

Prospective Student Workbook



UMD Society of Women
Engineers



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Table of Contents

Introduction	2
Thought Activities	3
Idea Bubble	3
Role Model Activity	4
Vision Board	6
Check-In Questions: The Application Process	7
Acceptance Status Reflection	9
College Preparation Questions	11
Subsection: Dorms & Residence Halls	11
Subsection: Orientation	12
Post - Orientation	12
Final Questions: Officially a College Student	13
Note Section	16

Welcome to the Prospective Student Workbook, sponsored by UMD's chapter of the Society of Women Engineers! The Workbook contains interactive reflection questions and a blank notes section to keep track of your thoughts and feelings during the pre-college process. This is meant to be complete throughout your whole journey to college – starting with the application process, and ending with your first day of school.

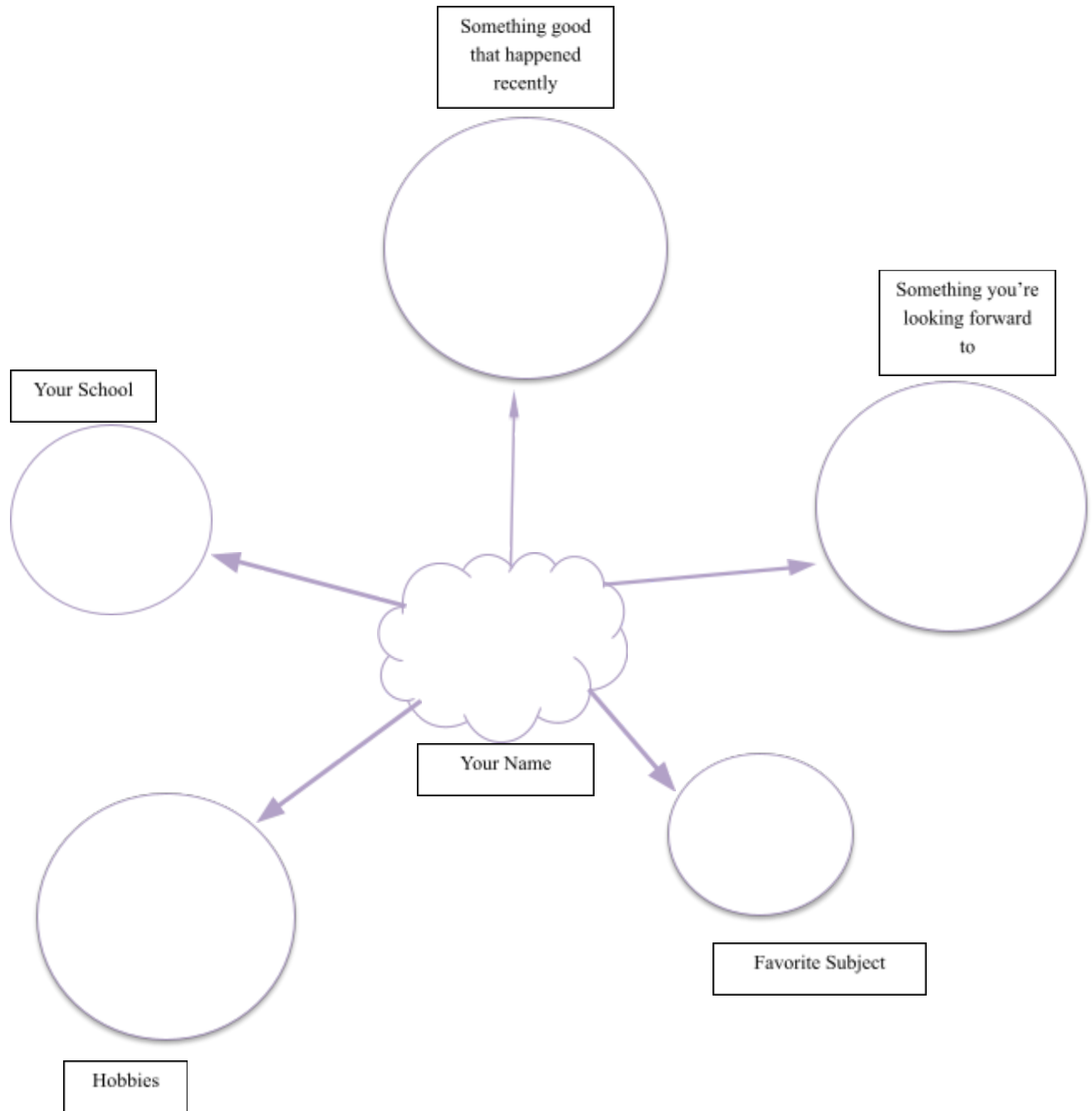
Special Thanks to the SWE Executive Board for writing this Workbook and to the Women In Engineering Department for sharing it.

