

ECONOMIC POWER

SECURING YOUR COLLEGE SCHOLARSHIP!





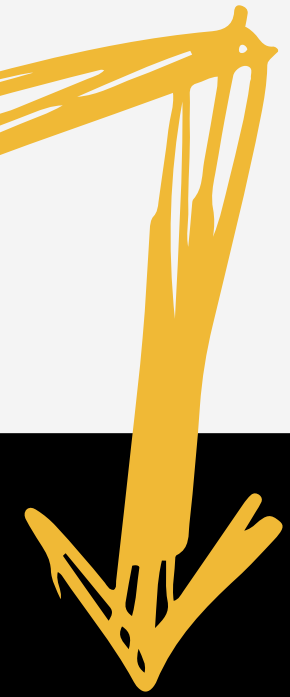
INTRODUCTION

Today, we will:

- * Identify how emotions influence your scholarship decisions and financial mindset.
- * Practice and apply at least two emotional regulation strategies.
- * Connect your college-funding questions to specific school resources.



SEL CONNECTION



Today, we will learn how **all 5 SEL competencies** play a role when applying for college scholarships.





CULTURE COLLAB

FEAT.

VICTORIA LAMAR



KNOW

WANT TO KNOW





SCHOLARSHIP

A college scholarship is free money that helps you pay for college — and you never have to pay it back.



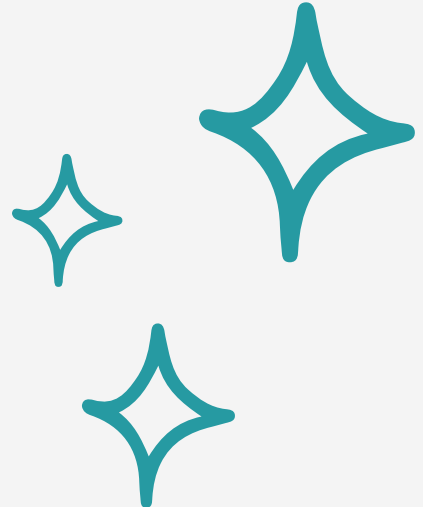
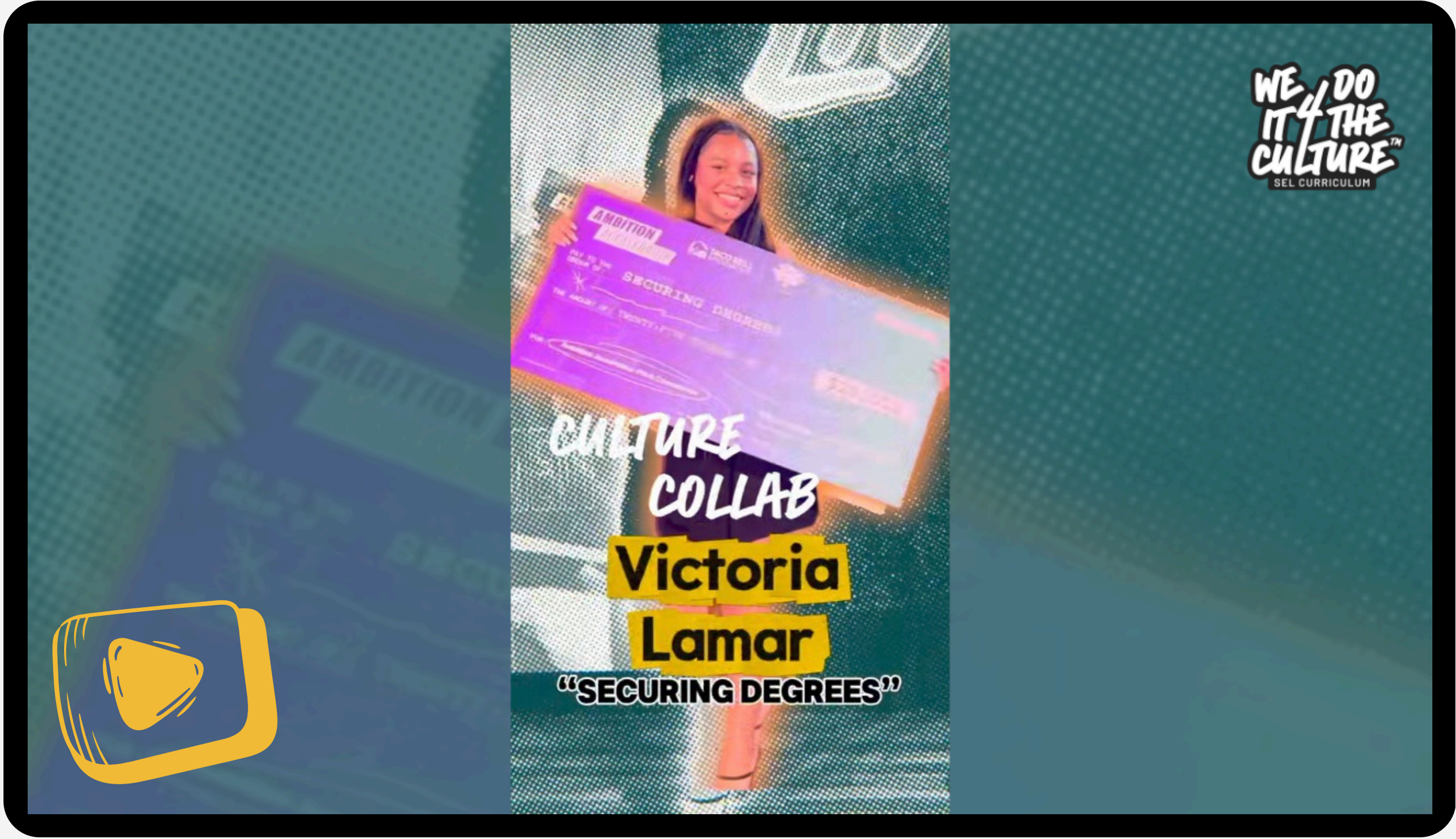


