

A Middle School
Plan for
Students with
College-Bound
Dreams
Workbook

This workbook belongs to:

College Class of:

A Middle School
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M Y C H A L W Y N N



Publisher's Cataloging-In-Publication Data

Wynn, Mychal.

A middle school plan for students with college-bound dreams. Workbook / Mychal Wynn. -- 2nd ed.

p. : ill. ; cm.

To be used in conjunction with the main book, A middle school plan for students with college-bound dreams.

Includes bibliographical references and index.

ISBN-13: 978-1-880463-94-9

ISBN-10: 1-880463-94-6

1. Middle school students--United States--Life skills guides. 2. Middle school students--Education--United States--Handbooks, manuals, etc. 3. Academic achievement--Handbooks, manuals, etc. 4. Universities and colleges--Admission--Handbooks, manuals, etc. 5. Counseling in middle school education--Handbooks, manuals, etc. I. Title. II. Title: Middle school plan for students with college-bound dreams.

LB1626 .W96 2010

373.236/0973

Second Edition 2010

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The poems, "Be A Winner, A Pledge to Myself, If You Are My Friend, A Pledge of Friendship," and "Be The Captain of Your Ship" are from the book, *Don't Quit—Inspirational Poetry*, copyright 1990 by Mychal Wynn. The poem, "What I Won't Do For My Friends" is from the book, *Building Dreams: Helping Students Discover Their Potential: Parent, Teacher, Mentor Workbook*, copyright 1994 by Mychal Wynn.

Credits:

Cover design and student photographs by Mychal Wynn.

Illustrations by Mychal-David Wynn.



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Printed in the United States of America.

Acknowledgments

I would like to acknowledge my wife, Nina, who, as a wife, mother, confidant, and business partner has greatly contributed to the ideas contained within this book. She has put into practice the strategies as she has successfully guided our older son's oftentimes complex and frequently frustrating journey from preschool through high school, into his acceptance via Early Decision into Amherst College. She has also inspired, enlightened, and encouraged other children and their families along their parallel journeys from preschool into college.

I would also like to thank my nieces, Tishandra deCourcy and Kymberly McKay, for their efforts in ensuring that this workbook is usable and doable for any student in any situation; Dr. Glenn Bascome for his editorial assistance; Dr. Melvyn Bassett, Ms. LeeAnn Simmons, and Deana Ingham for their critical insight; and Dr. Genevieve Shephard and the staff at Tom Bradley Elementary School in Los Angeles, California, who are giving their students a jump start on their futures by creating a college-bound culture.

Lastly, I would like to thank my mother and father who encouraged, sacrificed, and inspired me to become the first college graduate in our family.

Dedication

This book is dedicated to my sons, Mychal-David and Jalani, the thousands of students and parents I meet each year who have college-bound hopes and aspirations, and to those who sacrifice each day on behalf of students and their dreams.

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Introduction

This workbook has been designed to support the book, *A Middle School Plan for Students with College-Bound Dreams*. Together, they outline a set of strategies, which, if followed, will maximize your college opportunities. We followed the strategies to help our older son develop his passion for art—a passion that was continually nurtured in his journey from elementary school, through middle school and into high school. Ultimately, he narrowed his list of colleges to the Savannah College of Art and Design, the Ivy League school of Dartmouth College, and the top liberal arts college in the U.S., Amherst College. Following the steps outlined in the book, he applied to and was accepted via Early Decision into Amherst College. You will see his illustrations used throughout this workbook.



Our younger son has different passions; however, he is utilizing similar strategies and is well into his college planning as he enters the tenth grade. Since elementary school, his summers have been filled with enriching experiences in such programs as the Summer Institute for the Gifted at Emory University, the NASA-sponsored Space Academy and Aviation Challenge programs, LeadAmerica at Bentley College, the Young Scholars Institute at the University of West Georgia, and a guitar camp at Florida State University.

Whatever your passions—talking, writing, drawing, composing or performing music, entrepreneurship, science, mathematics, politics, athletics, or teaching—there is a college where you can explore your passions and a college setting where you can continue your growth and development into adulthood.

The opportunity to attend college is one that every young person deserves, yet one that far too many deny themselves by squandering their middle-through-high school years. Whatever your financial situation and whatever your passions, preparing a quality application package and preparing for the rigors of college-level work will provide you with many college opportunities. Whatever your passions, you must develop a plan.

Turn to pages 143-144 and complete the middle school information sheet for your current school and high school information sheet for the school that you anticipate attending.

BE A WINNER

If all around you are quitting, as they sometimes do
If your critics are many and friends are few
If obstacles confront you at every turn
Remember the lessons that Winners learned ...

To stop and quit you will never win
Until you decide to try it again
When life's little hurdles slow you down
Just steady your pace and hold your ground

Hold fast to your dreams, as they can come true
When you do the best that you can possibly do
To win you must believe that you will not fail
Perseverance is the breeze that fills your sail

Although the unexpected may rock your boat
Winners will weather the storm remaining afloat
Conceive it, believe it, and know that you can
Continue step by step according to plan

Stand up and be counted so that the world will see
That you believe in becoming the best you can be
Accept the challenges of life and you'll continue to find
That winning is the spirit of living
... it's merely a state of mind

— Mychal Wynn

A Middle School Plan for Students with College-Bound Dreams *Workbook*

My mom and dad helped me to focus on college as early as elementary school when I began drawing. Doing the things outlined in this book, and the high school workbook, really helped to prepare me for college and to be accepted into the college that I really wanted to attend. In case you haven't guessed, my passion in school was art. My dad has used some of my illustrations in this book.

