Break Beyond the Familiar

What if you find a college that seems like a great fit for you, but it’s unfamiliar? No one you know goes there or is applying. Your college advisor doesn’t know anyone there. What do you do?

You can break beyond the familiar and handle these challenges. These challenges create opportunities to grow and develop skills that will help you your entire life. This activity will highlight your ability to overcome challenges that you might encounter in new environments.

If you have questions as you complete the activity, please ask your college advisor.


First, we’d like to invite you to hear from some recent grads about their experience adapting to college.

As you watch, think about the following questions:
- What experiences are common?
- How did students grow?
- Which do you identify with the most?

2. Now tell your own story. What challenges have you overcome in the past?

While you haven’t gone to college yet, chances are that you have experienced new environments and challenges in the past. You grew or adapted in ways that helped you overcome them, just as these students did. In the spaces below, tell us about an experience like that.

What was the challenge you dealt with? How did it make you feel at first?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How did you overcome this challenge? Think about this in detail — Did you reach out to people for help? New skills you learned? New ways you learned to think about things?

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________________________________________________________________________

What did you learn about yourself and your abilities that has helped you later? How can you apply this to your future at college?

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Watch the Breaking Beyond the Familiar compilation video here: https://youtu.be/wG6687T0nX0

For more videos of individual students, go to the Find the Fit channel on YouTube.
3. Next, share what you’ve experienced.
By sharing your story, you not only empower yourself to break beyond the familiar, you empower others to do the same.

Who could benefit from hearing your story? Why?

4. Finally, see if you really understand your own ability to grow!
CIRCLE the number that represents how much you agree or disagree with each of the following statements.

Everyone faces challenges in new environments.

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New environments can be good opportunities to develop and grow as a person.

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I have the ability to adapt to challenging circumstances.

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If you didn’t circle a 4 or 5 for any of these, talk with your college advisor!
You can break beyond the familiar!

Remember:
- EVERYONE experiences new challenges at college.
- The skills you gain by dealing with new circumstances can help you throughout your life.
- The challenges you face are temporary – you’ll adapt and grow, just as you have in the past!