WHO IS VICTORIA LAMAR?

Earned \$3 million+ in scholarships before graduating

- Applied to 100+ scholarships and learned from every rejection
- Founded Securing Degrees to help students win college money







ICEBREAKER

SCHOLARSHIP RIDDLE CHALLENGE



SCHOLARSHIP RIDDLE CHALLENGE

- 1) Form groups of 3-4
- 2) I'll read riddles — you'll have 20–30 seconds to solve each one.

Every riddle teaches a skill Victoria used on her scholarship journey.



RIDDLE #1

THE MULTIPLIER

I grow with every attempt.

I get stronger even if you fail.

The more you collect me, the more money you tend to earn.

What am I?



ICEBREAKER



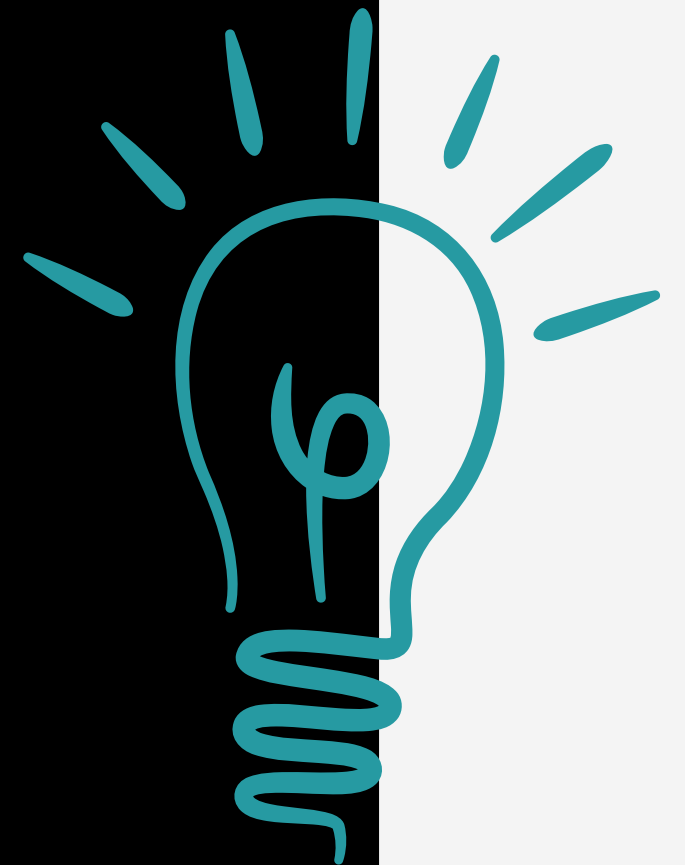
>>> ACTIVITY

RIDDLE #1

EXPERIENCE / PATIENCE



Why it matters: Every application helps you improve.



RIDDLE #2

THE INVISIBLE POWER

You can't see me on a resume.

You can't find me on a website.

But when things get hard, I keep you going.

What am I?