[SWE Executive Board](#)

[Women In Engineering Department](#)

Thought Activities

Idea Bubble



Role Model Activity

Identifying one or more role models is important to goal setting, and therefore relevant to your college journey! It helps you understand where you want to go, be, or do. Follow the prompts below to establish your role model!

1. What are some qualities you feel are important?

2. What are some of your own characteristics that are positive?

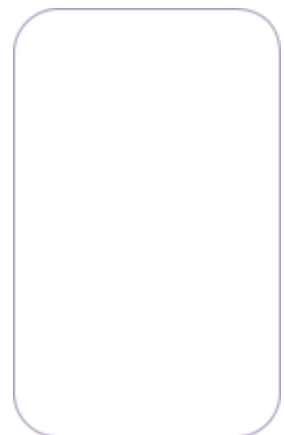
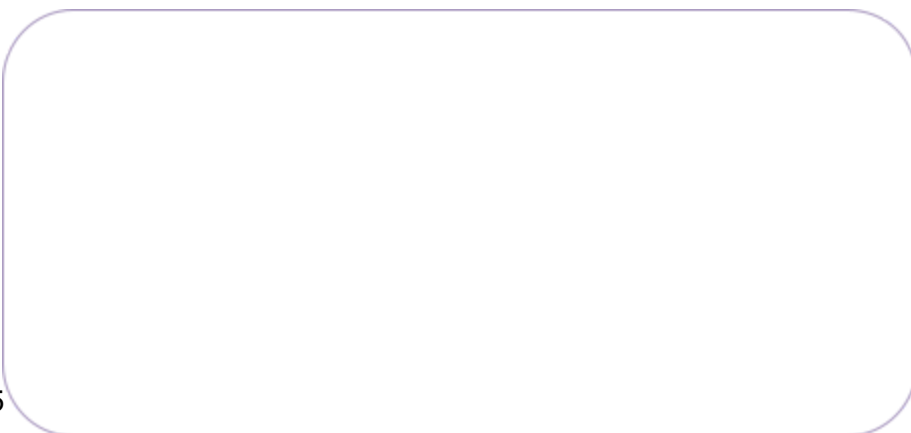
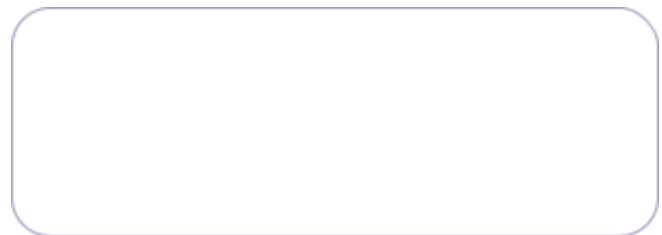
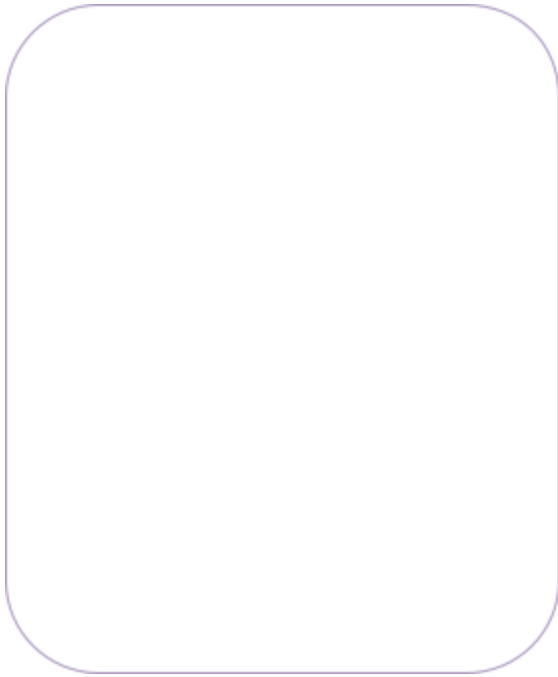
3. When you hear the words “role model,” what do you think of? Does anyone specific come to mind?

