



UNIVERSITY CONSULTANTS OF AMERICA

WHAT TO EXPECT

STUDENT/FAMILY SUPPORT (G&D PROTOCOL)

Although the American university admissions season coincides with the first semester of grade 12, UCA assists students and families as early as grade 9 through our unique Growth and Development (G&D) Protocol.

Through years of experience, UCA has learned that success in admissions, college, and beyond is dependent upon a person's maturity. We want young people to gain "traction" as early as possible so that they can step confidently and jump higher in their young lives. Of course, each student is different. Some are natural high achievers, others struggle in the high school environment, and others have physical, mental processing, or other challenges that could benefit from proper attention, the kind that addresses issues but also inspires young minds.

UCA's G&D Protocol creates a partnership based on trust between our educational professionals, our students, and their families. We begin by evaluating what is going right and what is going wrong in school as well as issues identified at home. Then, with a goal of developing the most proactive and responsible person possible, we create a personalized plan for each client involving not only the student, but parents as well.

UCA has identified issues and areas to be addressed depending on client needs, including but not limited to:

- *The Parent/Student relationship: respective roles*
- *Improved Communication: better questions and more constructive responses*
- *How to Evolve Parenting throughout High School: from managers to facilitators and role models*
- *Sharing the same goals*
- *Treating students like adults*
- *Prioritizing parent tasks*
- *Course selection*
- *Hidden Academic Issues: time management, independence, using teachers as resources*
- *Evaluation of Long-Term activities*
- *Extracurriculars: participation, "sprinting," perseverance, creativity, pursuing individual passions*
- *Originality and Strategy in Activities*
- *Best Practices for Test Preparation*
- *Techniques to Alleviate Testing Anxiety*
- *Summer Planning and Time Management*
- *Emphasizing physical and mental health*
- *Dealing with Emotional Issues*
- *Personal Assessment: is "failure" winning or losing?*
- *Balance: awareness, personal responsibility, self-respect and self-criticism*
- *Issue spotting, identifying barriers, problem solving, decision making, execution, and "lessons learned"*
- *Encouraging individuality, aspirational thoughts, and follow-through*
- *Proper mental perspectives: effort vs. results; stress management*
- *Balancing individual and group goals*
- *Social issues: cliques and peer pressure*
- *The value of chores and independent living*

Each client is different, and UCA treats our students and families individually, personally, and respectfully. With UCA's expertise and experience, you can achieve the best possible result: a happy, productive young adult.