ICEBREAKER

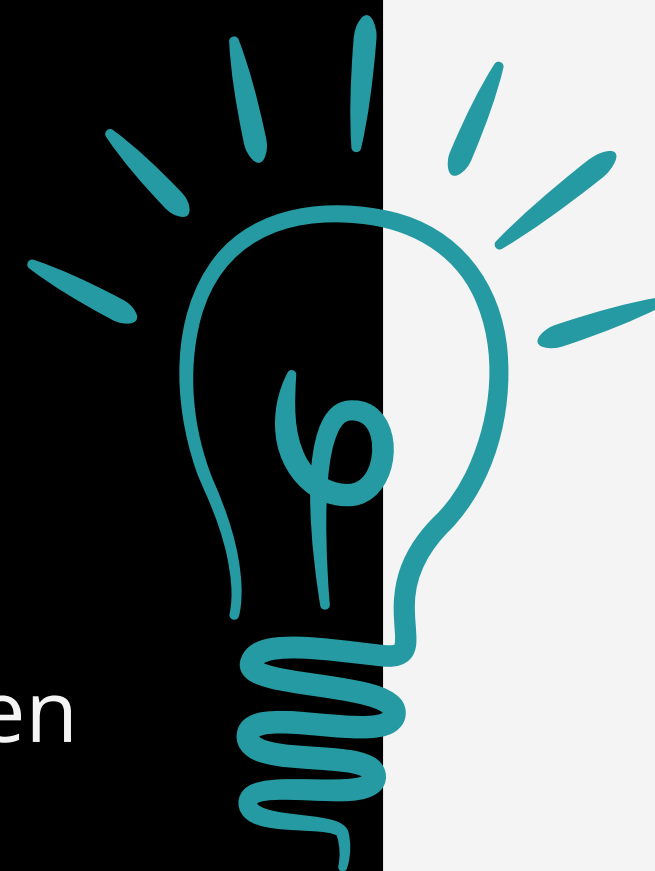


>>> ACTIVITY

RIDDLE #2

CONFIDENCE

Why it matters: Confidence kept Victoria applying even when the odds felt low.



RIDDLE #3

THE GOLDEN LIST

I save time.

I stay organized.

And I make sure you never miss a deadline.

What am I?

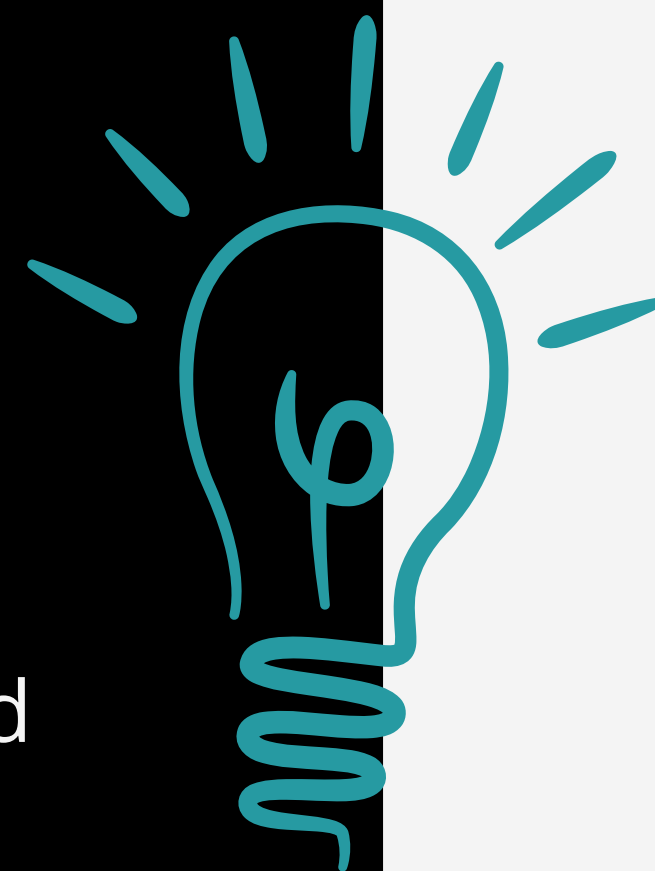


RIDDLE #3

A SCHOLARSHIP TRACKER



Why it matters: Organization helped Victoria stay focused and on time.



RIDDLE #4

THE UNCOMFORTABLE FRIEND

I don't feel good when I show up...

but I can help you grow. I am the opposite of

Yes and also known as no.

You'll meet me in scholarships, school, and life.

