

Session 7
Financing A College Education

Goals

- To dispel the myths that prevents students from making college a choice after high school.
- To assist students in determining different types of financial aid.

Materials

Activity 1
Activity 2
Activity 4
Worksheet 1
Worksheet 2
Worksheet 3

Procedure

Greet the students. Wait until the students are seated and quiet. Briefly describe the goals of today's lesson. Reintroduce yourself to the students if necessary. Ask for a volunteer to review the lesson from the last meeting.

Script

Did you know that, according to U.S. Census Bureau statistics, people with a bachelor's degree earn nearly twice as much on average than those with only a high school diploma? Over a lifetime, the gap in earning potential between a high school diploma and an undergraduate degree (or higher) is more than \$1,000,000. In other words, whatever sacrifices you make for a college education in the short term are more than repaid in the long term.

This session is devoted to information regarding financing a college education. It is true – college is in reach of each student. Getting the right information is very important.

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Activity 1:

Literally billions of dollars in financial aid are available to those who need help paying for college. Write 3 roadblocks that would prohibit you from going to college. Give the students 10 minutes to really think about and list their roadblocks to a college education. Then pass out Worksheet #1. Have the students read and discuss the roadblocks found on Worksheet #1.

Activity 2: Rising College Prices

It is important to obtain accurate information regarding college financing. Be sure to make informed decisions regarding your college education. Let's see how well you do on this short true/false quiz. Read each statement and determine whether or not it is true or false. Indicate your answer in the space provided.

Activity 3: Quote

“Failure to plan is planning for failure.”

Anonymous

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Activity 4: Nontraditional Ways of Financing A College Education

There are many options available to college bound students. You might have to be creative when it comes to accomplishing your goal of getting a college education. Consider the options listed on Worksheet #3. Write a quick essay about which nontraditional way of financing a college education appeals the most to you.

Activity 5: Virginia Hero

John Marshall (September 24, 1755 – July 6, 1835) was an American statesman and jurist who shaped American constitutional law and made the Supreme Court a center of power. Marshall was the fourth Chief Justice of the United States, serving from February 4, 1801 until his death in 1835. He served in the United States House of Representatives from March 4, 1799 to June 7, 1800, and, under President John Adams, was Secretary of State from June 6, 1800 to March 4, 1801. Marshall was a native of the Commonwealth of Virginia and a leader of the Federalist Party.

The longest serving Chief Justice in Supreme Court history, Marshall dominated the Court for over three decades and played a significant role in the development of the American legal system. Most notably, he established that the courts are entitled to exercise judicial review, the power to strike down laws that violate the Constitution. Thus, Marshall has been credited with cementing the position of the judiciary as an independent and influential branch of government. Furthermore, Marshall made several important decisions relating to Federalism, shaping the balance of power between the federal government and the states during the early years of the republic. In particular, he repeatedly confirmed the supremacy of federal law over state law, and supported an expansive reading of the enumerated powers.

Marshall's home in Richmond, Virginia, has been preserved by APVA Preservation Virginia. Marshall loved his home in Richmond, Virginia and spent as much time there as possible in quiet contentment. For approximately three months each year, however, he would be away in Washington for the Court's annual term; he would also be away for several weeks to serve on the circuit court in Raleigh, North Carolina.

John Marshall's birthplace in Fauquier County is a park, the John Marshall Birthplace Park, and a marker can be seen on Route 28 noting this event. Fauquier County is also part of the John Marshall Soil and Water Conservation District which was named in his honor. Four law schools today bear his name: The Marshall-Wythe School of Law at the College of William and Mary in Williamsburg, Virginia; The Cleveland-Marshall College of Law in Cleveland, Ohio; John Marshall Law School in Atlanta, Georgia; and, The John Marshall Law School in Chicago, Illinois.

Marshall University in Huntington, WV, is named for John Marshall. It was founded in 1837 as the private Marshall Academy, a secondary school or high school, under the control of the Southern Methodist Church. It was renamed Marshall College in 1857; however, the majority of its offerings remained below the college level. The church lost control of the college and it became a state institution in 1867. It was renamed Marshall University in 1961, although it had been accredited as a university-level institution since 1938. The university is currently trying to bring a law school to the Huntington campus.

Activity 6: Teen Health and Safety

I Think My Friend May Have an Eating Disorder. What Should I Do?

In our image-obsessed culture, lots of teens (and adults, for that matter) are critical of their bodies. Many diet or exercise to try to change how they look. But normal concerns about body image cross the line and become eating disorders when a person starts to do things that are physically and emotionally dangerous - things that could have long-term health consequences.

Some people go on starvation diets and become anorexic, and others go on eating binges and then purge their bodies of the food they've just eaten through forced vomiting, compulsive exercise, taking laxatives, or a combination of these.

Although eating disorders like anorexia and bulimia are far more common in girls, guys can get them, too. So how do you know if a friend has an eating disorder? It can be hard to tell - after all, someone who's lost a lot of weight or feels constantly tired may have another type of health condition.

Being a supportive friend also means learning how to behave around someone with an eating disorder. Here are some things you can do to support a friend who is battling an eating problem:

- Avoid talking about food.
- Avoid being overly watchful of your friend's eating habits, food amounts, and choices.
- Avoid making statements like, "If you'd just eat or stop exercising, you'll get better."
- Avoid reinforcing the idea that this is all about your friend's physical appearance.

Most importantly, remind your friend that you care - no matter how he or she looks.