



A Program of Hartford Consortium  
for Higher Education  
950 Main Street, Suite 314  
Hartford, CT 06103

[www.hartfordconsortium.org](http://www.hartfordconsortium.org)



# Career Beginnings

Collegiate Workshops  
One-on-One Advising  
Mentoring  
Briefings for Parents  
Campus Visits  
and more ...

July 2007

A College Access and Mentoring Program of  
Hartford Consortium for Higher Education



## **A Program of the Hartford Consortium for Higher Education**

Career Beginnings is a program of the Hartford Consortium for Higher Education, a collaborative endeavor of the public and private colleges and universities in the Hartford area. Founded in 1972, the Consortium is a vehicle for the development of joint programs that serve students, faculty, and the wider community.

**Executive Director:** Rosanne Druckman

# **The Key to a Brighter Future**

## **HARTFORD CONSORTIUM FOR HIGHER EDUCATION MEMBERS**

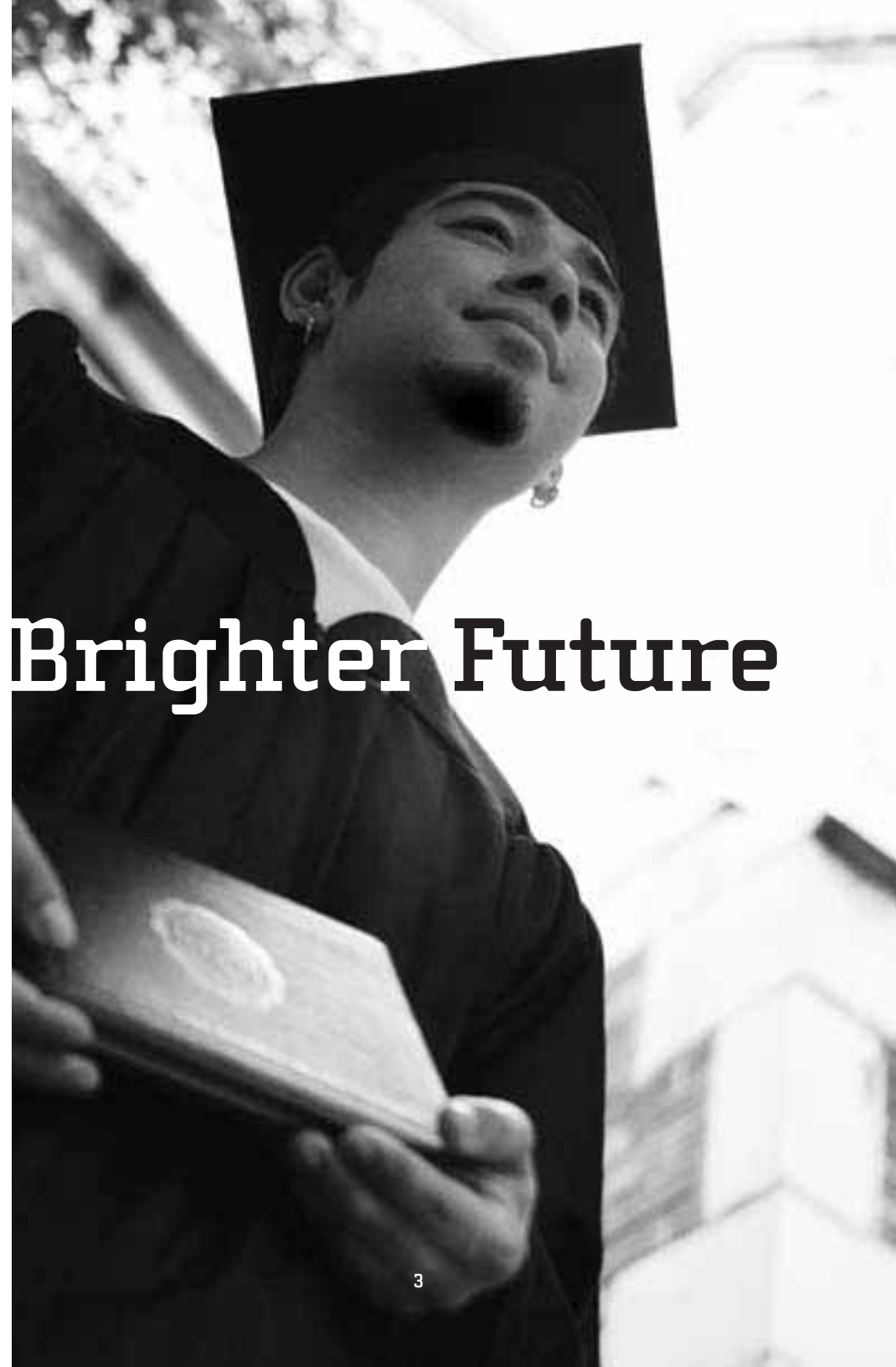
Capital Community College  
Central Connecticut State University  
Goodwin College  
Hartford Seminary  
Rensselaer at Hartford  
Saint Joseph College  
Trinity College  
University of Connecticut  
University of Hartford