Who am I?



RIDDLE #4

REJECTION

Why it matters: Victoria had many 'no's before her million-dollar 'yes'es.

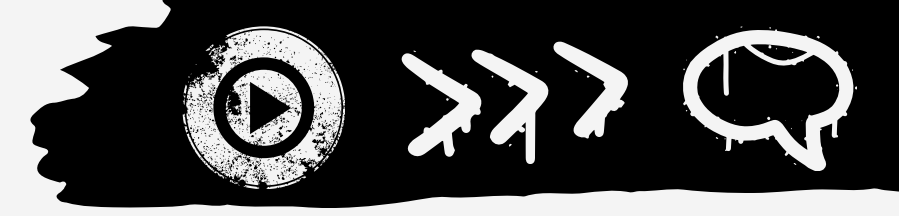


A teal diamond shape with a black outline and a splatter effect.

SCHOLARSHIP RIDDLE CHALLENGE

- What if any emotions pop up for you as you are thinking about applying for college?
 - What are some of the reasons you could be eligible for a scholarship?
- 
- A large, abstract teal paint splatter on the right side of the slide.





LESSON PART ONE

STORY-POWERED SCHOLARSHIP MINDSET





SCHOLARSHIP MINDSET

Watch Victoria Lamar's interview with Greenhouse Scholars.

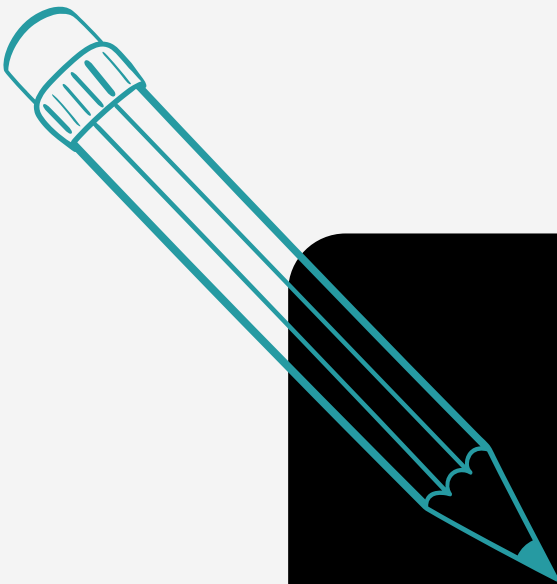


SCHOLARSHIP EMOTION STATIONS

We will explore how emotions influence your scholarship decisions — and which SEL skills help you stay on track.

For each scenario, move to the EMO Station in the room that best describes how you would feel.





SCHOLARSHIP EMOTION STATIONS

SCENARIO #1

You open a scholarship application and realize it requires a personal essay. You don't feel your writing is strong, and wonder if your story is 'good enough' to compete.



LESSON: PART ONE



TALK ABOUT IT

SCHOLARSHIP EMOTION STATIONS

DISCUSSION QUESTIONS

- Which emotion did you choose?
- What thoughts show up for you based on this scenario?
- What skills could you use to manage this situation better?
- Who could you reach out to for assistance?





SCHOLARSHIP EMOTION STATIONS

SCENARIO #2

You find a scholarship for showing leadership worth \$10,000 with an upcoming deadline. You are active in several clubs, but unsure what your leadership skills are.



LESSON: PART ONE



TALK ABOUT IT

SCHOLARSHIP EMOTION STATIONS

DISCUSSION QUESTIONS

- Which emotion did you choose?
- What thoughts show up for you based on this scenario?
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SCHOLARSHIP EMOTION STATIONS



SCENARIO #3

You're juggling school, activities, and family responsibilities...and you have 7 scholarship applications saved but don't know where to start.





SCHOLARSHIP EMOTION STATIONS

DISCUSSION QUESTIONS

- Which emotion did you choose?
- What thoughts show up for you based on this scenario?
- What skills could you use to manage this situation better?
- Who could you reach out to for assistance?



SCHOLARSHIP EMOTION STATIONS



SCENARIO #4

You just received feedback from a teacher on your scholarship essay. She recommended that you revise your essay to highlight your leadership skills.



