



**FRANCES CARHART**  
Educational Consulting LLC

## Freshman and Sophomore Academic and College Planning Package

- **Five (5) hours** of time to address and review any academic and college planning issue prior to Junior Year.
- **Cost:** \$200/hour (versus the standard \$250/hour rate) charged as \$1000 up front. Additional discounted hours can be purchased prior to Junior Year if a student/family needs more than 5 hours.
- **Topics Covered:** After the required Intake/Assessment meeting (1 hour), meetings are personalized to meet the needs of each student and can include any of the topics listed below.
- **Timeframe:** Anytime prior to the start of Junior Year. Highly competitive students may opt to start this package prior to freshman year in high school.
- **Sneak Peek:** This is a great way to plan ahead for the college application process. Working with Frances in this shortened package also gives students and families (and Frances) the chance to assess fit for the Silver or Gold comprehensive college application packages.

	Session	Suggested Topics Covered	Attendees
1	Intake Session Required (1 hour of time)	<b>Pre-Meeting:</b> Student completes a college survey and 4 assessments (Do What You Are, Strength Finder, Learning Style Inventory, Multiple Intelligences). Parent(s) complete a parent survey. Frances creates a student profile based on intake and completed assessments and surveys. Gather transcript and academic issues, testing scores and/or test preferences, activities and hobby involvement, class engagement and any other documents that would be helpful in meeting the needs of the student/family.	Student and Parent/Guardian

		<p>During this first session, Frances will present a summary of the assessments, identify growth areas and discuss the recommended use of consulting time. This will be a discussion with the student, parent/guardian and Frances to determine the next steps.</p>	
2- 5	<p>Appropriate Topics for Freshman and Sophomores</p>	<ul style="list-style-type: none"> <li>• 4-year high school course planning</li> <li>• Creative academic planning for highly talented and gifted students</li> <li>• GPA, outside academic classes, and explaining “hiccups” on the transcript.</li> <li>• Summer planning with camps, volunteering, independent projects – all with intention around growing skills, assuming increased leadership, and achieving greater “depth” in activities over time.</li> <li>• Insight about ways to achieve depth within specific activities (relative to student interests) and resume development.</li> <li>• Time management, organization, self-advocacy skills (which must be in good shape prior to junior year of high school)</li> <li>• College visits – how to create excitement and interest among younger students and when to start these conversations.</li> <li>• College discussion and motivation – how to engage students who seem disinterested in academics and college.</li> <li>• Strategies to decrease parent/student tension and help students take responsibility for academics and college planning.</li> <li>• Standardized testing schedule and strategy</li> <li>• Highly competitive applicant advising (topics that would be relevant and timely for a student starting high school)</li> <li>• Other topics where Frances can add value.</li> </ul>	<p>Student</p> <p>(may include parent depending on the topic as the goal is for the STUDENT to drive this process in high school)</p>