## **ASSOCIATE MEMBERS**

Charter Oak State College  
Saint Thomas Seminary

## **AFFILIATE MEMBER**

Connecticut Public Television and Radio





# Career Beginnings

## Background of Career Beginnings

Founded in 1986, Career Beginnings' mission is to increase the percentage of Hartford-area students who complete high school and go on to college and fulfilling careers. Career Beginnings provides students with workshops on careers and the college admission process, one-on-one advising from Career Beginnings staff, mentors, campus visits, and other special events. On average, 92% of Career Beginnings graduates enroll in college directly out of high school.

Each year, we help more than 1,000 students and family members learn about opportunities for a college education and career options.

## Who We Serve

Career Beginnings proudly serves students at Big Picture High School, Bloomfield High School, Bulkeley High School, East Hartford High School, Hartford Public High School, Pathways to Technology, A. I. Prince Regional Vocational Technical High School, Sport and Medical Sciences Academy, University School of Science and Engineering, and Weaver High School. Services may vary by school, and the high schools served are subject to change.

**O**n average, 92% of Career Beginnings graduates enroll in college directly out of high school.

*“My mentor has helped me in a lot of ways I couldn’t even count. She was always there for me; whenever I had a question she was always there with an answer. I was so confused coming into this whole college process because I didn’t know where to start, but she helped each step of the way and we began our journey one step at a time.”*

— Christina Pariaug, Career Beginner from class of 2005, now attending University of Connecticut



## Freshman and Sophomore Years

### Campus Visits

Students visit a college campus for an engaging, motivational experience. The visits typically include a tour of the campus, talking with college students, attending a lecture or activity, and having lunch in the dining hall. Students do not need to be enrolled in Career Beginnings to go on a campus visit.

### Honor Roll Dinner

Freshmen who make the honor roll are invited to attend a celebratory dinner in their honor. Motivational speakers congratulate the students and emphasize the importance of continued academic success and pursuing higher education. Students receive a small gift, as well as a certificate of achievement.

### College Briefings for Parents

Career Beginnings offers informational sessions for parents of ninth and tenth graders on how to prepare academically and financially for college. The presentation covers course selection with an emphasis on academic rigor, as well as an overview of the financial aid process.

### Workshops

Freshmen and sophomores attend workshops on topics related to college and careers. Topics include building the college portfolio, essay writing, study skills and time management, test-taking tips, and career exploration. Workshops take place after school, often at college campuses. Transportation and snacks are provided.

# Mentors make a difference

## One-on-One Advising

Freshmen and sophomores who enroll in Career Beginnings participate in one-on-one advising with a Career Beginnings Student Advisor on a quarterly basis, or more frequently if needed. During the initial one-on-one session, the Student Advisor works with the student to identify short-term and long-term goals and to create an action plan. The student and advisor meet each marking period thereafter to review the student's grades and progress with achieving the goals identified in the action plan. The action plan is a "living document" that can be amended as agreed upon by the student and advisor.

