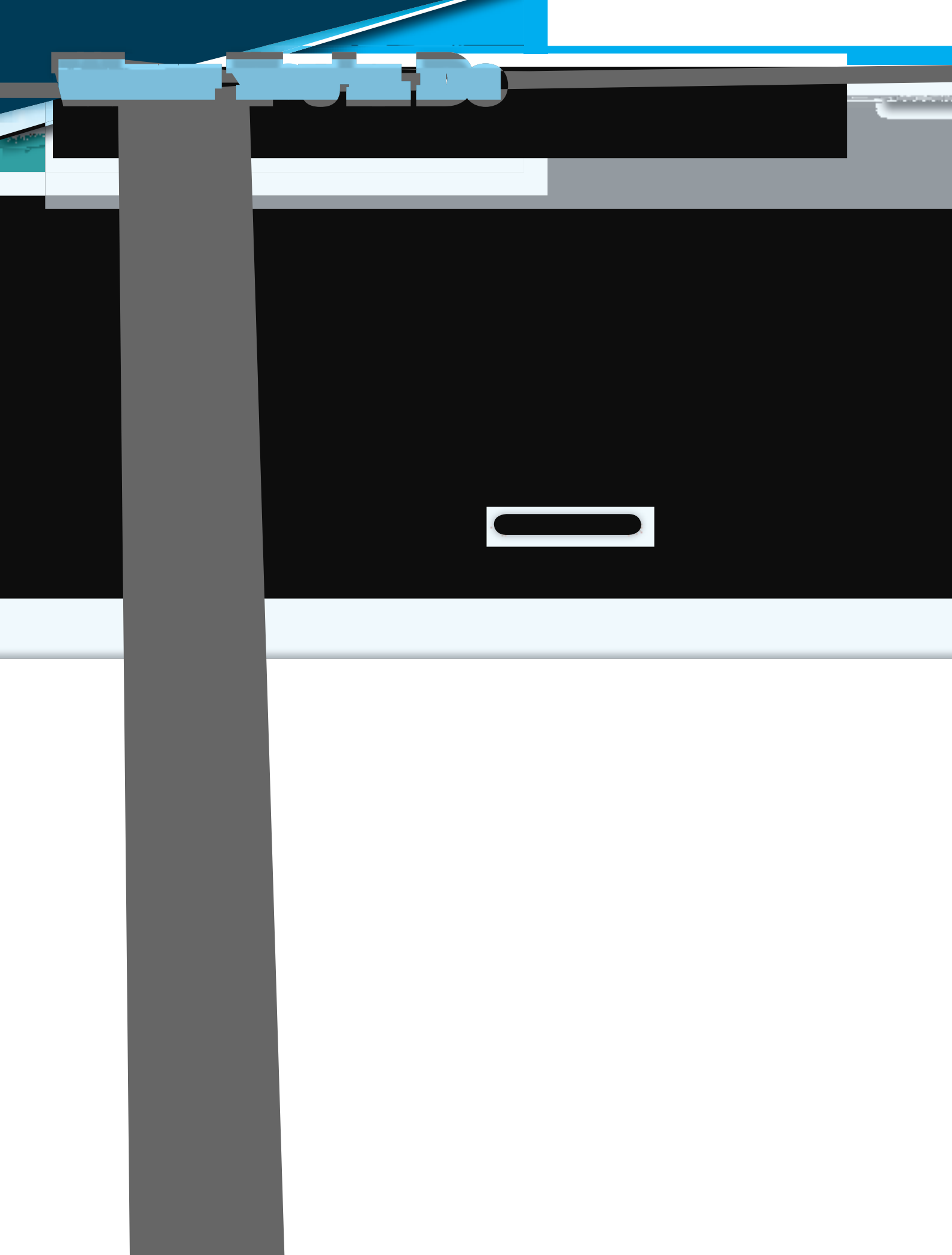
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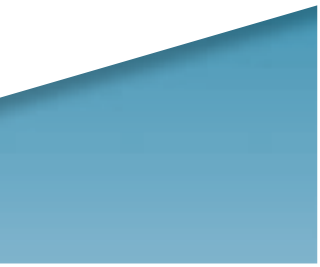
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3











How Do You Start? You Start with You.

Figuring out who you are and what you want for your life can be two of the most challenging aspects of growing up. Mike, Nate and Brian, the Founders of Roadtrip Nation, felt the same way when they graduated from college. Their solution was to hit the Road on a cross-country [Roadtrip](#). On this Roadtrip, they talked to [Leaders](#) from all different backgrounds about how those Leaders discussed how they made decisions along the way and shared their ideas about how to create a meaningful life. It was from the lessons learned on this

As you continue through high school and college, it is important to take the time to really think about what with understanding what makes you you. What do you really love to do? What interests you? What do you do best? Your college experience should revolve around your interests, values and talents. Asking these types of questions can help you make all kinds of decisions like which colleges to apply to and what you might study.

There are all sorts of pathways available to you after high school, whether it's heading to a four-year university, community college, or doing vocational training. When you tune into who you are, you'll be better equipped to set off on the right path for you.

One thing that might get in the way of staying true to yourself is the opinions of others. You may have already noticed that friends, family, and other people around you have views about what they think you should be doing with your life. You may feel pressure to please decisions that don't align with who you are as a person just to make them happy. When we hear suggestions

your **Set Point** — who you are today, as you are beginning to think about yourself, your life and your future. Your destination is a meaningful life, where you feel successful and happy.

Before you move ahead, begin with where you are, right at this moment. To establish your present-day Set Point, use the space below to describe your thoughts, feelings or concerns about your future. You may have done this before today, but allow yourself the chance to evolve. Be in the moment and think about your Set Point right now.



Some questions you might want to ask yourself are:

What am I being told my future should look like?
What is my ideal vision for my college experience?
What am I thinking in terms of a future career and life in general? What are the biggest fears or challenges that I face as a student right now?
What are my biggest dreams for college and the Road beyond? Feel free to write anything that comes to mind related to your future!

“(Standup comedy) felt like what I was supposed to be doing.”

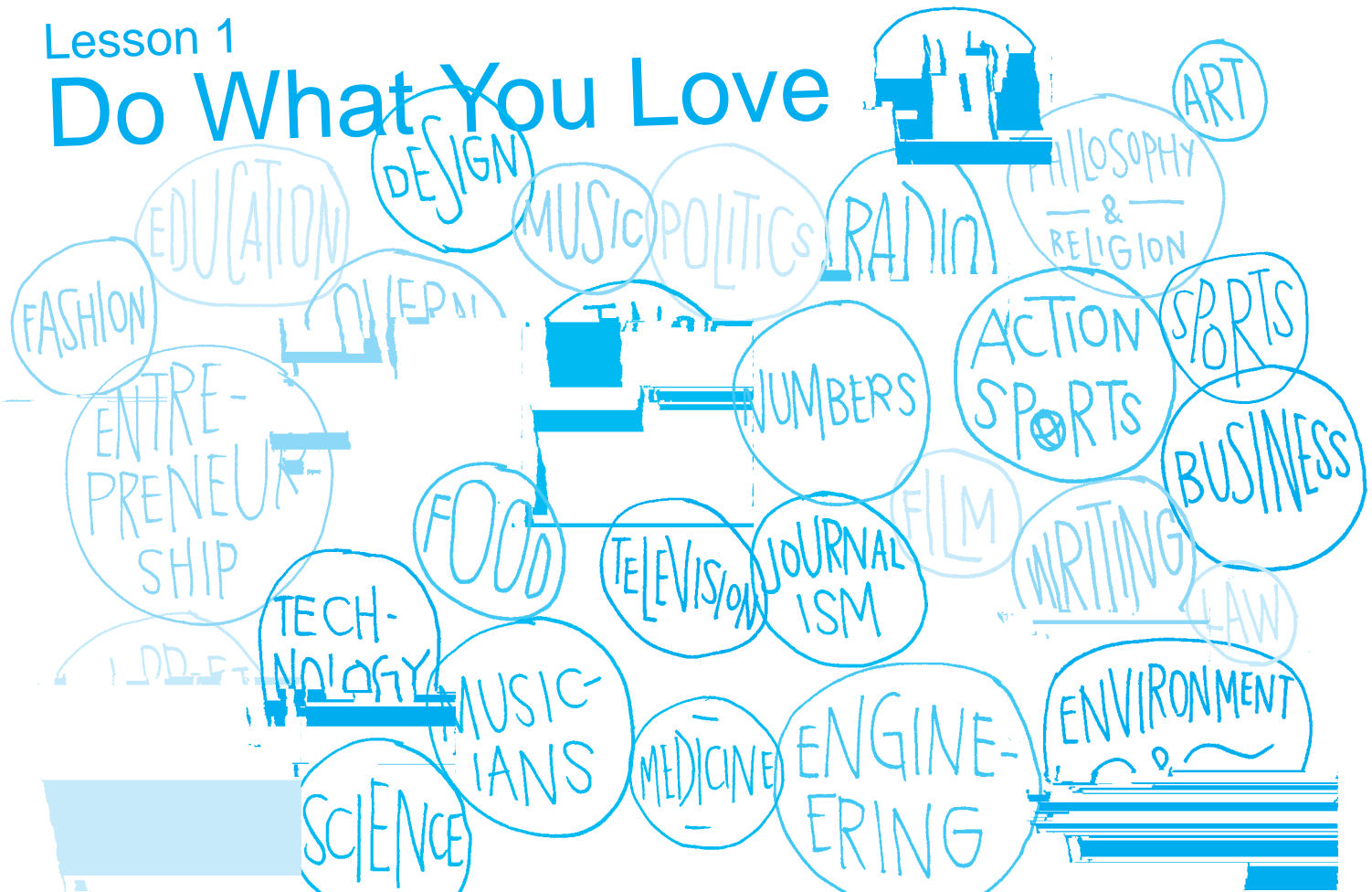
Wanda Sykes
Comedian and Actress

roadtripnation.com/leader/wanda-sykes

Set Point: What you know about yourself and your goals for the future when you begin your Roadtrip; used to measure your growth as you continue to
GHÀ QH \RXU RZQ 5RDG LQ OLIH

Lesson 1

Do What You Love



While your Set Point expresses your thoughts and feelings about your future, exploring your **Interests** is D Q R W K H U N H \ F R P S R Q H Q W R I G H A Q . You might have the impression that who you are today and what you love to do is separate from who you will be someday. You may have been led to believe that when you “grow up” and go to college, or get a job, you leave your childhood self behind. While that may be true for some people, the happiest and most successful Roadtrip Nation Leaders did not give up their Interests as they got older. Instead, they incorporated who they are and what they love to do into their work life.

When planning for college, pay attention to your Interests. If you aren’t sure what they are yet, think about the way you like to spend your free time, the things you are curious about, and the activities that keep you coming back for more. Those are your

Interests. When you have an idea what your strongest Interests are, you can begin to build your life around them. You can explore different college majors and look for institutions that offer those majors. Also, keep in mind that you don’t have to choose just one Interest. Most paths in life don’t focus on only one subject or use only one skill. Combining multiple interests is an even better way to make sure you stay engaged in college and the world beyond.

Look at the Interests above . Think broadly about your Interests — the things you really like to do in your spare time. Where would your favorite pastimes fall within the circles above? Highlight the two Interest categories that are most important to you . If you do not recognize your favorite pastime in these categories D W À U V W W U \ W R W K L Q N E U R D G O \ D E

Words of Roadtrip Nation

Interest: A subject or activity that you feel a strong connection to, which you are willing to continue exploring. Basing your studies on your Interests may offer you the greatest chance of achieving happiness and satisfaction with your future.

