

# My College Fit Checklist

## A College Values Sort Exercise

### Instructions:

1. Print and cut out 6 Criterion Cards (Page 3): My Ability Fit, My Cultural Fit, My Financial Fit, My Interest Fit, My Life Situation Fit, and My Social Scene Fit.
2. Pre-assess your student's College Fit Values Criteria using the following instructions to conduct a simple card sort.
  - Process Attribute: VALUES PRIORITIZATION
  - Process Notes: Broach the idea of bringing an intentional process to their postsecondary/college choice while letting them know it is quite simple.

*If you don't mind, I would like to take a few minutes to do a quick exercise before we begin planning for your college and career future. I have 6 cards here that describe different aspects of making a choice that may be important to you. I would like you to rank order them by their importance to you 1-6 on the desk in front of you.*

3. Once the student has rank ordered the cards.
  - Process Attribute: VALUES CLARIFICATION
  - Process Notes: We do not tend to clarify well ourselves. Use your counseling skills to help clarify the choices in a non-threatening way.

*So I see your most important Fit categories are [insert top and second rank category]. So if you were to select a college for the next 4 years right now using only two categories, is it safe to say these are the only two? Are you comfortable with that? Would you like to rearrange in any way?*

*Now, if you could only use one Fit category to make this choice, it would be your top fit? Good work with this exercise. It will help us bring more clarity to your decision-making once we begin looking at actual schools.*

4. Use the My College Fit Worksheet to evaluate each option for all six categories.
  - Process Attribute: VALUES EVALUATION
  - Process Notes: This can be homework. It is important to evaluate each college option without comparing to or looking at the others. It is best if this is done one at a time to get a more accurate score of preference. Once all evaluations are completed, the counselor works with the student to compare.
  
5. Counselor meeting: The counselor has the student tell their “story” of each school while both look at their ratings sheet.
  - Process Attribute: VALUES-BASED SELECTION
  - Process notes: Use your counseling skills to elicit the “story” of each college. Have the student tell it while looking at the worksheet for that school. Schools are first compared by the top value (i.e., *The value that you absolutely cannot live well without.*) Schools are kept and discarded deliberately. Remaining schools are evaluated by the second value with some being kept and others discarded until there is a clear choice.
    - i. NOTE: A ruler can be used to measure and compare measurements between schools for where the “X” is placed. This brings a kinesthetic and investigative element to the exercise.

# My College Fit Criterion Cards

## My Ability Fit

Describes how a university, college, or trade school matches your personal ability needs. These might include services for math or reading tutoring, English as a Second language services, Office of Persons with a Disability Services, etc.

List any specific services you might need to explore:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

## My Cultural Fit

What are important aspects of your identity? Which are so important that you need to feel a sense of belonging with to be the best version of you? This category helps you think about how your identity and community mesh during college.

List any specific services you might need to explore:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

# My College Fit Criterion Cards

## My Financial Fit

Your financial future is very much tied to your postsecondary choices. Getting enough money to start is important yet so is how you will pay for your final year. Planning to pay for all years of school AND honestly assessing the impact of student debt accrued is important.

List any specific criteria you might need to explore:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

## My Interest Fit

What do you like to do, read, or watch during your free time? How does these personal preferences fit with your academic or training plans after school? Does a school have an array of majors and clubs that fit your interests and leisure preferences?

List any specific interests you might need to explore:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

# My College Fit Criterion Cards

## My Life Situation Fit

We all arrive at transitions in life carrying with us responsibilities and experiences. MLSF helps you identify the means by which you will cope with the “givens” of your life thus far. Do you need to plan for your family care, off-campus living (during holiday breaks), public assistance, or other facts of your life?

List any specific services you might need to explore:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

## My Social Scene Fit

Early adulthood is the time when you get to put your social skills to use to define who you are and will become. How will you get your social need met? Examples include clubs, Greek Life, student affairs, music ensembles, sports teams, etc.

List any specific scenes you might need to explore:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

School 1 \_\_\_\_\_ Put an "X" on the line for each Fit category.

Rank	My Fit Category	Questions and Rating
_____	My Ability Fit	Poor Fit   -----   Perfect Fit
_____	My Cultural Fit	Poor Fit   -----   Perfect Fit
_____	My Financial Fit	Poor Fit   -----   Perfect Fit
_____	My Interest Fit	Poor Fit   -----   Perfect Fit
_____	My Life Situation Fit	Poor Fit   -----   Perfect Fit
_____	My Social Scene Fit	Poor Fit   -----   Perfect Fit

School 2 \_\_\_\_\_ Put an "X" on the line for each Fit category.

Rank	My Fit Category	Questions and Rating
_____	My Ability Fit	Poor Fit   -----   Perfect Fit
_____	My Cultural Fit	Poor Fit   -----   Perfect Fit
_____	My Financial Fit	Poor Fit   -----   Perfect Fit
_____	My Interest Fit	Poor Fit   -----   Perfect Fit
_____	My Life Situation Fit	Poor Fit   -----   Perfect Fit
_____	My Social Scene Fit	Poor Fit   -----   Perfect Fit

School 3 \_\_\_\_\_ Put an "X" on the line for each Fit category.

Rank	My Fit Category	Questions and Rating
_____	My Ability Fit	Poor Fit   -----   Perfect Fit
_____	My Cultural Fit	Poor Fit   -----   Perfect Fit
_____	My Financial Fit	Poor Fit   -----   Perfect Fit
_____	My Interest Fit	Poor Fit   -----   Perfect Fit
_____	My Life Situation Fit	Poor Fit   -----   Perfect Fit
_____	My Social Scene Fit	Poor Fit   -----   Perfect Fit



School 4 \_\_\_\_\_ Put an "X" on the line for each Fit category.

Rank	My Fit Category	Questions and Rating
_____	My Ability Fit	Poor Fit   -----   Perfect Fit
_____	My Cultural Fit	Poor Fit   -----   Perfect Fit
_____	My Financial Fit	Poor Fit   -----   Perfect Fit
_____	My Interest Fit	Poor Fit   -----   Perfect Fit
_____	My Life Situation Fit	Poor Fit   -----   Perfect Fit
_____	My Social Scene Fit	Poor Fit   -----   Perfect Fit

School 5 \_\_\_\_\_ Put an "X" on the line for each Fit category.

Rank	My Fit Category	Questions and Rating
_____	My Ability Fit	Poor Fit   -----   Perfect Fit
_____	My Cultural Fit	Poor Fit   -----   Perfect Fit
_____	My Financial Fit	Poor Fit   -----   Perfect Fit
_____	My Interest Fit	Poor Fit   -----   Perfect Fit
_____	My Life Situation Fit	Poor Fit   -----   Perfect Fit
_____	My Social Scene Fit	Poor Fit   -----   Perfect Fit