

# TeenForce

## FIND YOUR FUTURE



Together, Find Your Future and Portland Parks & Recreation present an exciting workshop series designed to help you **PREPARE FOR THE FUTURE**...no matter your goal. Whether the plan is attending a four-year university, a two-year community college, a gap year, trade school, an apprenticeship or any other endeavor, we can help! Information packed workshops built to support the pathway to your desired future. Workshops available for pre-registration OR on a drop-in basis. Come to one or try them all.

### Fall 2018 Workshops

**SATURDAYS, 4:30-6PM**

**@ MATT DISHMAN COMMUNITY CENTER**

77 NE Knott St, 503-823-3673

<b>10/13</b>	<b>Organize Yourself For Success,</b>	<b>#1100709</b>
<b>10/20</b>	<b>Financial Aid Facts,</b>	<b>#1100710</b>
<b>11/3</b>	<b>Less Stress College App Process,</b>	<b>#1100711</b>
<b>11/10</b>	<b>How to Write a College Essay,</b>	<b>#1100713</b>
<b>11/17</b>	<b>Test Overview &amp; Test-Anxiety Tips,</b>	<b>#1100714</b>
<b>12/1</b>	<b>Scholarship Strategies,</b>	<b>#1100715</b>
<b>12/8</b>	<b>Is College Right for YOU?,</b>	<b>#1100712</b>
<b>12/15</b>	<b>Resume Writing &amp; Job Pathways,</b>	<b>#1100716</b>

Workshop series taught by Tina-Marie Baskin, J.D., Find Your Future ([findyourfuturefyf.com](http://findyourfuturefyf.com)), Saturday Academy instructor and AVID tutor for Portland Public Schools. See back for workshop descriptions.



**PORTLAND PARKS & RECREATION™**  
Healthy Parks, Healthy Portland

PORTLANDPARKS.ORG  
Commissioner Nick Fish  
Interim Director Kia Selley





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## Workshop Descriptions

FREE

*Find Your Future workshops are highly recommended and applicable to youth at any stage in high-school, however, content is applicable to all youth beginning to think about next steps and future goal setting. Choose the topic or topics that fit your needs! You are WELCOME here.*

**Organize Yourself for Success** – Decrease your stress and increase your productivity with tips & techniques you can easily incorporate into your busy life. Skills such as time & project management, goal setting, binder organization & calendaring assist you in balancing all the demands you carry. Complete the must-do's, create space for the want-to-do's and maybe add in a few look-what-I-can-do's with just a few simple organizational skills.

**Financial Aid Facts** – Let's talk about money. What are the different types of aid available? How can I qualify? Where do I even start? Join this information packed workshop full of valuable tips to de-mystify and help you access financial aid resources to support your post-secondary educational goals.

**Less Stress College App Process** – Get the inside scoop before you apply. From choosing the right school for you, to application preparation steps with tests and essays, to the applications themselves and creating a plan for funding college. Discuss the process step by step. Useful materials such as application timelines, essay writing tips, scholarship resources and more! Don't miss this opportunity. Let's go to college!

**How to Write a College Essay** – Prepare to tell your story! Identify the five important features every essay should include. Brainstorm ideas for your focus points, read successful essays. Review the most common application prompts and receive individual coaching to help you find your voice!

**Test Anxiety and Exam Overview** – Don't let the words "Standardized Tests" strike fear in your heart any longer! Compare the different exams required for most college applicants. Gain anxiety-busting tips to help with tests from school quizzes, to final exams to the SAT. Engage in activities to identify which tests are right for you. Conquer all your future tests, stress free!

**Scholarship Strategies** – Cash Rules Everything Around Me...or at least it feels that way when it comes time to pay for your post-secondary education. Don't you worry, there is a scholarship out there for just about anything if you know where and how to look. In an information-packed session, gain the know-how, the skills and direction to find your way to the scholarship opportunities that are just right for you.

**Is College Right for YOU?** – Get your college knowledge on! Explore one of the many options available after high school. Investigate what a college degree means, look at individuals who have gone to college & what support systems exist to help students succeed. Envision yourself on campus while making the choice that is best for you.

**Resume Writing & Job Pathways** – What career is right for me? How do I write a resume? What are my interests? Explore these and other questions with hands-on activities. Get a jump on your summer job planning and take another step towards creating your own fulfilling future.