How can choosing a college or major based on your Interests help you build a life you really love?

Interest Collage

Use this area to create a collage that will inspire

Interests. You can describe it, draw it, photograph it, or

even write poetry about it. It doesn't matter what you do.

Just take the time to have fun and focus on something

that you've always loved to do. Keep looking at this collage as you make your way through the rest of this workbook — it will help guide you as you begin making decisions about your future.

“What is your red rubber ball?
What is the thing that brings
you joy? Where's your joy?”

roadtripnation.com/leader/kevin-carroll

Kevin Carroll
The Katalyst
Nike

Go to roadtripnation.com/leaders/kevin-carroll and watch the video clip. Why does Kevin use the analogy of the “red rubber ball”?

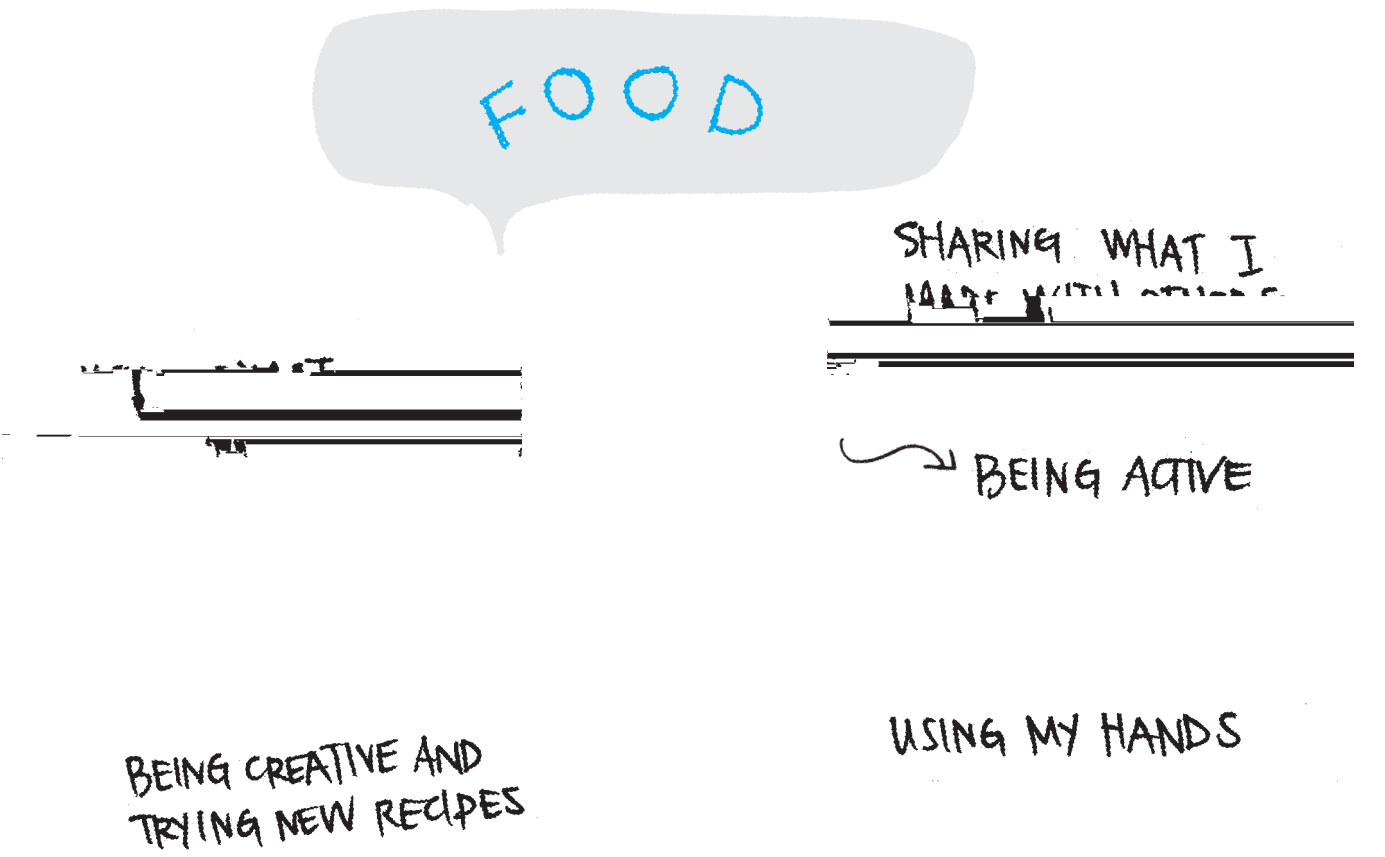
What is your “red rubber ball”?

On the previous pages, you've narrowed down your Interests. Now, we want you to go a little deeper. What is it about those things that you really enjoy? For example, you might have said, "I enjoy cooking," and highlighted **Food**. On a surface level, that's great information to have. It gives you something to work with, but try to take it a little further.

What is it about cooking that you like best? Do you enjoy seeing people's reactions to your food and receiving compliments? Do you like working with your hands **DQG UZ PDWHULDOV" 'R \RX À QG** with recipes to create something new? Do you get satisfaction from following the directions perfectly and getting the same result every time?

While you may never have thought of breaking down your Interests in this way before, it's an important step because it helps you discover even more about yourself and what you really like. It helps you see how **WKH WKLQJV \RX 'OLNH WR GRµ PLJKW** Interest categories. This information will give you new insight when planning for college and choosing a major.

Before moving on to the next page, spend a few minutes looking at the example below. We took the Interest of **Food** and broke it down into things that **People who love to eat think about** that you might like about this Interest; it will help you as you complete the activity on page 11.



"I wanted to make a difference... I've always worked in the same sort of grand area, but I've **GRQH ORWV RI GLIIHUHQW WK** (want to) do in the broadest possible terms."

Paul Goble
Senior Associate
Carnegie Endowment for International Peace

Billy King
Former President and
General Manager of the
Philadelphia 76ers

In the area below, there are two charts. Above each circle, write down one of the Interests that you chose on page 8. Then, break down that Interest into the key elements that most appeal to you, following the example on page 10. We've broken down each circle into 3 segments, but if you need more spaces, go ahead and draw them in.

If you need help, here are some questions to get you started. What part of this activity do I look forward to doing the most? What part of this Interest gives me the greatest satisfaction? When I tell stories about this Interest, what

"It was like a magnet; I just couldn't resist it. It was my own personal Interest that was stronger than any of that other stuff."

Gale Gand
Pastry Chef/
Food Network Host

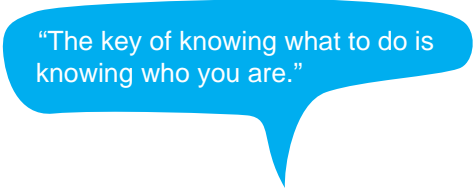
Chris Flink
IDEO
Product Design

Patricia Janiot
CNN en Español
News Anchor



As long as I am

, I'll be happy.



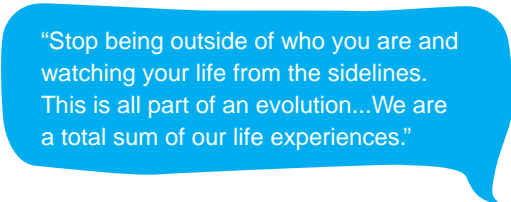
"The key of knowing what to do is knowing who you are."

URDGWULSQDWLRQ FRP OHDGHU FKDUOHV JDUÀ HOG

Foundation Insight

'HÀ QLQJ \RXU RZQ 5RDG LQ OLIH LV DERXW PDNLQJ GHFLVLRQV
WKDW UHÁ HFW ZKR \RX DUH DQG ZKDWĶV LPSRUWDQW WR \RX

Consider the insights you've gained about your Foundation and how they can help you as you plan for college; then answer these questions:



"Stop being outside of who you are and watching your life from the sidelines. This is all part of an evolution...We are a total sum of our life experiences."

Penny Brown Reynolds
Judge, Author and
Ordained Minister

Take a few minutes and think about Penny's quote above. Use the lines below to explain the quote in your own words.

List three life experiences that have shaped who you are.

Lesson 3: The Road Map

:KHQ ZH À UVW LQWURGXFHG WKH FRQFHSW RI GHÀ QLQJ \RXU

own Road, we talked about how important it is to have a Road map — something to help you get from Point A to Point B. While you may take a lot of detours, a Road map will help you get back on track and reach your

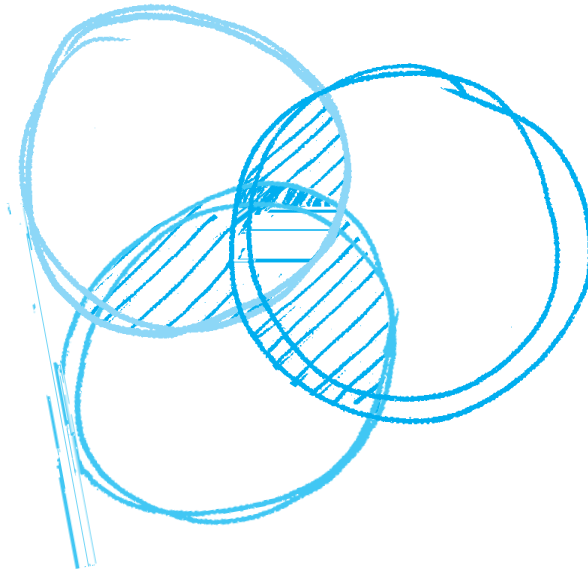
À QDO GHVWLQDWLRQ :KHQ \RX GHÀ QH \RXU RZQ 5RDG WKDW destination becomes more meaningful because it is built upon the Interests and Foundation that matter to you.

Creating your own Road map in the Roadtrip Nation sense is not about taking the shortest route possible. It doesn't even look like any map you have ever seen. It is about discovering as much information as you can about yourself and where you want to go. You have to begin with your Set Point, then add your Interests and



Now it's your turn to create your own Road map!
Fill in the circles in the area below with your two main Interests from page 8 and your Foundation from page 13. Notice that they can exist on their own, but they also work together to create a single unit. Their combination forms something new, larger and more representative of all the parts of you.

Next, brainstorm and write down the names of any professions, jobs, or educational paths you can think of that combine your Interests and your Foundation. Use the example on page 16 to help you. However you can, imagine how you can combine all three of the circles to create
WKH EHVW SRVVLEOH ÀW IRU \RX <RX
partner or check out bigfuture.collegeboard.org/majors-careers if you need more ideas.