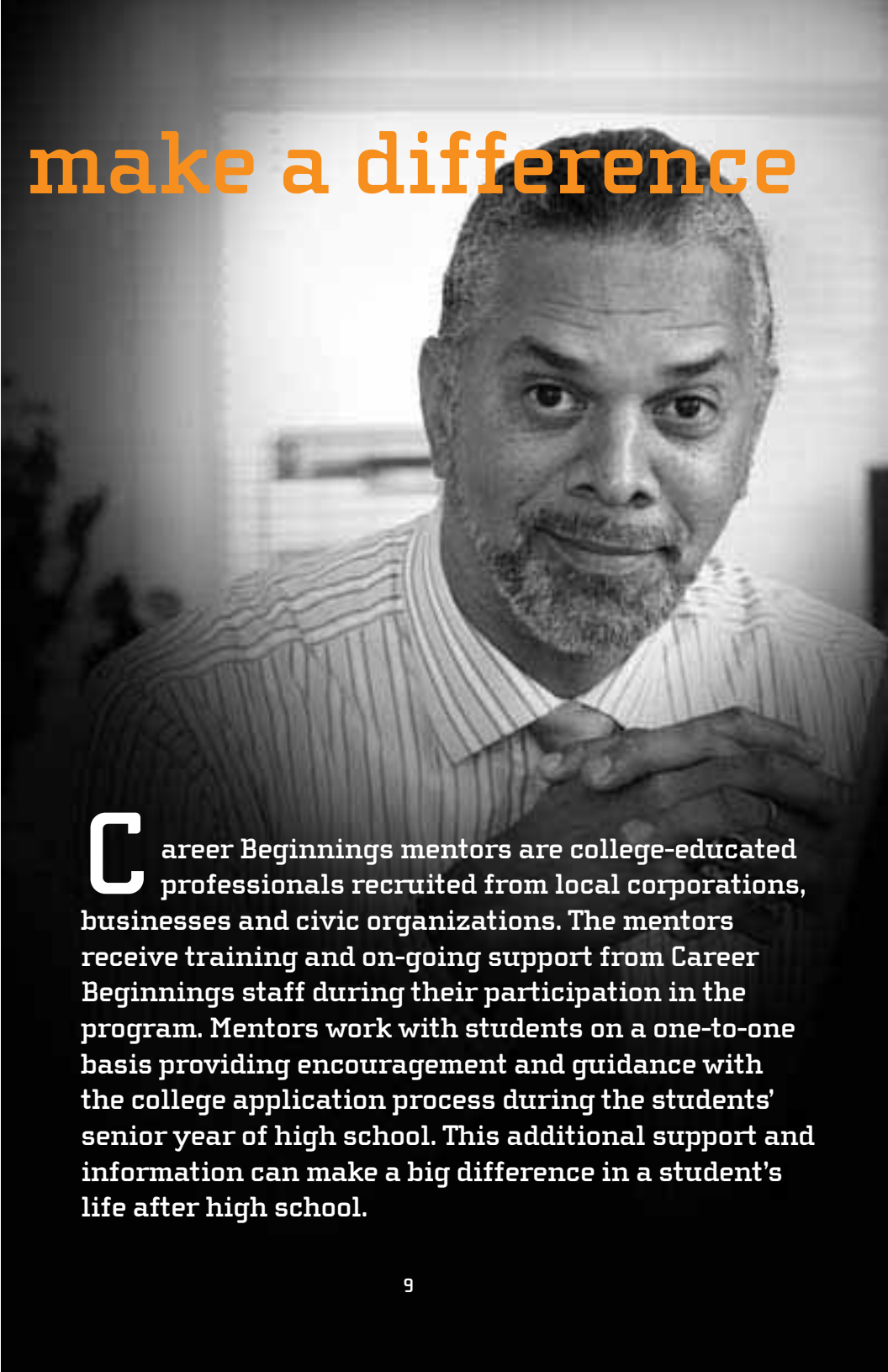
## Junior Year

### Workshops

Junior workshops begin in the spring with five workshops held at a Hartford-area college campus in the early evening. The spring workshops focus on making decisions and setting goals and culminate with the student's signing an "I am going to college" contract. The six weekly summer workshops cover topics such as world-of-work and money management, and include a college fair. The summer workshops take place in the early evening at a Hartford-area campus. Transportation and refreshments are provided.

