



**The ASPIRA Association
Academic Advisors Professional Development Program**

Course Title:	Academic Preparation for College
Course Number:	AAT – 106

Course Description:



After completing this course, academic advisors will be able to help students and parents to development of college awareness (beginning at middle school); understand how to best help students assess current academic status; how to help students to define individual academic plan; make applicable students aware of Advance Placement courses; will be able to support students in developing test taking skills; perform practices and preparation for PSAT, SAT, ACT; and advisors will be able to identify and utilize remediation strategies such as mentoring, tutoring, and on-line resources. In addition, the academic advisor will be able to facilitate the [Academic Success](#) module of the ASPIRA Clubs Curriculum.

Course Duration: 6 hours

Course Outline:

Goal	Learning Objectives	Learning Activities	Learning Resources
After completion of this course, academic advisors will master college going awareness and planning skills to be use to support student and parents in developing plans	Academic advisors will master skills on how to help students and parents in development of college awareness.	The academic advisor needs to make students and parents aware about planning early for college (middle school). Students need to know what to ask from school guidance	College Board - 10 ways to jumpstart college planning College Board - 20 questions to ask your guidance counselor

Goal	Learning Objectives	Learning Activities	Learning Resources
designed for accomplishing students' academic goals.	Advisors will recognize the courses students' needs to take that will better prepare them for college.	counselors. Academic advisors will recommend student courses that will help them prepare for college. Study the College Board links presented on the Learning Resources section.	College Board list of recommended classes Preparándose a Tiempo Para la Universidad: Un manual para los padres de alumnos que cursan la escuela intermedia.
		Academic advisors need to master the basics of the Advance Placement (AP) program to help students and parents be aware of this program. Study the information provided about the AP in the College Board link to the AP program.	Advance Placement (AP) program
		Academic advisors should develop an exercise to help students look ahead and choose future courses. Print the worksheet and ask students to develop a worksheet for each year, listing the courses that they currently taking or plan to take for each subject	College Board – Your High School Course Planning-Class planning worksheet.
	Academic advisors will help students plan a calendar of activities that will help them get into college.	Academic advisors should help students plan a calendar of activities for the junior and senior years leading to help them get into college. Study and print information presented on the link "Preparing	Preparing for college calendar Calendario para la planificación Académica

Goal	Learning Objectives	Learning Activities	Learning Resources
		for college calendar”. What other activities your students needs to consider given their current academic standing?	
Academic Advisors will support students to make their best performance when taking their college admission tests.	Academic advisors will develop ability on how-to help students improve their test taking skills.	<p>The advisor needs to help students improve their test taking skills. Study the strategies proposed by Purdue University and the ERIC article. What other activities or strategies you can add?</p> <p>Test anxiety is one of the major factors affecting student academic performance. Study the article “Reducing Test Anxiety to Better Performance” to learn more on how to assist you students improve their academic performance.</p>	<p>Test taking skills – How do I show what I know, Purdue University</p> <p>Reducing Test Anxiety Leads to Better Performance</p> <p>Preparing for a test (how to study for a test).</p>
	Academic advisors will understand the function of college admission and placement tests.	What do these test measure? For a better understanding of the basic elements of these tests visit the web link on the Learning Resources section.	What do the tests really measure?
	Academic Advisors will learn about available resources to help students prepare for taking the SAT and SAT tests.	Advisors will access and use College Board and Kaplan’s SATI, SAT II and ACT practice tests programs as presented on the learning resources section. Advisors will make a search using a metasearch engine for more SAT I & II	<p>Getting ready for SAT I – College Board</p> <p>SAT I Prep – College Board</p> <p>Kaplan’s free SAT and ACT Practice tests</p>

Goal	Learning Objectives	Learning Activities	Learning Resources
		and ACT test prep resources.	
	Advisors will be able to identify and utilize remediation strategies such as mentoring, tutoring, and on-line resources to help students improve their performance in college admission tests.	Advisors will explore the web sites presented in the learning resources section. These sites are examples of resources with potential use for remediation of areas of academic deficiencies as identified through the use of practice tests. Depending upon the results of practice tests and supported by an analysis of student high school transcripts, the Advisor will prepare an individualized remediation and study plan for the student.	A Guide for Establishing Mentoring Programs to Prepare Youth for College Home work help Thinkfinity - The Thinkfinity program provides no-cost, standards-based Internet content for the K-12 teacher and classroom, developed by the nation's content experts. On-line math tutoring programs from About.com

Evaluation:

After completing the above learning activities, the Academic Advisor will develop the following:

- A two page plan describing a strategy on how to prepare students for college from middle school;
- Prepare a college preparation calendar for junior and senior students;
- A plan for improving test-taking skills for students;
- A plan for remediate student academic deficiencies in specific areas.

The above paper will become part of the Advisor training program evaluation portfolio.