

TeenForce

FIND YOUR FUTURE

An exciting workshop series designed to help you

PREPARE FOR THE FUTURE

FREE

...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. Topics repeat and can be taken in any order throughout the year. While content is most applicable to high-school ages, they are open to all youth interested in planning for the future. Come to one or try them all!

SATURDAYS, 2-3:30 PM

@ MATT DISHMAN COMMUNITY CENTER

77 NE Knott St, 503-823-3673

<i>Workshop Title</i>	<i>Dates</i>	<i>Activity Number</i>
Organize Yourself For Success	Jan. 12,	#1100722
Less Stress College App Process	Feb. 2,	#1100721
How to Write a College Essay	Feb. 9,	#1100719
Test Overview & Test-Anxiety Tips	Feb. 23,	#1100725
Financial Aid Facts & Scholarship Strategies	Mar. 2,	#1100724
Is College Right for YOU?	Mar. 9,	#1100720
Resume Writing & Job Pathways	Mar. 16,	#1100723

Workshop series taught by Tina-Marie Baskin, J.D., Find Your Future (findyourfuturefyf.com), Saturday Academy instructor and AVID tutor for Portland Public Schools.



PORTLAND PARKS & RECREATION
Healthy Parks, Healthy Portland

PORTLANDPARKS.ORG
Commissioner Nick Fish
Interim Director Kia Selley



Find Your Future

Workshop Descriptions

FREE

Find Your Future workshops are highly applicable for youth at any stage in highschool, however content is valuable for all youth who are beginning to think about life after high-school and future goal setting. Choose the topic(s) 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 and 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.*

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 & 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 the 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!*

Financial Aid Facts & Scholarship Strategies - *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 and scholarship resources to support your post-secondary educational goals. Gain the know-how, the skills and direction to find your way to the scholarships and aid opportunities that are just right for you.*

Is College Right for YOU? - *Get your college knowledge on as you explore one of the many options available after high-school. Investigate what a college degree means and what support systems exist to help students succeed. Look at individuals who have gone to college and 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 strengths & 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.*