LESSON: PART ONE



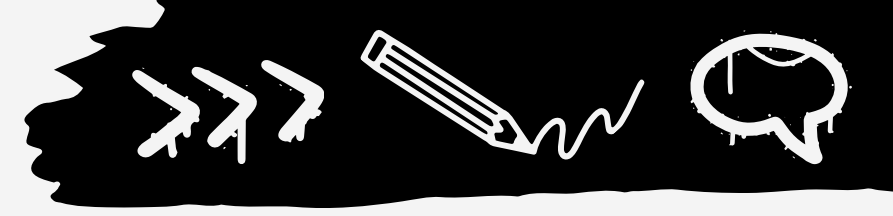
TALK ABOUT IT

SCHOLARSHIP EMOTION STATIONS

DISCUSSION QUESTIONS

- Which emotion did you choose?
- What thoughts show up for you based on this scenario?
- What skills could you use to manage this situation better?
- Who could you reach out to for assistance?





LESSON PART TWO

BREATHE AND REFRAME



BOX BREATHING

Use this anytime you feel stressed about scholarships or decisions.

- Inhale 4 sec — arms up
- Hold 4 sec — arms stay up
- Exhale 4 sec — arms down
- Hold 4 sec — arms relaxed



LESSON: PART TWO



REFRAME THAT!

DIRECTIONS

- 1) Independently read the challenges and reframe them into positive statements.
- 2) Turn to a partner and share your reframed statement.
- 3) Share your reframed statement with the class.

CHALLENGES

- "I didn't win the scholarship I wanted."
- "This application looks too long."
- "I feel behind compared to other students."
- "I don't know where to start."



LESSON: PART TWO



TALK ABOUT IT

REFRAME THAT!

I DIDN'T WIN THE SCHOLARSHIP I WANTED.

- "There are more opportunities."
- "This helped me practice for the next one."



LESSON: PART TWO



TALK ABOUT IT

REFRAME THAT!

THIS APPLICATION LOOKS TOO LONG.

- "I can break it into smaller steps."
- "Doing a little each day makes it manageable."



LESSON: PART TWO



TALK ABOUT IT

REFRAME THAT!

I FEEL BEHIND COMPARED TO OTHER STUDENTS.

- “Everyone’s timeline is different.”
- “One small step today is still progress.”



LESSON: PART TWO



TALK ABOUT IT

REFRAME THAT!

I DON'T KNOW WHERE TO START.

- "I can ask someone for guidance."
- "Starting with the easiest step builds momentum."



LESSON: PART TWO



TALK ABOUT IT

REFRAME THAT!

REMiNDER

There's no perfect reframe —
Trying is what builds resilience.





LESSON PART THREE

QUICK TIPS



Complete the KWL chart by sharing what you’ve learned about scholarships today.

LEARNED



LESSON: PART THREE



TALK ABOUT IT



SCHOLARSHIP TIPS

ASK FOR HELP EARLY.

Set up quick check-ins about deadlines or applications. Ask teachers and counselors about their college experience.

✳ **SEL Link: Self-Management** — planning and staying organized.



LESSON: PART THREE



TALK ABOUT IT



SCHOLARSHIP TIPS

SHARE YOUR GOALS.

Tell teachers/counselors what majors or careers you're interested in. They can tell you about colleges that focus on those careers.

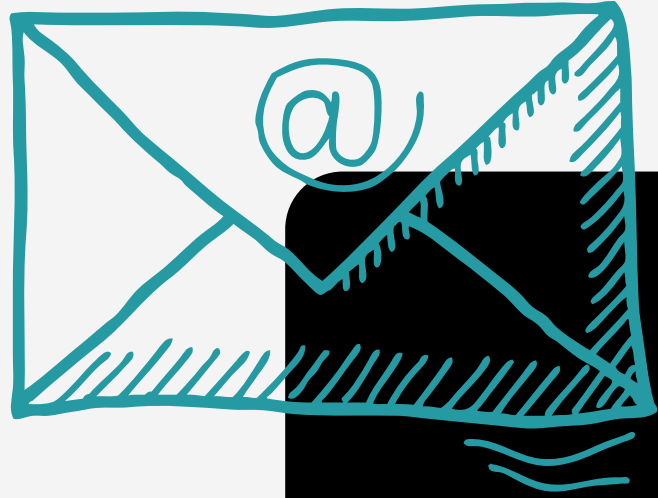
✴ **SEL Link: Self-Awareness** — knowing your strengths and direction.



LESSON: PART THREE



TALK ABOUT IT



SCHOLARSHIP TIPS

FOLLOW UP RESPECTFULLY.

Check in about next steps or missing pieces.

 **SEL Link: Relationship Skills** — clear communication and self-advocacy.



LESSON: PART THREE



SCHOLARSHIP TIPS

Complete your exit ticket to share which scholarship tip you will use and how.