Of the potential careers you thought of, which one would you look forward to exploring mi34 BT /T2 EMC /Span <<>>BDC BT /T

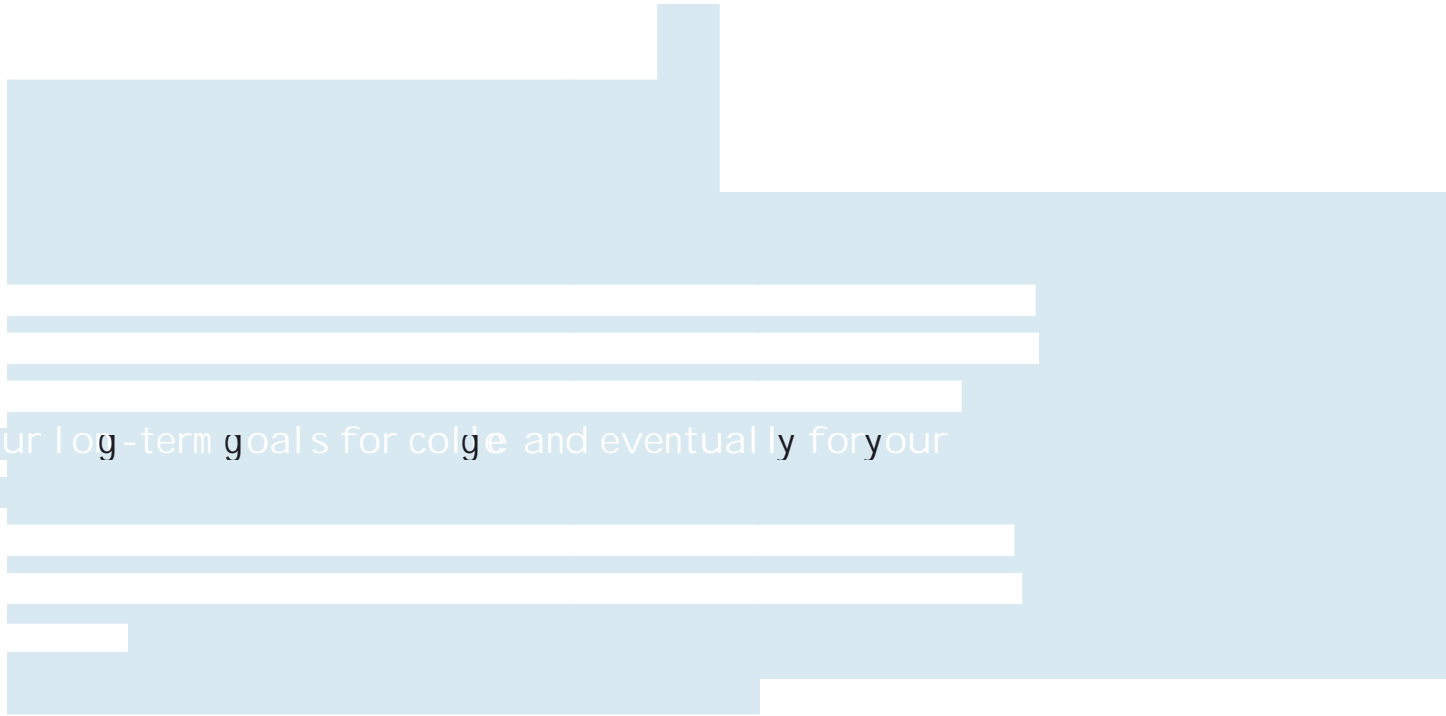
Watch Roadtrip Nation Online

The activity on the previous page was a basic Road map to get you thinking about how to get where you want to go. However, a hand-drawn map of a place you've never been before might still leave you a little unsure about the direction in which you're headed. It might help

FOH DU WKLQJV XS LI \RX FRXOG À QG SHRSOH ZKR KDYH EHHQ there before you, like Leaders with similar Interer9b a nd



2013



your long-term goals for college and eventually for your career.





majors. Working hard in the same classes in high

Know yourself. If you don't enjoy math, then engineering is probably not a career you'll enjoy either unless you plan to spend a lot of time working on your math skills.

Know your school and your community. If you love acting but your school doesn't offer a drama class, look for opportunities in your town or at a local community college. If you really want to learn more about something but can't find any opportunities in your school or community, research ways to learn on the Internet or by

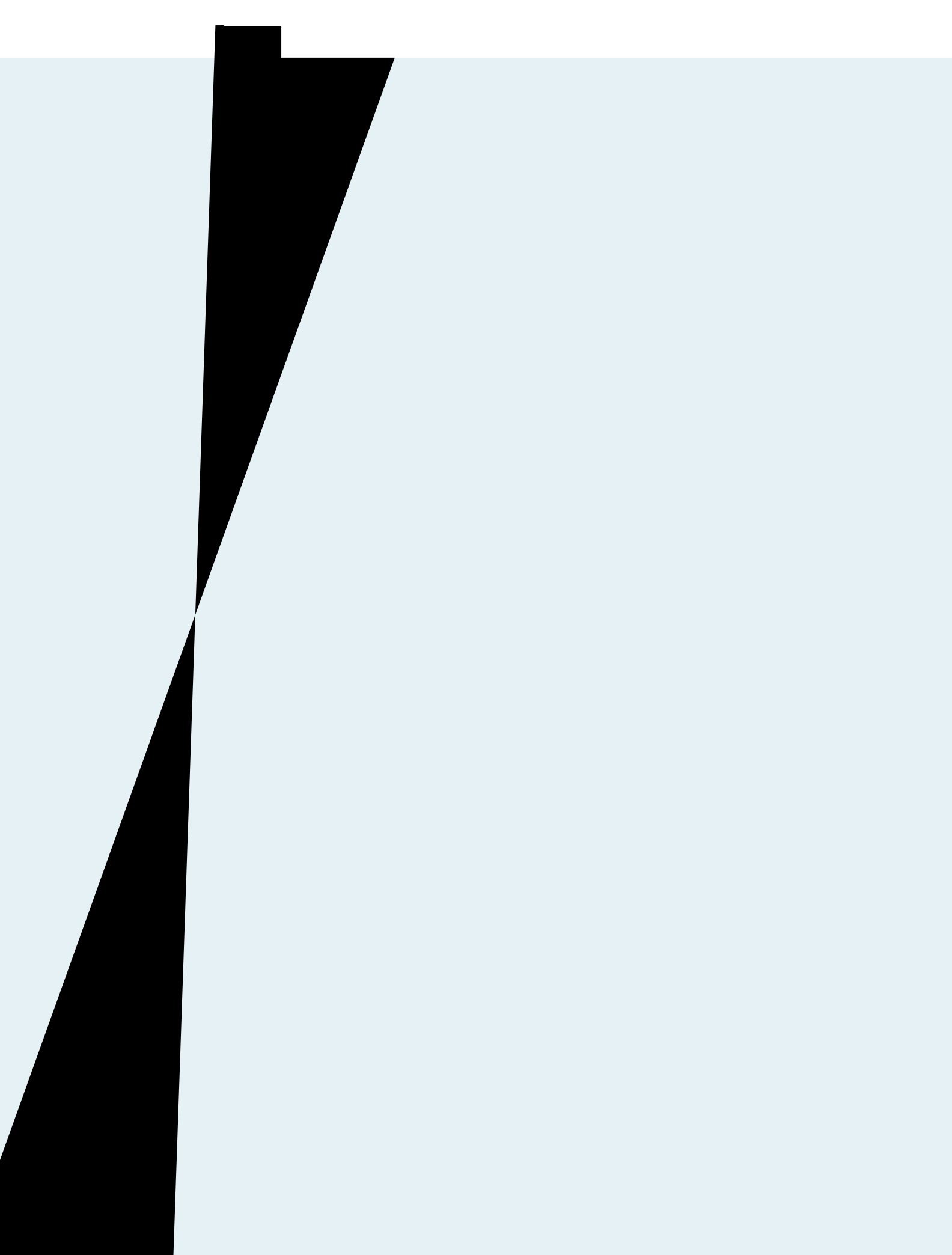
UNIT 2

WHO Am I?



HOW Do I Get There?





WHO Am I? :

WHILE Am I Living :

HOW Do I Get There? :

WHO Am I?



HOW Do I Get There?

When working with your adviser or school counselor on your academic plan, keep in mind that certain courses have to be taken in sequence. For example, you may need to take a general physical science course before you can take chemistry or physics. Find out the sequence your school requires in every subject area, the electives allowed at each grade level and the expected grade to pass each course. Your school may publish the course sequence on its website or in its student handbook. Your adviser can answer your questions about the right order in which to take courses.

Check to see if any classes require you to pass a city or state exam, produce a portfolio of work or complete any other end of course requirements.

These are used by some schools to demonstrate they help you develop

Having AP courses on your high school transcript shows colleges that you are willing to push yourself to the limit. Taking AP courses shows you are

study habits that are necessary for tackling difficult course work.

Challenges / Concerns I Have

Opportunities I Can Create

Creating a Solid Academic Plan

Now that you have learned about things to

Courses I'm Taking or Have Taken

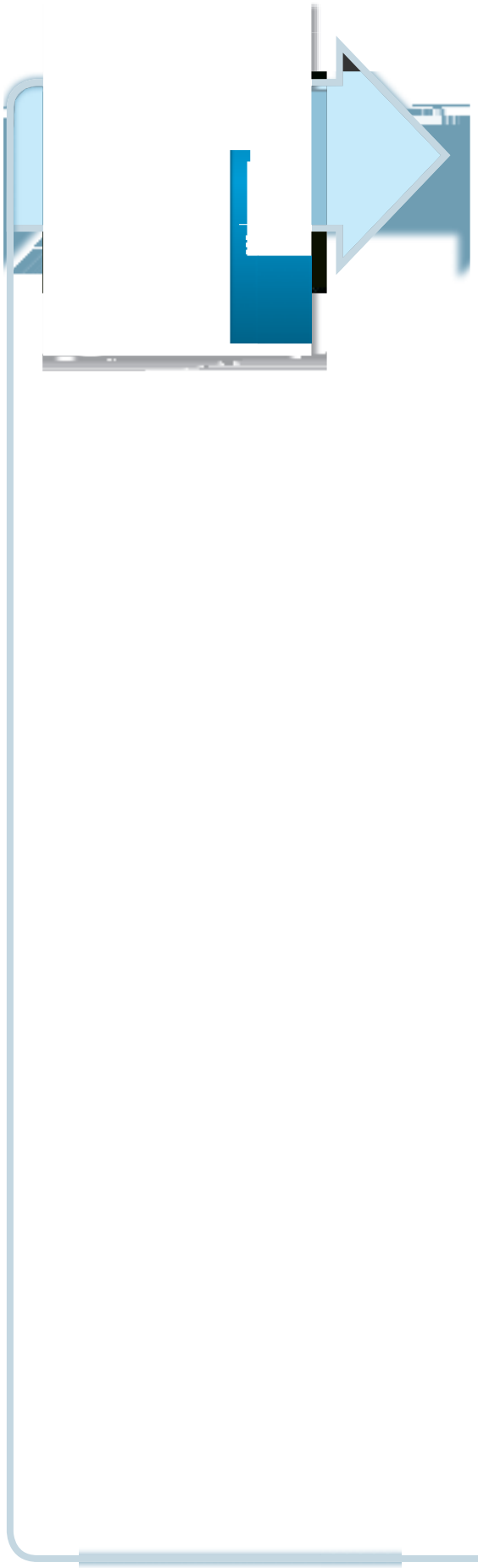
Courses I Need to Take

WHO Am I? :

WHILE Am I Living :

