

Preparing Beyond the Acceptance Letter –

College, Career & Life

Oct 20- 9:15am. – 10:15am





BA – Psychology

Associate Degree – Child Education

Certificate with Distinction from UC Berkeley – College and Career Counseling Program

Certified Essay Coach

Guest speaker for UC Berkeley CCC program

Director at Large – Higher Education Consultants Association (HECA) Board

Still want to know more – visit **my website at ruchigsaran.com** or **let's chat over coffee**



HECA

NACAC
National Association for
College Admission Counseling



**INTERNATIONAL
ACAC**
INTERNATIONAL ASSOCIATION FOR
COLLEGE ADMISSION COUNSELING

WACAC
WESTERN ASSOCIATION for
COLLEGE ADMISSION COUNSELING

WOW

YOUR COLLEGE
ESSAY EXPERTS



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The college prep is a marathon and **not a race.**

Every student has their own **timeline, path, and pace.**



Support your child's **individual journey**, rather than comparing them to others.



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Application Ready $\neq$ Life Ready

We prepare students to **GET IN**. Are we preparing them to **THRIVE**?

APPLICATION READY

A student may know how to:

-  Get an A
-  Take AP/IB/A-Level courses
-  Build activities
-  Write essays
-  Prepare for tests
-  Research universities



LIFE READY

But can they:

-  Manage their time?
-  Handle failure?
-  Ask a professor for help?
-  Resolve conflict with a roommate?
-  Make decisions without their parents?
-  Manage money?
-  Adapt when Plan A fails?



10 Life Skills Every High School Student Should Have

Skill	What It Looks Like	✓ Done?
 Time Management	Do I plan my day, set priorities, and avoid procrastination?	
 Communication	Do I express myself clearly, write well, and listen to others?	
 Critical Thinking	Do I think creatively, solve problems, and make smart decisions?	
 Financial Basics	Do I track spending, save money, and understand budgeting?	
 Responsibility	Do I keep promises and practice good habits regularly?	
 Teamwork	Do I collaborate, respect opinions, and work well with others?	
 Adaptability	Do I bounce back from challenges and stay flexible?	
 Digital Literacy	Do I use tech wisely and keep my information safe online?	
 Emotional Intelligence	Do I manage stress, recognize feelings, and empathize with others?	
 Goal-Setting	Do I set personal goals and make choices for my future?	



Abundance	Calmness	Decisiveness	Fairness	Happiness	Joy	Obedience	Quality	Security	Teamwork	Understanding
Acceptance	Capable	Dedication	Faith	Hard Work	Justice	Openness		Self-reliance	Temperance	Uniqueness
Accomplishment	Careful	Dependability	Fame	Harmony	Kindness	Optimism	Recognition	Self-respect	Thankful	Unity
Accountability	Caring	Determination	Family	Health	Knowledge	Order	Respect	Selfless	Thorough	Vision
Accuracy	Challenge	Devotion	Fearless	Honesty	Lawful	Organization	Responsibility	Sensitivity	Thoughtful	Vitality
Achievement	Charity	Dignity	Fitness	Honor	Leadership	Originality	Restraint	Serenity	Timeliness	Wealth
Adaptability	Cleanliness	Discipline	Focus	Humility	Learning	Passion	Results-oriented	Service	Tolerance	Welcoming
Adventure	Comfort	Diversity	Foresight	Humor	Logic	Patience	Rigor	Sharing	Toughness	Winning
Affection	Commitment	Efficiency	Forgiveness	Imagination	Love	Patriotism		Silence	Traditional	Wisdom
Alertness	Communication	Empathy	Freedom	Independence	Loyalty	Peace		Simplicity	Tranquility	
Ambition	Community	Endurance	Friendship	Individuality		Playfulness		Sincerity	Transparency	
Assertiveness	Compassion	Energy	Fun	Inner Harmony	Mastery	Poise		Skillfulness	Trustworthy	
Attentive	Competence	Enjoyment	Generosity	Innovation	Maturity	Positivity		Solitude		
Authenticity	Confidence	Enthusiasm	Giving	Insightful	Meaning	Power		Speed		
Awareness	Consistency	Equality	Goodness	Inspiring	Moderation	Productivity		Spirituality		
Balance	Contentment	Ethical	Grace	Integrity	Motivation	Professionalism		Stability		Pick 10 from the list
Beauty	Contribution	Excellence	Gratitude	Intelligence		Prosperity		Status		Pick 5 from the list
Boldness	Cooperation	Excitement	Growth	Intuitive		Purpose		Stewardship		Pick 3 - Creativity, Curiosity, Empathy
Bravery	Courage	Experience						Strength		
Brilliance	Creativity	Expertise		LIST OF VALUES				Structure		
	Curiosity	Exploration						Success		
								Support		
								Sustainability		

Mission Statement for Colleges

- **Stanford University** - “We believe strongly in the mission of higher education — to create and share knowledge and to prepare students to **be curious, to think critically, and to contribute to the world**”.
- **Univ of Michigan** – “The mission is to serve the through preeminence in creating, communicating, preserving and applying knowledge, art, and **academic values, and in developing leaders who will challenge the present and enrich the future**”.
- **USC** - “The central mission of the University of Southern California is the development of human beings and society as a whole through the **cultivation and enrichment of the human mind and spirit**”.
- **Princeton University** – “Advances learning through scholarship, **research**, and teaching of unsurpassed quality, ... with a **pervasive commitment to serve the nation and the world**”.
- **Wellesley College** – “Our mission is to provide an excellent **liberal arts education to women who will make a difference** in the world”.



What's your Mission Statement?



AI as a Partner for Growth, Not a Shortcut

When used intentionally, AI helps students build skills, think deeper and develop a **growth mindset**.

1 LEARN

Use AI to explore, understand and get started.



Explain this concept in simple terms
Give me examples
Summarize this article
Help me brainstorm ideas

2 PRACTICE

Use AI as a coach to develop and improve your skills.



Give feedback on my draft
Ask me questions to deepen my thinking
Role-play an interview
Help me find errors and improve

3 GROW

Use AI to reflect, make better decisions and build independence.



Help me weigh pros and cons
Show me different perspectives
Help me set goals and create a plan
Reflect on what I learned and next steps

AI
supports
the journey...



...and builds a **Growth Mindset**

I can learn new things.

I can get better with practice.

Mistakes help me learn.

I can adapt to new tools and challenges.

AI doesn't replace effort — **it amplifies it.**



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CASE STUDY

Meet Aarav

Grade 12



Excellent grades



Strong activities



Admitted to universities in three countries



Parents have managed most decisions



Two months before leaving home...



Has never managed a budget



Struggles to email adults professionally



Avoids asking for help



Becomes overwhelmed when things go wrong



Doesn't know basic household skills



Relies on AI for assignments and decisions



YOUR TABLE HAS

5 MINUTES

What would you do between now and move-in day?



Create a College-to-Life Readiness Plan for Aarav using:



VALUES

What does Aarav need to understand about himself and his priorities?



SKILLS

What 3 practical skills must he develop before leaving?



GROWTH MINDSET

How can we prepare him to handle mistakes, discomfort and change?



AI LITERACY

Where should Aarav use AI—and where must he learn to think and decide for himself?



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