4. Of the qualities you listed in the first question, is there anyone you *personally* know that exhibits them? Circle them if you would call them a role model.

5. What is a goal that you have for your future (academically, or career based)?

6. Is there anyone you have heard of, done research on, seen in the media, etc., that has achievements in the same area of the goal you listed above?
 - *This is an example of a good role model for your academics or career!*

Paste or draw some pictures of your role models, goals, or any other inspirational things in the boxes below!



Vision Board

Use this space to make a vision board – a collection of images, quotes, and designs that describe you! (examples of things you can include are hobbies, favorite songs, schools you like, pictures of friends, etc.)

Check – In Questions: The Application Process

The purpose of this section is to identify how you are feeling at the beginning of your pre-college experience – aka, the **application process**! This is both an exciting and stressful time, so it is important to understand *exactly* what you are feeling.

1. What schools are you planning to apply to? Write their application deadline date next to them.
2. Rank those schools from favorite to least favorite:
3. Write something good about each school:
4. Write a concern about each school:
5. If your schools require an essay, what will your topic be?
6. What major are you applying to? If you're unsure, that's okay! Write "undecided."

7. On a scale from one to 10 (one being completely relaxed, 10 being extremely stressed), how do you feel about the application process? Why do you feel this way?

8. This is space for any questions you have about the application process that you need answered:

Acceptance Status Reflection

When the acceptances start coming in, it's important to organize your thoughts once again! The prompts below are to help you decide on the right college for you. Try to do this section without looking at your answers to the Application Process section first, and then when you're done, go back and compare your previous responses to those in this section!

1. Where have you been accepted?
2. Rank those schools in order of preference:
3. Write something good about each school:
4. Write a concern about each school:
5. Choose **five** qualities that you are looking for in a school (*examples: top ranked program, accessible academic resources, on & off campus activities, nice campus, etc.*). Rank those qualities from 1-5 with 1 being most important to you and 5 being least important to you:

6. Now, write down each of your accepted school names and underneath write those qualities that you chose in the previous question. Then, rank the schools on how you feel those qualities fit to them with 1 being that quality describes it the best and 5 being it describes it the least (*i.e.: if one of your qualities was nice campus, and one of your acceptances was to UMD, if you think its best quality is the campus, rank that as 1*).

7. Now that you've done that exercise, which school do you feel is your top choice? Why?

College Preparation Questions:

Woohoo! You applied, you were accepted, and now... you wait! This section is to help you get ready for what you've been waiting for this whole time – college.

1. Which school did you decide on? Why?

2. What are you most looking forward to?

Subsection: Dorms & Residence Halls

1. Are you planning to live on campus? If so, where?

2. Will you be living with a roommate? If so, what's their name? and, have you reached out to them yet?

3. What are some things you want in your dorm? Does it have a theme? Are you coordinating with your roommate?

4. Below is a list of some common dorm items. Circle the ones you have already so you can see what you need!

Twin sheets, comforter, and pillowcases	Mini trash can	Scissors
Towels	Laundry Basket	Fan Printer Mini Fridge
Hangers	Desk Lamp	Storage Bins Cleaning Supplies
Mattress pad	Decorations	Laundry Detergent Shower Caddy
	Stapler	Shower Shoes

** here is a link to a checklist made by the College Board:

<https://bigfuture.collegeboard.org/get-in/making-a-decision/off-to-college-checklist>