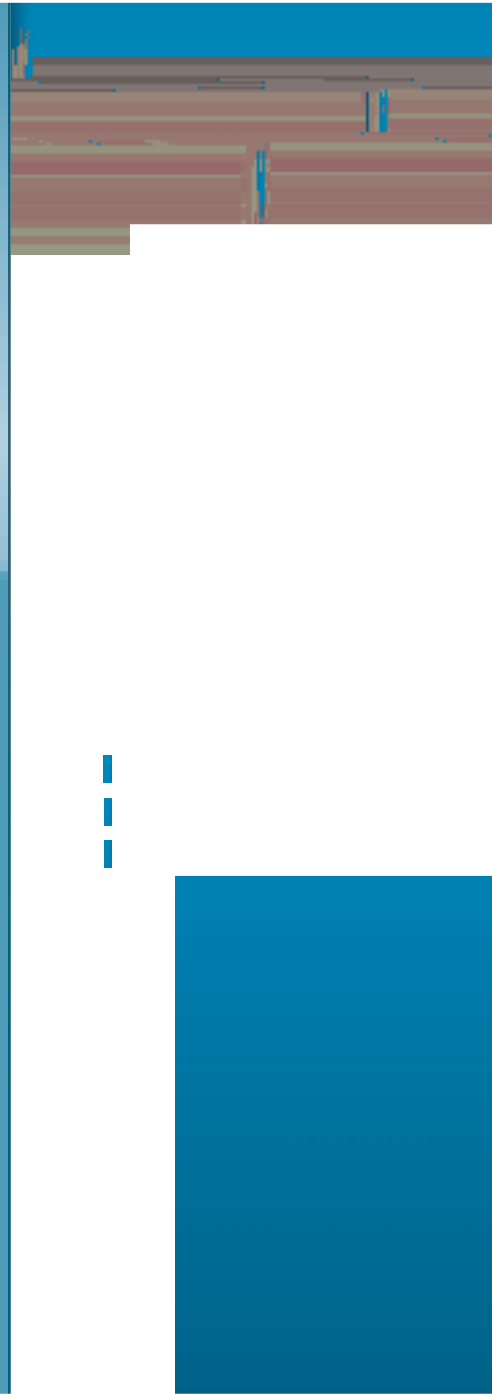
HOW Do I Get There? :

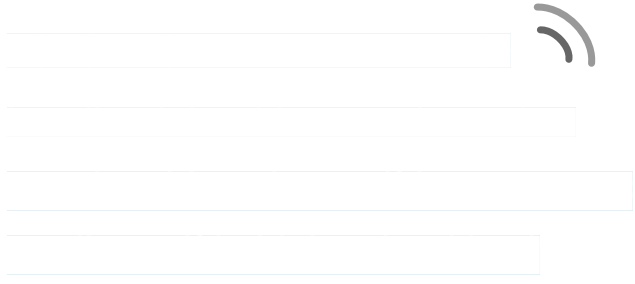




HOW

here?





WORDS FOR SUCCESS

skill the developed ability to do something well

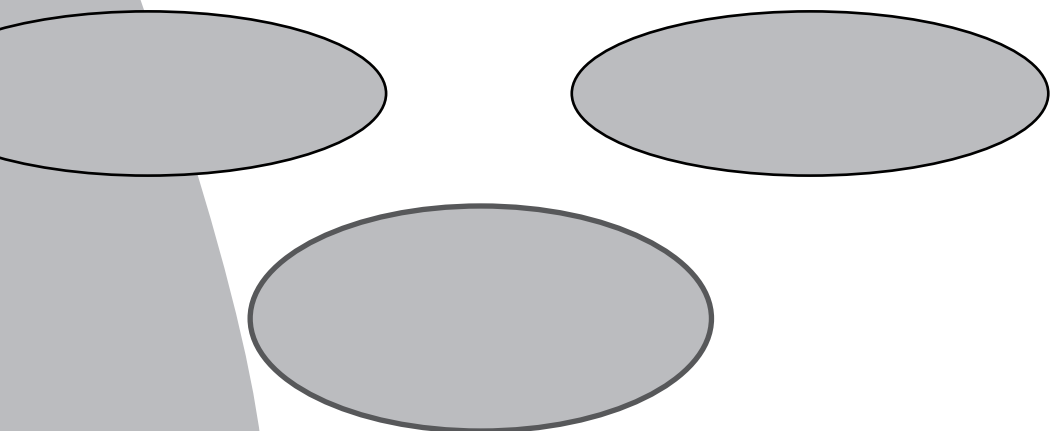
organize to put time and tasks in a structured order

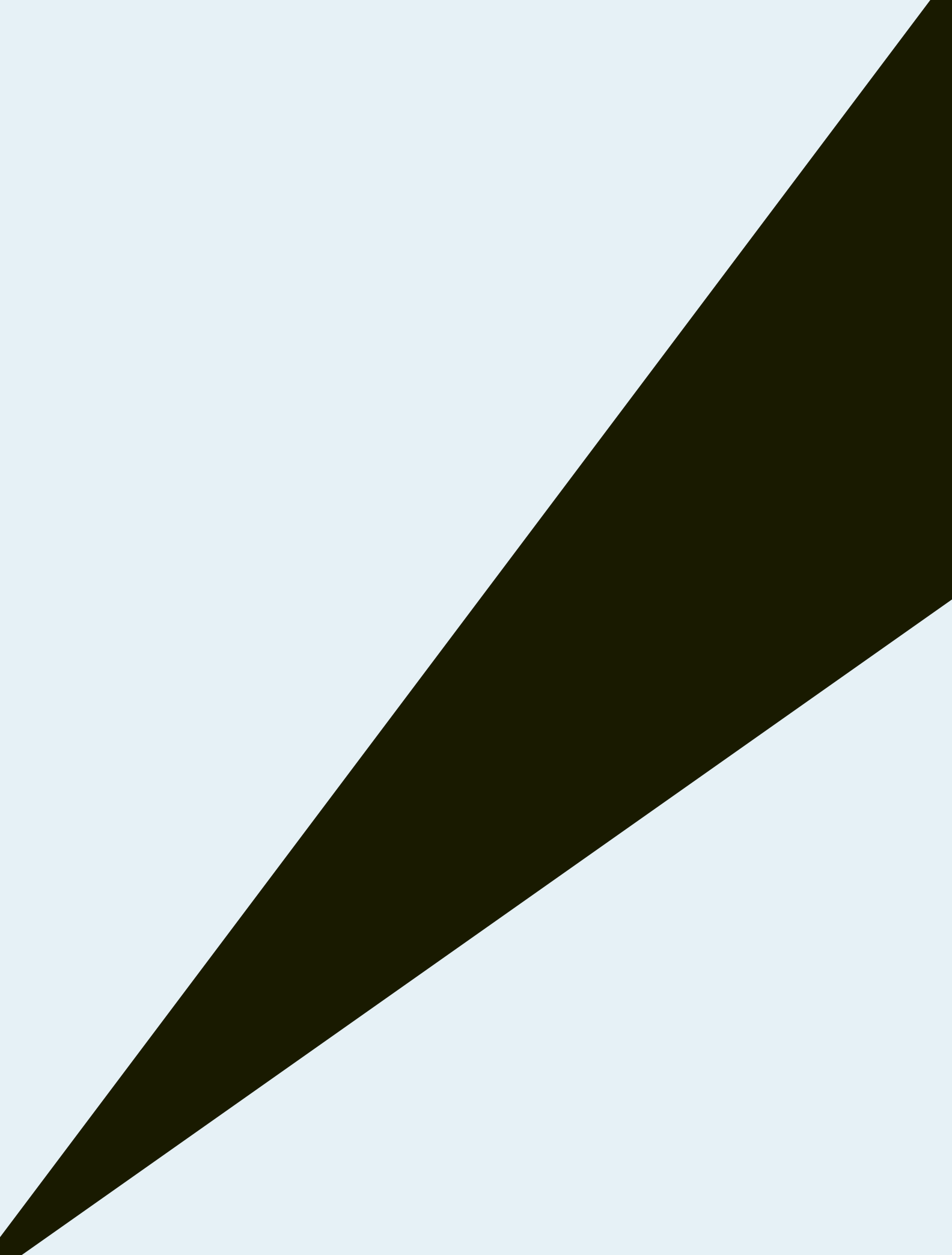
a.m.

p.m.

WHO Am I? :

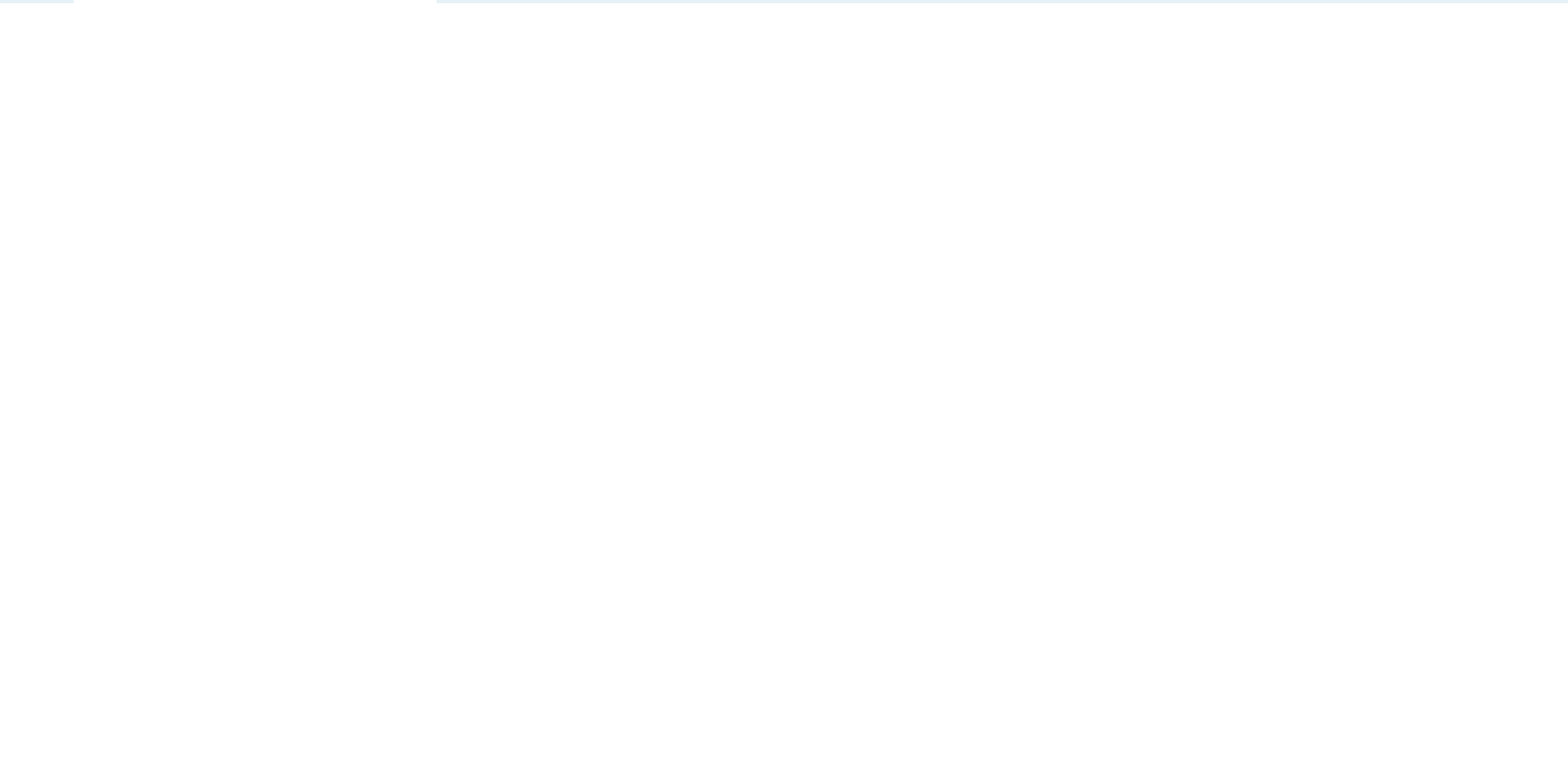
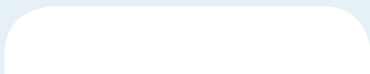
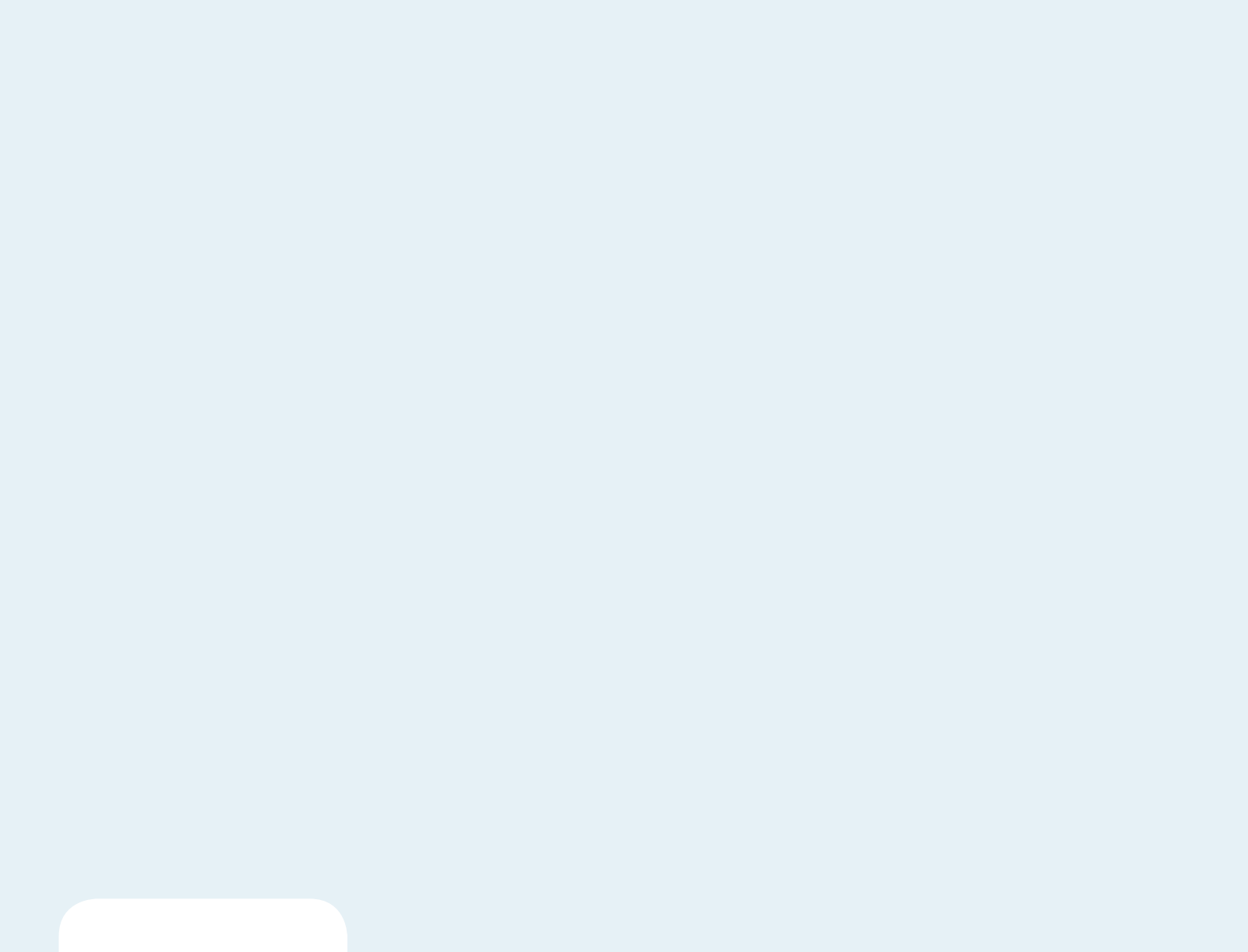
WHERE Am I, Going? :





