

# P1: A Personal Statement

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## **OVERVIEW**

In conjunction with TRIO Day at the Capitol (Des Moines), TRIO students should be prepared to advocate for themselves and TRIO programs. This lesson plan series involves getting to know our students, discovering their higher education aspirations, and sharing their stories to stakeholders. In accumulation of these lesson plans, students will be ready to share their story with confidence and advocate for their higher education journey and of those of other TRIO students/programs.

## **OBJECTIVE**

Students will create a personal statement that will assist to 1) provide an opportunity to express themselves and 2) will have a completed personal statement ready for college admissions. This is vital for students to discover that their story is powerful.

## **MATERIALS NEEDED:**

Writing utensil

Blank paper

Other writing software as an alternative (Microsoft Word, Google Doc)

Steps for activity:

1) Have students begin with writing prompts:

What is important to you and why?

How will attending college assist with your future goals?

Describe an experience that impacted you greatly.

Share one of your values and its importance to you.

*Modify prompts to best discover student values, insight, and vulnerability.*

2) Provide an opportunity for interested students to share out loud; TRIO professionals can discover details to further expand on students' experiences.

3) Explain the importance of writing personal statements for college admissions:

- Informative for college admissions office
- They see more of YOU, past test scores and transcripts
- Content can extend to other scholarship essays

4) Instruct students to begin creating a 3-4 sentence personal statement that reflects their responses and any discovering information after sharing.

5) Personal Statement should include:

- Student Name
- Answer "Who are you?"
- Answer "Why should your college application be considered?"

\*Once complete, this activity follows P2: Fuel Your Education lesson plan

# P2: Fuel Your Education

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## **OVERVIEW**

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## **OBJECTIVE**

As students begin their education journey, an important piece for students to be advocates is to understand their own educational desires. This is critical in building their narrative to share with stakeholders. This will provide one avenue where a student can begin to explore career exploration, following P1: A Personal Statement.

## **MATERIALS NEEDED:**

Writing utensil

Blank paper

Other writing software as an alternative (Microsoft Word, Google Doc)

Internet-accessible device

Internet Access

Steps for activity:

- 1) As a collective, begin a conversation on career exploration and its importance.

Key points to cover:

- Students often change areas of study (major/minor) more than once
  - Provides a beginning point to explore higher education
  - Understand the career pathways necessary for specific higher learning; types of degrees
- 2) Utilize an online tool or paper resource tool that allows personal and career exploration. Future Ready Iowa provides an assessment online, [Interest Assessment](#). Other resources include [StrengthsFinder](#), [Myers Briggs Type Indicator](#), and [CareerOneStop](#)
  - 3) Have student begin through Future Ready Iowa Interest Detailed Assessment (online)
  - 4) Upon completion, student will have their top three traits
    - Have student write down top three and reflect with a short paragraph of result accuracy
  - 5) Continuing with lesson, student will choose their top three career fields - keeping in mind their highest match via percentages on results page
    - Guide student to explore results and keep of list of interested career matches
      - i) Further information can be discovered as student chooses specific matches via the career title (salary, education needed, and similar careers)
      - ii) Have student reflect on top career choices
  - 6) To conclude, review key points connecting to student highest career match(s)

\*Once complete, this activity follows P3: Share Your Story lesson plan

# P3: Share Your Story

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## **OVERVIEW**

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## **OBJECTIVE**

To further inspire a TRIO student's higher education journey and to begin crafting their story; share the stories of [National TRIO Achiever Award](#) recipients, share the impact of TRIO programs ([Council for Opportunity in Education](#)). Student should understand their opportunities and civic responsibilities accessible to be an engaged citizen in their communities. Student will be ready to share their story to stakeholders when necessary.

## **MATERIALS NEEDED:**

Writing utensil

Blank paper

Other writing software as an alternative (Microsoft Word, Google Doc)

Steps for activity:

- 1) Have student gather personal statement and career matches reflection (activities from P1 and P2 lesson plan series)
- 2) Explain to student the impact of sharing their story
  - a) Our TRIO stories are powerful and unique
  - b) Higher education should be an opportunity for all
  - c) Advocacy today is an opportunity for someone's education tomorrow
- 3) Support students to utilize their personal statement and their higher education aspirations, as discovered through the Interest Assessment to complete:
  - a) A short essay that i) includes their name, ii) their TRIO participation/impact and iii) their higher education aspirations
- 4) Empower students to share their complete essay out loud to begin strengthening their confidence
- 5) Student should seek opportunities to share their story to community partners, city councils, mayor's office, superintendent offices; state-wide and nationwide

Additional Resources:

[Self-Advocacy-Curriculum-final.pdf \(rochester.edu\)](#)

[Self-Advocacy & Self-Determination \(project10.info\)](#)

[Self-Determination Resource Handbook.pdf \(sharpschool.com\)](#)

<https://www.wintac.org/topic-areas/pre-employment-transition-services/resources/resources-instruction-self-advocacy>