Help Your Students Prepare for College with Text, Talk, Set to Go

Webinar Presenter: Raquel Goodrich
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Learning outcomes:

• Identify the challenges associated with young adults’ transition from high school to college.
• Describe how to help emotionally prepare students for the college transition year.
• Implement strategies to help high school juniors and seniors prepare for the college transition year through interactive conversations using the Text, Talk, Set to Go platform.
The Jed Foundation is a nonprofit that exists to protect emotional health and prevent suicide for our nation's teens and young adults

Guides students, families and high school educators through the social, emotional and mental health challenges related to the transition out of high school to college and adulthood.

settogo.org
SET TO GO
A JED PROGRAM

60% of students wish they had gotten more help with emotional preparation for college. The following groups of students were more likely than their counterparts to agree with this statement:

- Have a lower GPA
- Regularly consume drugs or alcohol
- Take a leave of absence after the first term
- Rate their overall college experience as "terrible/poor"

45% felt that "it seems like everyone has college figured out but me."

Challenges to Getting Support

- 51% found it difficult at times to get emotional support at college when they needed it.
- 11% said they turned to no one for support when they needed it during their first term.
- 68% said they tended to keep their feelings about the difficulty of college to themselves.

- 80% of students feel stressed 'most' or 'all' of the time.
- 36% do not feel in control of managing the stress of day-to-day college life.
Non-academic pressures reported as extremely or very challenging include:
- Paying for college expenses (40%)
- Making new friends (30%)
- Keeping in touch with family and friends not at their college (25%)
- Being independent (15%)

Risk of Substance Abuse
30% of students reported regularly consuming drugs or alcohol during their first semester.

These students are more likely than non-regular drug/alcohol users to rate their emotional health as “worse than other students” (39% vs 32%).

Rethinking College Preparation
- 87% of students said college preparation during high school focused more on academics than emotional readiness.
- 57% of students felt “a great deal of pressure” to attend a well-known college.
- 50% said their independent living skills need improvement.
Text, Talk, Set to Go
Demonstration

Organizing an Event at Your School

• OPTION 1: ORGANIZE TEXT, TALK, SET TO GO IN CLASSROOMS
  – Work with teachers to bring it to the classroom. Download the Teacher Lesson Plan from our website.

• OPTION 2: ORGANIZE TEXT, TALK, SET TO GO DURING AFTERSCHOOL CLUBS
  – Work with student club leaders or faculty advisors to organize Text, Talk, Set to Go as part of the club’s weekly activity

• OPTION 3: CREATE A SCHOOL-WIDE EVENT
  – Host it during a school-wide program or a school assembly
Organizing a School-wide Event

- **Form an organizing team**
  - Include juniors and seniors, school counselors, teachers, nurses, coaches, principals, deans, etc. on your team
  - Have your team give Text, Talk, Set to Go a try. Text SETTOGO to 89800

- **Make a plan**

- **Spread the Word**
  - Download Flyers & Social Media messages from our website

- **Add fun**
  - Serve food, encourage selfies, make it silly
  - Join the contest!
    - Win cash prizes for your school or club! Enter the Text, Talk, Set to Go contest and you could win a $1,000 prize for your school! Visit [https://www.tfaforms.com/4695304](https://www.tfaforms.com/4695304) to sign up and learn more.

Organizing an Event at Your School

Download the School Organizing Toolkit from [www.settogo.org/text-talk](http://www.settogo.org/text-talk)
School Contest

Win $1,000 for your SCHOOL

Questions & Answer
For More Information

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www.settogo.org