WHO Am I?

WHERE Am I Going?



Taking Notes

Why Take Notes?

write a summary of your notes.

WORDS FOR SUCCESS

note-taking an organized way to write down important information

summary a brief version of something that has been said or written



notes are so well organized, you don't need to spend

My Experience with the 5 Rs



From social networking to researching a topic for school, the Internet is a part of daily life. It's a fast and easy way to look things up and gather opinions, but it's also easy to forget that there is lots of unreliable and misleading information on the Web. Anyone can post something online, but not everyone can be trusted to be knowledgeable, accurate, honest and unbiased.

So how can you tell if the information you find online is reliable? Here are some ways to verify whether a website, blog or tweet is trustworthy.

Know Who the Author Is

Who wrote or posted it? If you can't identify the person or organization responsible for the information, don't use it. If you are looking at an

article online, check to see if the site provides the author's name and qualifications for writing on the subject. If there is no bio, look for one elsewhere on the Web.

Know the Website's Purpose

All websites serve a purpose. Figuring out the purpose of the site helps you know whether or not the site can be trusted. Look out for motives, like selling products or pushing a particular point of view, that could result in biased or misleading information. Check out the home page and the "About Us" page. Look for a mission statement

Another way to check a website's reliability is to investigate the links located on the site. If they take you to a site with an ulterior purpose you may want to rethink the site's credibility.

Check the Date

Sometimes the reliability and accuracy of information can deteriorate over time. It is especially true for factual information, such as the data on college search websites. Check to see if the website provides a "last updated" date. The more recent the Web page, the more likely the

anger or excite people. If a writer uses "over the

Protect Your Public Image

WHO Am I?

WHERE Am I Going?

HOW Do I Get There?



WHO Am I?

WHERE Am I Going?

HOW Do I Get There?

VOICE OF EXPERIENCE





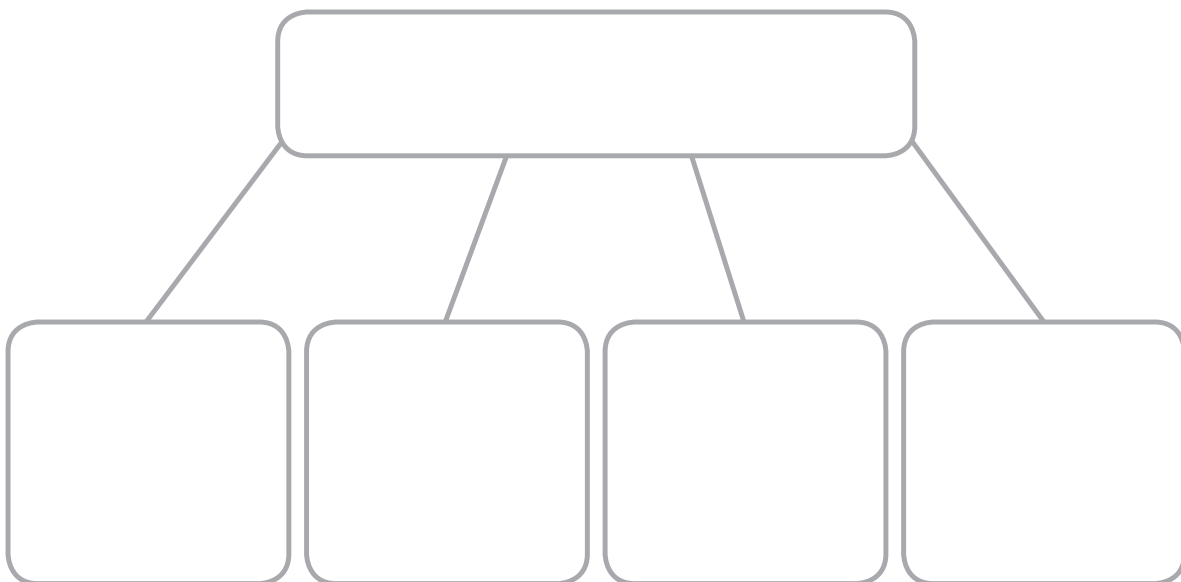


independently is another trait that will help you succeed in both high school and college.

Building Your Support Network

As you begin your college selection process, you'll need people around you who can give you advice. You'll need people such as your family, your teachers and your school counselor. However, it's also a good idea to have other trusted adults, such as a manager, who can provide you with different perspectives. Your manager knows how you approach your work and how you excel in certain tasks. He or she might be able to suggest certain career paths that take advantage of your strengths. They may be careers that you haven't considered.

The Aid of Your Employer



Finding the Right Job

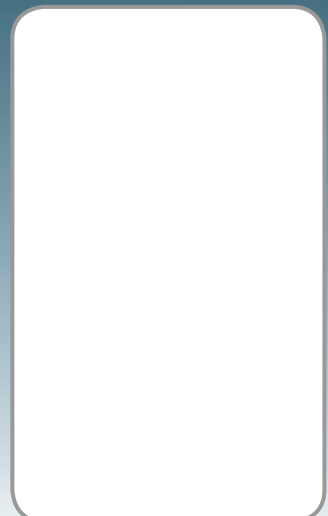
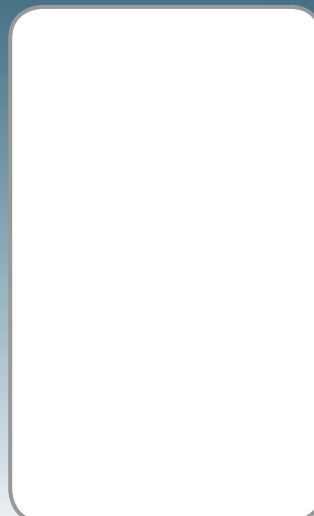
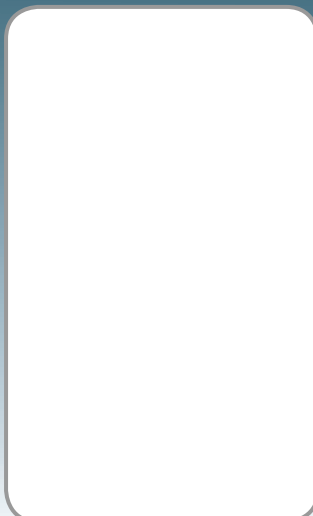
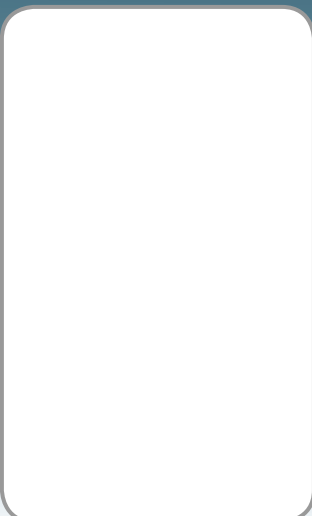
You might not have a lot of options for your job, but you should consider all of your options carefully. If you're lucky, the right opportunity will present itself. You may be able to get a job that pays you and allows you to work in your area of interest. But sometimes you have to make your own luck. If you love animals and have thought about becoming a veterinarian, you should explore options for a job at a veterinarian's office, as well as the local animal shelter or zoo. Talk to your counselor about your interests. He or she might be able to suggest jobs that will allow you to work in your areas of interest.

Applying and Interviewing

Once you have decided on some potential places of employment, the next step is to apply for the jobs. You will need to visit the places where you think you would like to work and ask for an application. When you do, wear appropriate clothes and be polite to everyone you meet. People will take you seriously if you do. Carefully fill out the application. Errors

ese laws vary by state, but as a general rule, the law says you must be at least 14 years old to hold a job. The law also limits the number of hours a person younger than 16 can work. Some state laws require minors to get a work permit before they can be hired. The laws also limit the type of work a minor can do. There are also exceptions to the rules as well as special laws for certain kinds of jobs. It's important to ask your school counselor what the rules are in your state and local area. Your counselor can guide you through the process, including getting a work permit if necessary.

Working in My State

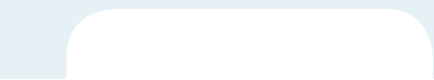


or a poorly completed application will not impress the hiring manager. As a result, you may not get called in for an interview. If you do have an interview, practice what you will say. Your school counselor or adviser can provide you with typical interview questions and assist you as you prepare.

