



College Success Guidance Program

ADDRESSING THE NEEDS OF RISING COLLEGE FRESHMEN



Transition to college is a major shift from the relatively supportive environment of home and high school.

College students must create their own structure to negotiate the rigors of campus life. They must learn to live and function successfully on their own.

This transition is difficult for even the best student, but for students with a learning disability or ADD, it can become overwhelming.

The College Success Guidance Program, developed by Dr. Jon Thomas, incorporates lessons learned during his more than 25 years of work with transitioning high school students. This program helps students develop the proven skills and strategies that enable their success.

The core of the *College Success Guidance Program* is an intensive 3-day residential training held in Berkeley Springs, West Virginia.

During the training students become experientially familiar with and integrate the program's "Guiding Principles of Success".

Elements of the training include:

- Developmental aspects of independent college life,
- Academic self-concept realignment,
- Problem solving,
- Life balance and organization,
- Stress management, and
- Motivation strategies.

The 3-day residential training cost with room and board is \$650. Included in this cost is an initial intake to determine program fit and participant needs, as well as a plan of action developed at the conclusion of the training.

In addition, some students may find the following services useful or necessary. Costs are billed at our usual hourly rate.

- Extended needs assessment, college readiness evaluation
- Weekly group for college readiness and planning (post training only)
- Extended post-training evaluation and plan of action
- Follow up with college guides during semester

Available Training Dates:
July 13-15 and 26-28
August 2-4, 9-11 and 16-18

For more information contact Jon Thomas at
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