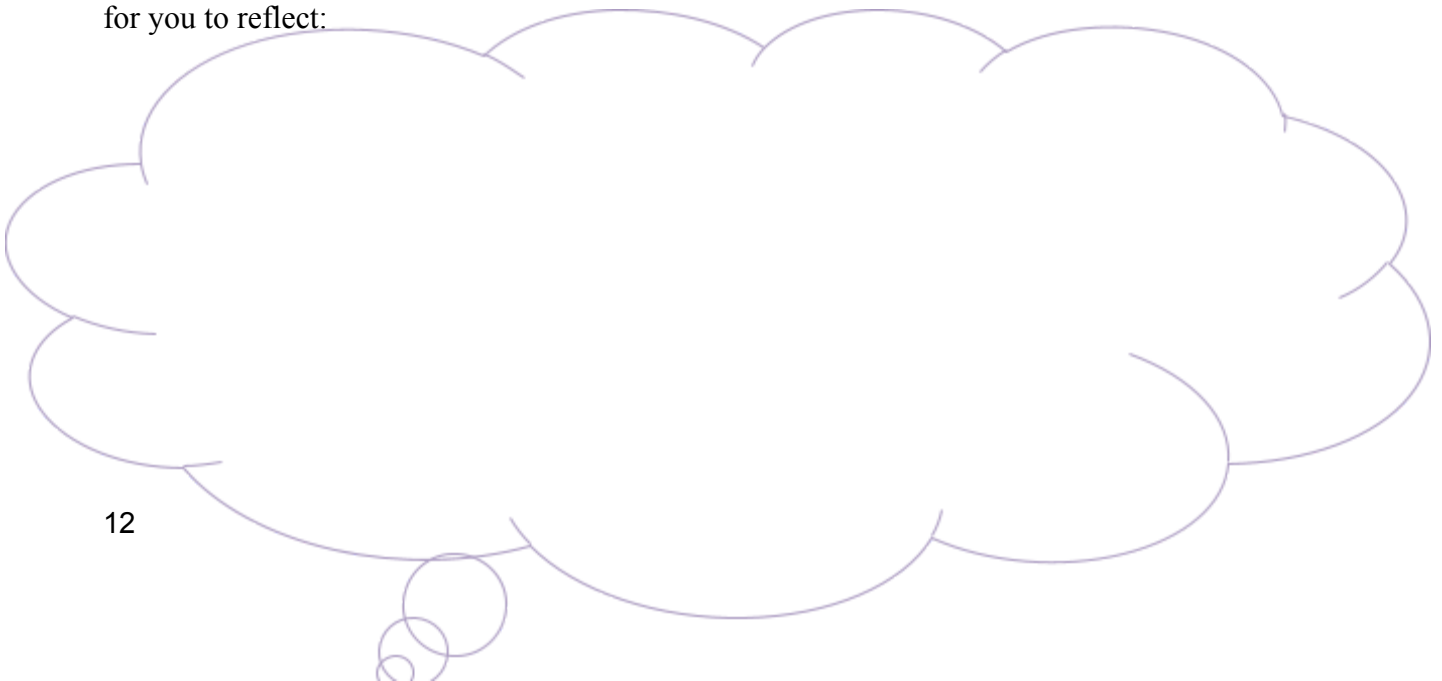
Subsection: Orientation

1. Most colleges will make you attend an orientation to give you a feel of college life before you move in. What is the date of your orientation? Is it overnight?

Post – Orientation:

2. How do you feel after your orientation? Describe your experience in one word.
3. Did you make any friends at your orientation? What are their names?
4. If you registered for classes, what are you taking? Which class are you most excited for?

This space is for you to leave any other thoughts, feelings, or questions you have before college for you to reflect:



Final Questions: Officially a College Student

It's recommended that this section is completed at the beginning of your first semester in college, so you can reflect on it when you're a few months in. But, here you are! An official *college student*. Take some time to answer these questions and think about how you are feeling.

1. How are your classes so far?
2. What's your favorite class?
3. How is your dorm? Your roommate?
4. What's something fun you've done since you've moved in?
5. Is there anything that you are excited about (a class? a club? new friends?)
6. Is there anything that you are concerned about? How does that make you feel?
7. Draw a picture (or describe) your favorite part of your campus:

8. What are some things on campus you want to get involved in?

9. Under each month below, write down when you have exams, projects, or big assignments. Then, write one word to describe how you feel about that specific assignment next to it.

September:

October:

November:

December:

10. Finally, look back at your answers to the previous questions. How do your answers make you feel? Do you have the same thoughts or are they different? Are you surprised at anything you said? This space is completely for you to reflect on this whole workbook journey!

Notes:

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