Other Options

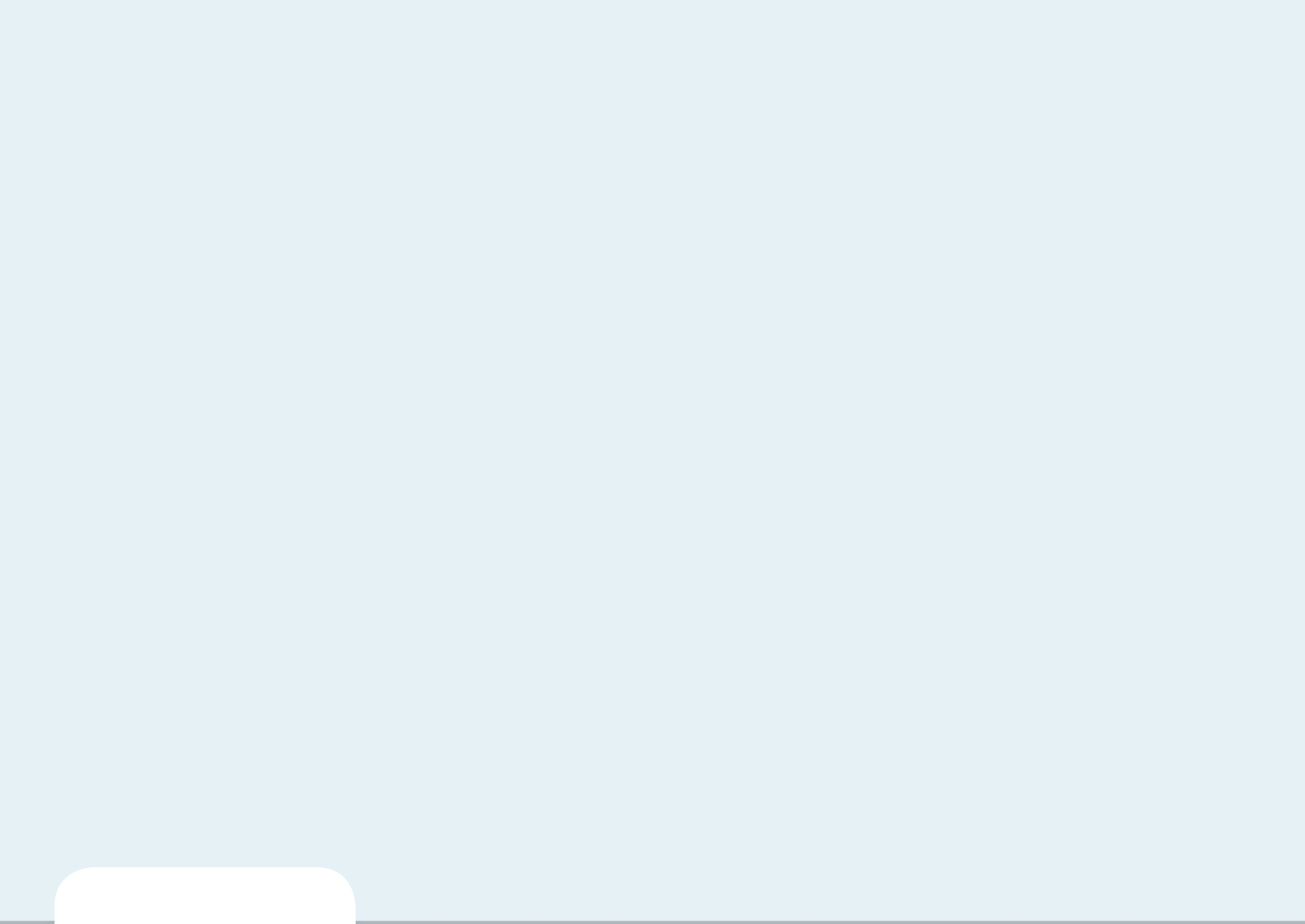
If you can't find a paying job that will build your skills, volunteer instead. While you won't get paid any money, you will learn many of the same skills you would learn at a paying job. These skills are just as valuable, and volunteering looks just as good on a college application as a paying job does.

To-Do List





“Of course, I want to go AWAY to college
Why WOULDN’T I?”



To Do

When Will I Start



accessible than counselors. Also, don't forget coaches and teachers who sponsor other extracurricular activities. These people may know and understand you quite well. Include them in your support

in organizations such as scouting or at your place of worship. Think about a coach of one of your teams

They are also experts in their subject areas and can function as academic advisers. If your dream job requires a concentration in a certain subject area, a teacher in that subject area can provide you with valuable insight about which college courses will be important for you to take. Even if you are not particularly interested in a teacher's area of expertise, a favorite teacher can still give you support because they know your academic strengths. Sometimes teachers are more



Ownership of Activities

When you're considering school-sponsored activities outside the classroom, think carefully. How much do you enjoy this activity? How much time will it require? Will it bend your college plans? Of course, not all school-sponsored activities are created equal. Some can show a lot of dedication. Starring in a local theater production

neighborhood, it also looks good on a college application. You could volunteer at the local hospital or animal shelter. You could answer the phones for a charity fundraiser or raise money by participating in a walkathon. Working to become an Eagle Scout can show a college admissions officer a lot of dedication. Starring in a local theater production

thoughtful decision about what's best for you so that you can enjoy your high school years and be ready for college as well.

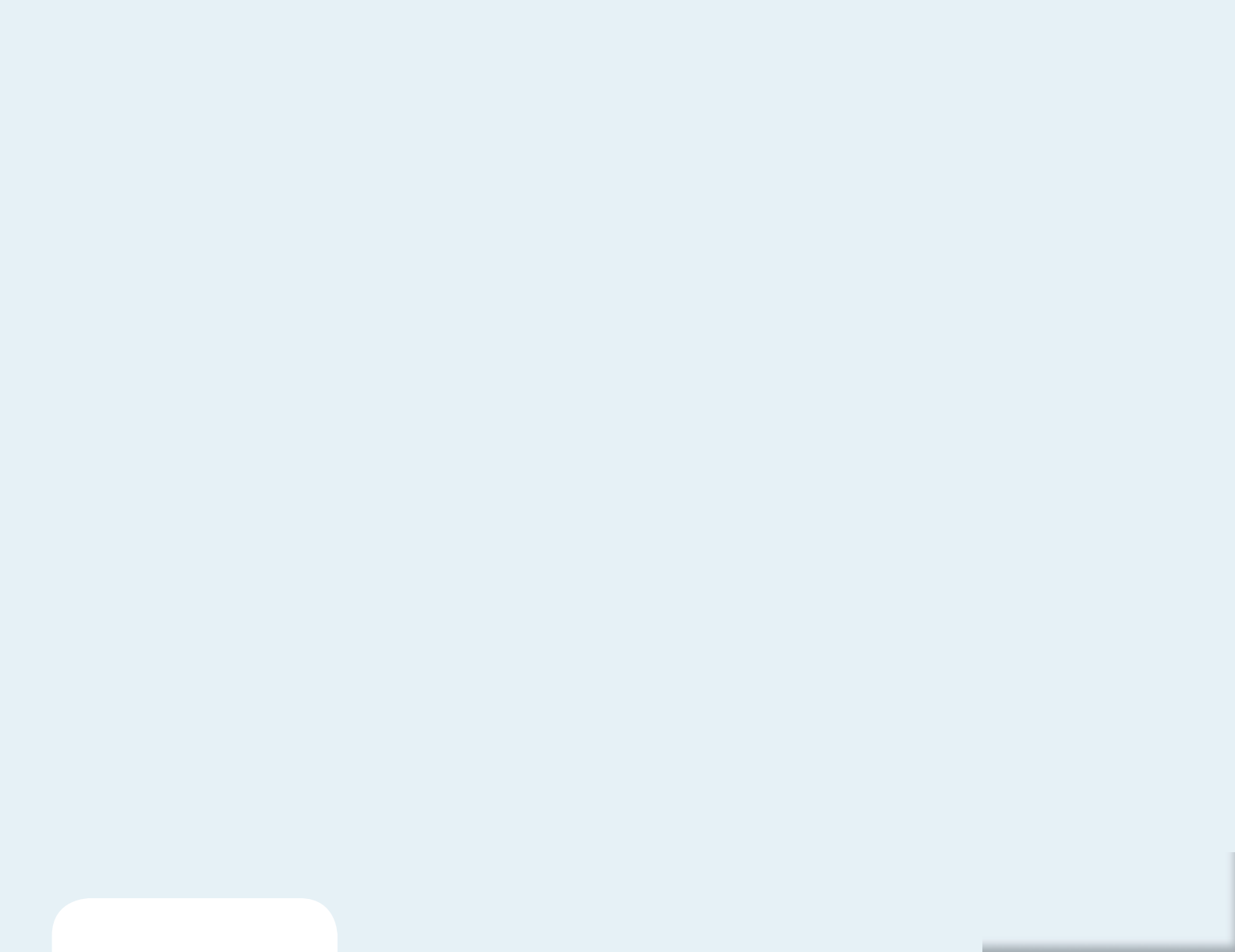
Ownership Outside of School

There are many ways to take ownership of your future outside of school. Helping your family by watching your younger brothers or sisters or by doing chores for your parents shows maturity and responsibility. Volunteering for community services is not only a great way to help your

Academic Situation



Response



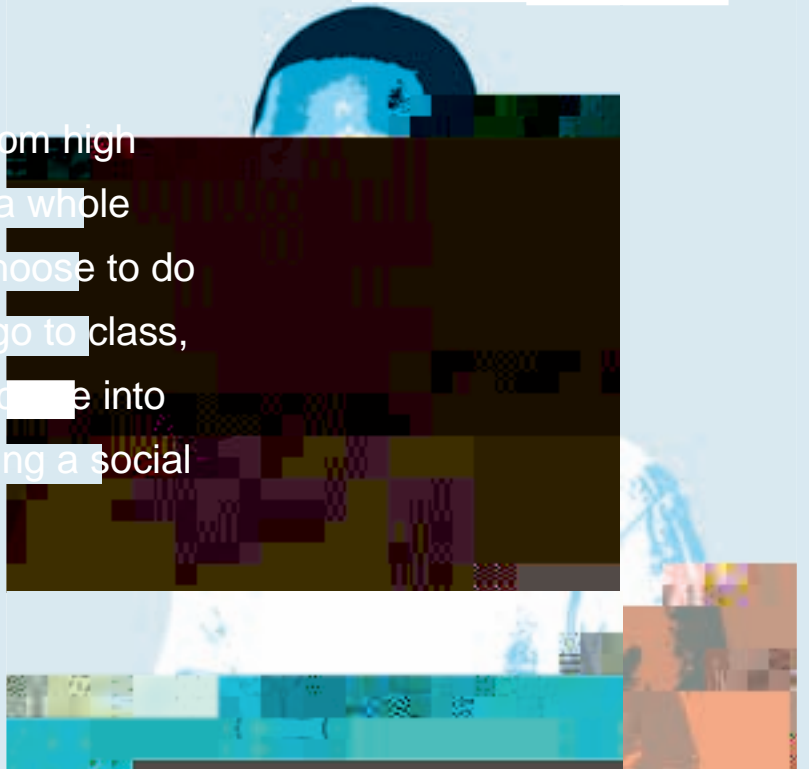
WHO Am I?

WHERE Am I Going?

VOICE OF EXPERIENCE



Time management-wise, coming from high school was a little difficult. It was just a whole new independence where I could choose to do whatever I wanted. I didn't have to go to class, and with that a lot of peer pressure came into effect. It was just a matter of balancing a social life with an academic life.



people from new places and understanding and respecting their values is one of the greatest opportunities you will have in college.