Good luck as you focus on your dreams and develop your plan.

Mychal-David Wynn
Amherst College

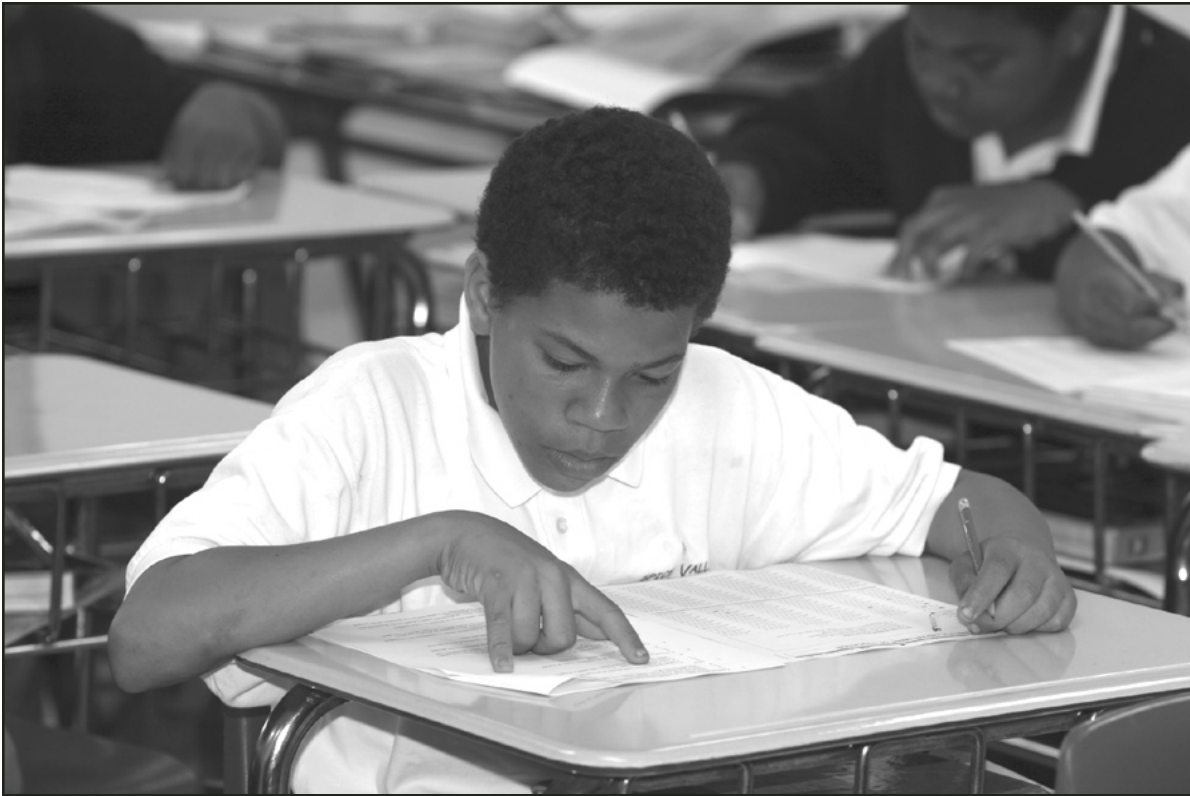


Section I

Understand Who You Are

Despite the constant influence of peer pressures to conform—to dress like, behave like, and follow the crowd—the uniqueness of our personalities should be as valued as the uniqueness of our signatures. Our personality represents our signature upon this life. Our personality type is unapologetically, unashamedly, and inexplicably who we are. Whether shaped divinely or through the experiences of our childhood, we must recognize who we are and accept or discard it as we continue on our journey toward becoming who we want to be.

— Mychal Wynn



Understand Who You Are

The activities in this chapter will assist you, your parents, your counselor, and perhaps your teacher or mentor to better understand you. The information that you gather in this chapter will assist you in developing your *Pre-college Profile*® at the end of the chapter. Whether you are in elementary school, middle school, high school, or already in college, the *Pre-college Profile*® will assist you in your academic planning, personal development, and career aspirations. While race and gender are the two most obvious things we know about people, there are many more things that we can understand about ourselves and others.

The activities in this chapter will assist you in learning more about:

- your personality,
- how you learn,
- how you are smart,
- how to explore your interests, and
- how to further develop your talents and abilities.



Personality Types

Have you ever wondered why you like some people or easily get along with some people while you are always having conflicts with others? Why do you appear to easily understand some people while being constantly confused by others? Understanding the uniqueness of your personality can help you to better value and appreciate your divine uniqueness and become more understanding and accepting of others.



Entering a new school year or school setting can be uncomfortable or even nerve-racking. Avoid believing that you have to blend in and be like everyone else. Take time to understand who you are, and better yet, to appreciate the very special person you are. Understanding yourself, together with knowledge of careers which provide the best “fit” for your personality, is one of the goals of the career planning process.



Recognizing and understanding different personality types can help you to get along with classmates today and co-workers in the future. Understanding your own personality can assist you in discovering and pursuing careers for which you are best suited.



Are you an INTP like me or an ESFJ like my wife? Perhaps you are an INFP like our older son or an ESTP like our younger son. After you identify your personality traits, identify the personality traits for your parents, siblings, and friends. Want to know why you continually have conflicts with certain teachers? Do a personality type profile for each of your teachers and compare it with your own.