

HIFE CPP REQUIREMENTS:

- ◆ Must have a minimum GPA of 2.5
- ◆ Must seek to attend an accredited institution
- ◆ Must be willing to complete the assigned homework provided by the HIFE Coach

Inside this issue:

Message From The Dean 1

10 Community Service Ideas for College-Bound

10 Community Service Ideas for College-Bound Teens (cont.) 2

10 Community Service Ideas for College-Bound Teens (cont.) 3

A Pre-College Summer To-Do List

A Pre-College Summer To-Do List (cont.) 4

Benefits of the CPP

## Message From The Dean - Bob Fulcomer

Are you passionate about making a difference? You are going to be responsible for your part in this world, with other human beings, and on this planet. A good volunteer experience can help you unlock those parts of yourself that have empathy and kindness. Matching your skills with

volunteering is great development for life lessons, for future job options, and community involvement, which is a critical listing on a college application. It feels satisfying to do some good to help others! You might also make a few new friends when you volunteer. That is always a plus!

Check out these sites:  
[www.volunteermatch.org](http://www.volunteermatch.org)



## 10 Community Service Ideas for College-Bound Teens

**Every college-bound teen knows that community service is a key component of any college application.** Admissions officers look for well-rounded students who participate in community service activities. But according to a study by DoSomething.org, students should heed this word of warning: DoSomething.org conducts annual surveys on community service and college admissions. They have found that most admissions officers prefer students to be consistently involved with one issue over a variety of causes. Moreover, social change isn't

something you should do just to put on your application — follow your passion. 75% of admissions officers stated that a school requiring community service does not “taint” their perception of the applicant's commitment. If your experience was required, make sure that your level of involvement was clear, focusing on what you were most passionate about. Knowing it's important for students to demonstrate their interest in community involvement and be consistent throughout high school, the following are a few ideas that might help you decide

which one is best for you:  
**10 Community Service Ideas**  
**1. Start your own non-profit**  
 If there is something you're passionate about, consider starting your own non-profit around that passion. If you see a need in the community, you might be the catalyst to spur others to give. One 13-year old young man, who became a quadruple amputee at a very young age, saw the need to help the victims of the Boston Marathon, Popsugar reports. Talk about inspiring — this 13-year-old quadruple amputee has not only overcome his disability to be able to play his favorite sport, lacrosse,

## 10 Community Service Ideas for College-Bound Teens (cont.)



but he is also now helping Boston Marathon victims who have lost limbs. As reported in the Huffington Post, Michael Stolzenberg was only 8 years old when an abdominal infection led to a quadruple amputation. After hearing that several victims of the Boston Marathon bombings suffered amputations, Michael and his brother Harris decided to help. With their website [Mikeysrun.com](http://Mikeysrun.com), they aim to raise \$1 million as Harris trains for his first long-distance event: the 2014 Boston Marathon.

**2. Identify a skill you have and use it to help others**

If you have a skill or talent that you excel in, consider using it to help others. Teach computer skills to elderly residents of a nursing home. Tutor young kids at the Boys and/or Girls Club locally. If you excel in sports, work with kids from the Special Olympics and participate in their summer activities.

**3. Make hygiene kits for the homeless**

We pass them every day and there is no group in greater need of help than the homeless. Apart from giving them financial assistance, there is another way you can make a difference and

involve your friends and family: provide hygiene kits for the shelters to distribute. You can collect small hotel samples or purchase travel sized items to complete the kits. Reach out in your neighborhood, at your school and get the community involved.

**4. Create your own service project**

None of the ideas you've seen appeal to you? Get creative and start your own service project. [CreatetheGood.org](http://CreatetheGood.org) has some innovative ideas and how-to guides to get started with your own teen service project.

**5. Get involved with church-related activities**

If you're a member of a religious organization this is a good place to begin. Most churches have Vacation Bible School during the summer and are desperate for help. If you like working with children, this might be the community service opportunity for you. If you enjoy it, inquire about volunteering at church day camps or church children's events.

**6. Run a workshop for your friends to teach them personal finance tips**

Are you good with money? If you are, [DoSomething.org](http://DoSomething.org) is sponsoring a \$7,500 scholarship for teens who conduct these workshops. It's a win-win.

Run a workshop and possibly win a scholarship.

**7. Organize an event to raise money for charity**

There is any number of things you can do to collect money for a charity. You could organize a neighborhood garage sale with the proceeds going to the Red Cross. You could run a bake sale involving your friends, family, and neighbors and donate the proceeds to breast cancer research. Be creative and think outside the box. Pick a charity that speaks to you and repeat this activity every summer or throughout the year.

**8. Volunteer at a food bank, food pantry, or soup kitchen**

Most communities have services that help those who are less fortunate than you are: homeless, indigent, unemployed, and struggling financially. Spend your summer volunteering at the local food bank, a church food pantry, and/or a soup kitchen feeding the homeless. Not only will you be providing a community service, your heart will be



## 10 Community Service Ideas for College-Bound Teens (cont.)

blessed by giving to those who need help the most.