Living in a Dorm

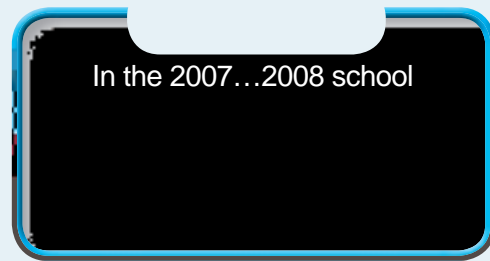
Many first-year students at four-year colleges choose, or may even be required, to live in a dormitory.

Some dorms have a resident assistant (RA) who is responsible for organizing life in the dorm.

It's a good idea to become involved in clubs or activities so you are a part of the campus life. E-mail and other technologies allow you to connect to your fellow students and professors. You will have to be a good time manager if you commute, but thousands of commuter students successfully complete full-time programs every year.

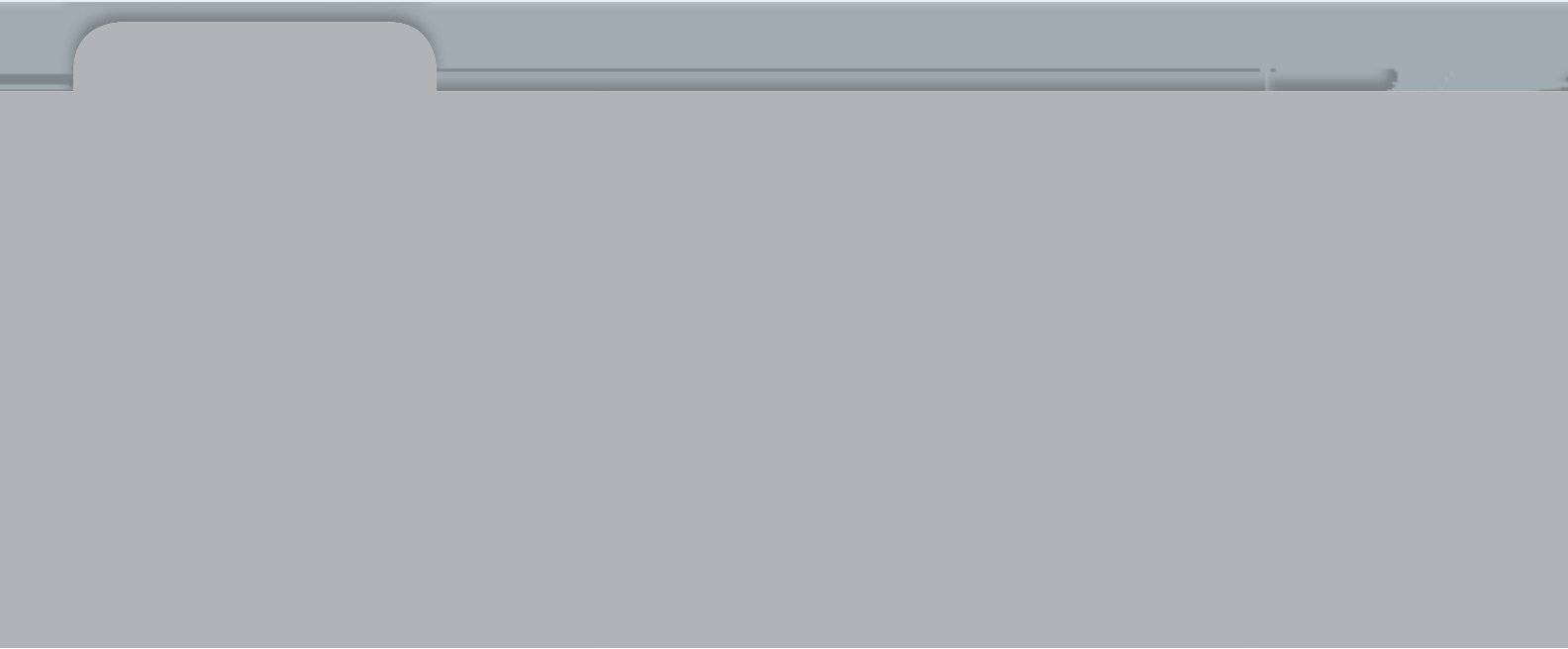
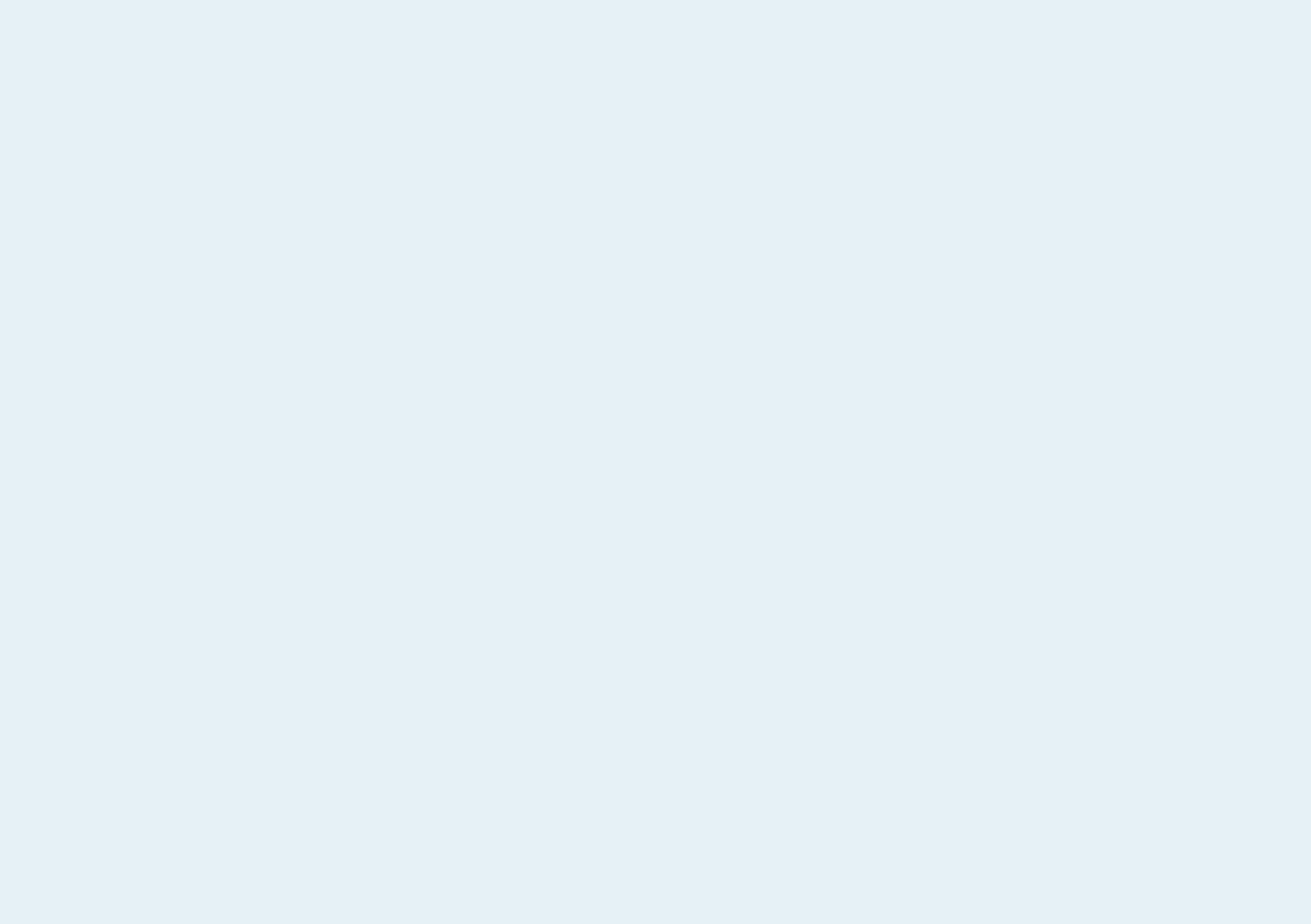
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resident assistant an older student in the dorm who is responsible for organizing life in the dorm



Define diversity. Then describe what types of diversity you might experience on a college campus. When you finish, turn to a classmate and share your ideas.

Diversity



will be on you to use your free time wisely. Many students go to the library or student union to study in between classes. They use this time to catch up on their reading or to





My Ideal College



FBI Agent

Astronaut

Dentist

Animator

can handle the academic work their institution expects. At selective colleges, colleges that have to turn away more applicants than they can admit, good grades in rigorous courses will be an important factor in the admission decision.

The better your grades, the more appealing you will look to colleges and the more options you will have for getting into the school of your choice.

Courses Taken

While grades are important, they are not the only thing colleges look at when deciding which students to admit. The courses you take in high

How Can I Volunteer?

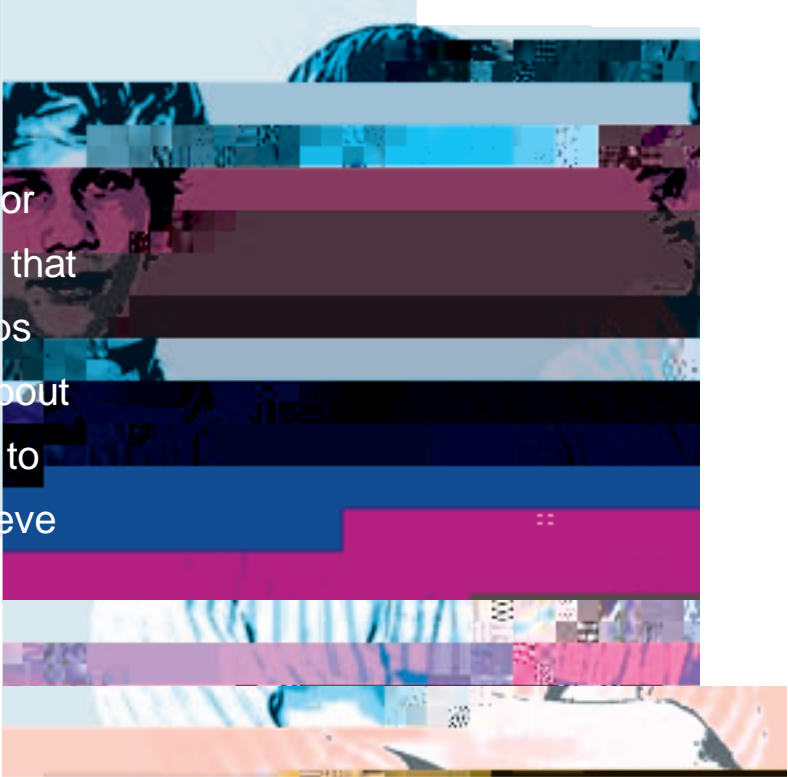
Volunteer Work

Similar to school activities, volunteer work can give colleges a better picture of who you are and what is important to you. Volunteer work shows what you like to do outside of school and how you have made an impact on your community. Have you helped set up block parties or neighborhood events? Do you spend time helping elementary school kids improve their reading skills? Do you offer your time at the food bank, organizing items that have been donated? These are just a few ways that you can help your community. If you're not sure how to get started as a volunteer, a teacher or school counselor might be able

My College Essay



WISDOM OF EXPERIENCE
 It takes time and dedication to
 build relationships that last. It takes time and dedication to
 believe





colleges might charge for such things as health insurance or student activities.

aid, but there is a difference. A grant is usually given only on the basis of need. Scholarships usually require merit, such as a certain grade point average. Often, scholarships require a showing of need as well.