### One-on-One Advising

High school juniors meet monthly with a Career Beginnings Student Advisor in their own high schools. During the one-on-one meetings, the student and the advisor review the student's preparation for college, grades, workshop attendance, and any other topic the student wishes to address. The Career Beginnings advisor also distributes fee waivers for the Scholastic Aptitude Tests (SATs) during these meetings.



**C**areer Beginnings mentors are college-educated professionals recruited from local corporations, businesses and civic organizations. The mentors receive training and on-going support from Career Beginnings staff during their participation in the program. Mentors work with students on a one-to-one basis providing encouragement and guidance with the college application process during the students' senior year of high school. This additional support and information can make a big difference in a student's life after high school.



## **Mentoring**

Students not already paired with a mentor and who qualify for one (by fully participating in workshops and one-on-one advising sessions), are invited to the mentee training and to the mentor/student mixers. At the mixers, students meet all of the mentors and determine with whom they would like to be paired. The Career Beginnings mentors are college-educated professionals who are background-checked, trained, and have a minimum of five hours per month to spend with their student. Typical mentor/student activities in the junior year include visiting local colleges, researching colleges on-line, talking about future plans, and having fun.

# **Senior Year**

## **Workshops**

Senior workshops take place monthly, usually at a Consortium college. The students and their mentors attend workshops together. The senior workshops are on topics directly related to the college admissions process, including the college application, essay writing, scholarships, and financial aid.

## **Senior Workshop Topics**

[Topics are subject to change]

### **Your College Application**

Students complete a draft of a college application and receive tips on making their applications stand out.

### **Essay Writing**

Students draft effective, powerful essays to use for college and scholarship applications.

### **Study Skills and Time Management**

Students learn important study- and time-management skills for succeeding in high school, college, and beyond.

### **Financial Aid**

Financial Aid Officers lead students, mentors, and parents through the Free Application for Federal Student Aid (FAFSA). Financial Aid Officers also answer questions and discuss the next steps in the process.

### **Scholarships**

Would you do an hour's worth of work for \$500, \$1,000, or even more? Students complete a draft of a scholarship application accepted by many Hartford-area scholarship programs. This preparation can have meaningful results.

### **Careers**

Professionals in a variety of careers share their insights, experiences, and advice regarding their fields.

### **Campus Life**

A panel of current and recent college students discusses what college life is REALLY like.

## One-on-One Advising

High school seniors meet twice monthly with Career Beginnings staff in their own high schools. During the one-on-one meetings, the student and student advisor review the student's progress with college applications, grades, workshop attendance, mentoring relationships, and any other topics the student wishes to address. The Career Beginnings staff also distributes fee waivers for the Scholastic Aptitude Tests (SATs) and college applications during these meetings.

## Mentoring

In addition to attending the senior workshop, mentors meet once a month with their students at their mutual convenience. These meetings typically are centered on the college admissions process and can include reviewing college application essays, studying for the SATs, and visiting local colleges. Mentors provide assistance with the process of applying to colleges, as well as emotional support and encouragement for their students. The mentoring relationship continues through May of the students' senior year, at which time Career Beginnings holds its graduation ceremony. Although this ends the formal mentoring relationship through the program, many mentors and students stay in touch throughout the students' college years and beyond.

## Graduation Ceremony

This is a wonderful celebration of Career Beginners and their future plans for college. Parents and family members are invited to join the program and reception.



## Notes

---

---

---

---

---

---

---

---

---

---