### 9. Organize an event to clean the environment

If you are passionate about the environment and green activities, consider organizing an event: a recycling drive, beach cleanup, a cleanup of parks and/or community areas. This is an especially good idea if you plan to pursue a “green” career. It lines up with your interests and shows admissions officers that you are willing to invest the time in an area that you are passionate about.



### 10. Do something for troops, veterans or wounded soldiers

Send a care package to deployed troops, veterans, or wounded soldiers. Write a thank-you note and include some canned or pre-packaged food. Take a look at Operation Grat-

itude or Give2TheTroops to learn what to donate and who to send it to.

Community service activities not only help admissions officers see that you care about others, but there are multiple scholarships (Kohl’s Cares Scholarship) for students who are exemplary volunteers. As a final note, TeenLife has a page dedicated to community service allowing you to search for opportunities that match your age, interests, and location.

Source: <https://www.teenlife.com/blogs/10-community-service-ideas-college-bound-teens>

## A Pre-College Summer To-Do List

**Pre-orient yourself.** Many colleges offer extremely elaborate orientation programs, often lasting up to a week, in which you learn the way around campus, pick your classes, and often have some group activity to forge a sense of community. It’s easy to fall prey to information overload and wind up — despite the college’s best intentions — totally disoriented. That’s why it’s crucial, before you head off to orientation, to familiarize yourself with the central academic information about your college.

Things to consider: college requirements (always available at the college Web site), schedule of classes for the fall (also available at the site, though you might need a password, which the school should be able to provide you), and, in the best case, syllabuses from the actual

courses (check out the departmental pages for links to these). Getting this information in advance will not only make you a good college consumer, it’ll prevent you from being shoehorned into the “standard first-year program” by some all-too-rushed adviser. And while you’re at it, you might want to research the credit you might be able to get for any A.P. (advanced placement) or I.B. (international baccalaureate) courses you might have taken.

### Get into the college “mindset.”

For most students taking the direct path from high school to college, the biggest change is that, once at college, you’re in charge. Whereas in high school your teachers and parents often held your hand — reminding you repeatedly about due dates and checking to see if you have done your

homework — your college professors will expect you to operate as an independent adult. It will be enormously easy to skip class or neglect to do the reading assignments or even “forget” to turn in a paper or take an exam, without anyone rebuking you or warning about the possible consequences. So use the remaining time this summer to wean yourself of external management: take control of your life, meet your responsibilities, and get in the habit of making a schedule (electronic calendars work well) on your own.





8301 East Prentice Avenue  
Suite #312  
Greenwood Village, CO 80111

Phone: 303-597-0197  
Fax: 303-369-3900  
Email: hifecpp@hife-usa.org

Check us out on the web:  
[www.hife-usa.org](http://www.hife-usa.org)



*"Providing Families With College Planning Solutions"*

## A Pre-College Summer To-Do List (cont.)

**Brush up on a foreign language.** At many colleges, the biggest single requirement is two years of a foreign language. Many freshmen have had a smattering (or more) of some foreign language in high school, whether it be Spanish or French, or for the more enterprising, and global-minded, Mandarin or Arabic. Whatever the case, the summer before college is an excellent time to get ahead on your language skills. If travel abroad is in your plans, pick a country that speaks the language you're working on; if Spanish is your intended tongue, volunteer work in most communities can put you in a situation where Spanish is routinely

spoken. **Do a life-changing activity.** Many students (and parents) wrongly think of the summer before college as a time to veg out and take a break from the arduous work you've been doing in the senior year of high school. Instead, spend this last, free summer doing something that will enrich and change your life (and perhaps do something for others). In some cases, you might consider taking an internship or apprenticeship that will further your career goals (one student interested in law worked as an unpaid intern at the New York attorney general's office the summer before college).

For other students, travel can be a transformative experience: you'll be in a much stronger position to study Middle-Eastern relations if you've just spent a few weeks touring Jordan, Lebanon and Saudi Arabia. And, for those interested in the service professions, another less pricey (but potentially just as valuable) experience is a summer of service in a hospital, clinic, or hospice — or a food bank, Head Start program, or homeless shelter. Such volunteer work will not only give you an experience in helping others, it'll make you feel good as you start college.

Source: [http://thechoice.blogs.nytimes.com/2011/06/27/summer-to-do/?\\_r=0](http://thechoice.blogs.nytimes.com/2011/06/27/summer-to-do/?_r=0)

## Heartland Institute of Financial Education's College Planning Program

HIFE College Planning is a coaching program designed to assist students and parents successfully navigate the complex college preparation, admissions, selection, and financial aid process.

It is the goal of the Heartland Institute to help young Americans obtain a college education. We help families offset the high cost of college by utilizing proven strategies to help

reduce a family's "out-of-pocket" costs...

Our College Planning Coaches work directly with students and parents to establish an action-plan for college selection and career planning. We help the student develop a personal "resume" that will aid them in competing for valuable student loans, scholarships, grants, and other forms of assistance that can help offset their college education costs.

*The Heartland Institute focus:*

*"Working together with you and your student to make the college dream come true"*

[www.hife-usa.org](http://www.hife-usa.org)