Loans and Work-Study

A loan is an amount of money you and your family can borrow to help pay college expenses. Since you have to pay the money back, a loan may not sound much like aid; but they can be a good deal. The federal government offers low-cost student loans that you don't have to start the

How Is Your Aid Determined?

Your family is expected to contribute as much as it can to your college expenses. In order to give out financial aid fairly, the U.S. government will look at your family's income, assets and other financial details to see how much your family should be able to pay. This information will be provided by you and your family in a form called the FAFSA that you will fill out during your senior year.

Once your family's financial information has been reviewed, a number called the expected family contribution (EFC) is assigned. This is the minimum amount your family will be expected to pay toward your college education. The difference between what a college costs and your family's EFC indicates how much aid you need.

It Depends on the College

The federal government's calculation of your EFC remains the same no matter where you decide to go to college. Colleges will consider this calculation when they review your aid application. Some colleges will also make their own calculation, depending upon their own policies and the amount of money they have available to meet the financial need of the students they admit.

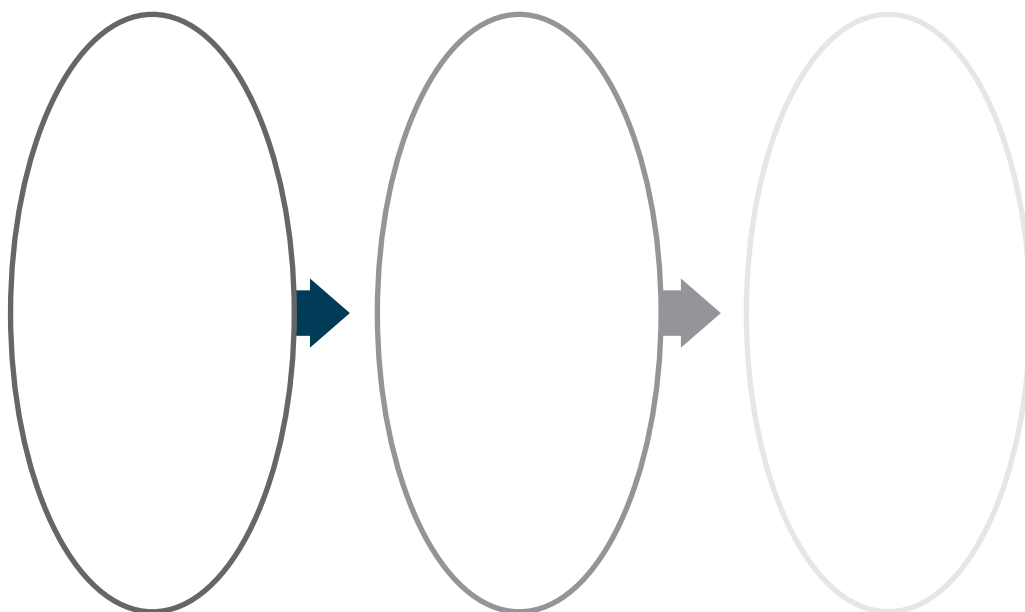
The amount of aid you get ultimately depends on the college. While some colleges have enough resources to meet every student's full need, some colleges are not as well funded. In that case, the amount of aid you are offered might be less than you need, and the amount you pay will be higher than your EFC. Colleges with limited funds usually make their best offers to the students they most want to attract.

That's another reason why working hard for good grades in high school is a smart idea.

What's Out There for You?

Federal and state governments provide most need-based financial aid through grants, loans and work-study.

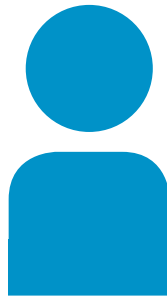
Another source of aid is through the colleges themselves, using their own funds. Nearly half of



WHO Am I?

WHERE Am I Going?

HOW Do I Get There?

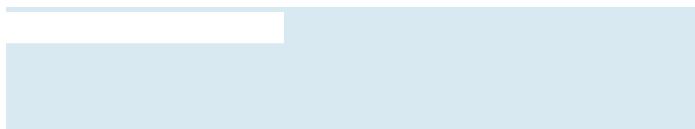


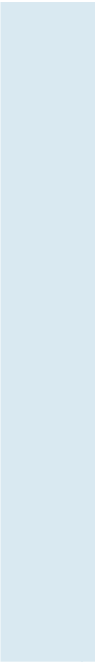
Personal Budget Planner

Where do I get my money each week?

Allowance \$
Gifts \$
Jobs \$
Other \$
\$
Weekly TOTAL \$

Entertainment \$
Food \$
Gifts \$
Other \$
\$
Weekly TOTAL \$



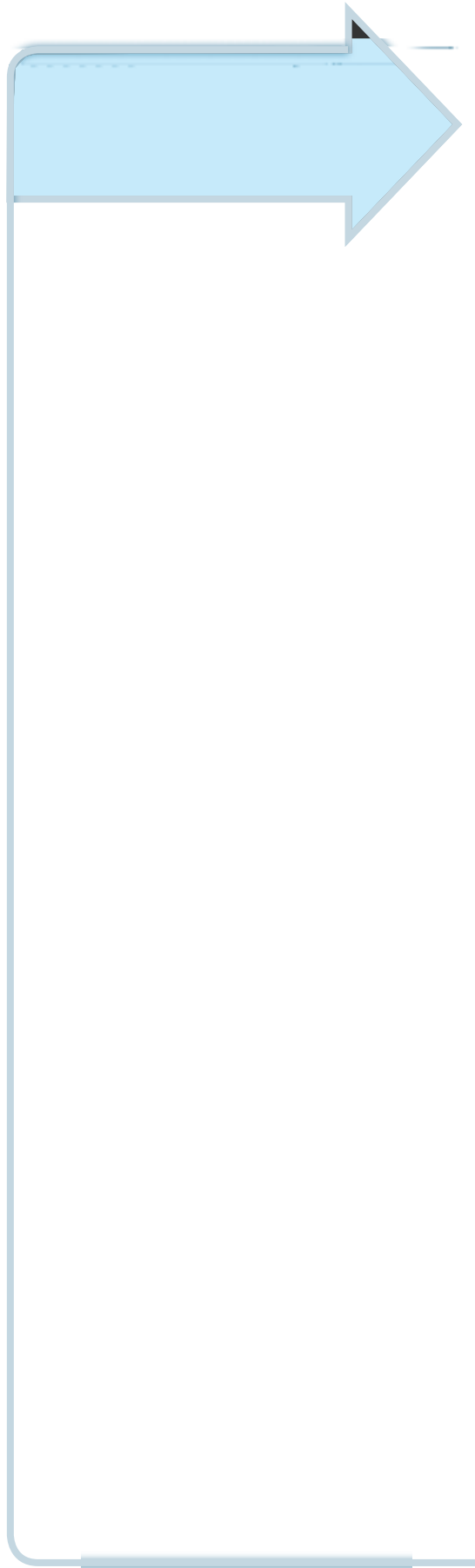


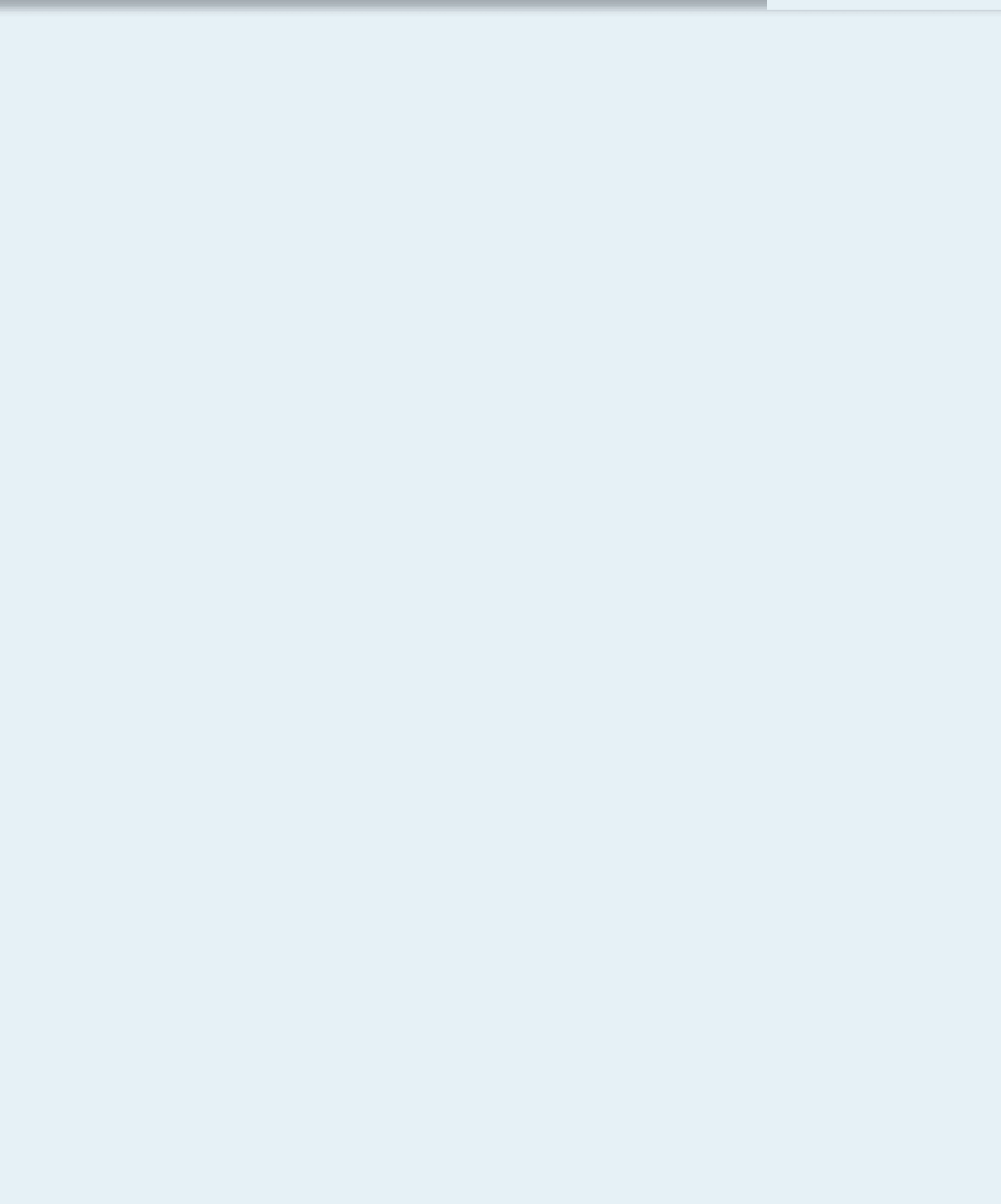


WHO Am I?

WHERE Am I Going?

HOW Do I Get There?





- , Major e field of study in which students concentrate, or specialize, during their undergraduate study. At most colleges, students take a third to a half of their course work in the major; the rest is devoted to liberal arts requirements and electives.
- , Mentor A trusted teacher, counselor, family member or other adult who will guide and support you as you work to achieve a goal.
- , Placement test A test designed to assess a student's level of achievement in various academic areas so that he or she can select the most appropriate courses.
- , Planner A calendar or agenda notebook that contains spaces to write down tasks and appointments.
- , Scholarship A type of nancial aid that doesn't have to be paid back. Scholarships are usually based on need, academic achievement or other criteria, such as minority status.
- , Social networking Interacting with other people in order to share ideas and develop relationships.
- , Transcript A copy of a student's official academic record listing all courses taken and grades