

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.

1. Hearing Growth Stories: Who faces challenges? How do they grow?

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?

Watch the Breaking Beyond the Familiar compilation video here:
<https://youtu.be/wG6687TOnX0>

Three small portrait photos of students: a young woman with blonde hair, a young woman with dark hair, and a young man with glasses.

For more videos of individual students, go to the Find the Fit channel on YouTube.

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?

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