

VSAC's career & education wellness program

course offerings

for employees

Careers

This workshop focuses on career and training programs, as well as opportunities for young adults who have determined that a four-year college is not right for them at this time. What is available to students to enable them to join an ever-changing work force, and how do they go about finding programs? Join this training to gather information and make a connection to VSAC resources in your area of Vermont.

College (four-part series)

This four-part series provides an overview of how to choose a college, including a discussion of cost, understanding the admissions process for college, and an introduction to the “gap year” and other volunteer experiences. Learn the role of parents once a child is attending college and how best to provide support when challenges occur, and find out how you and your child(ren) can use resources on the college campus.

Part 1: The Right Fit

This session focuses on how to find the right fit when looking for a college. We will delve into the questions you should ask and where to find answers in choosing an institution or program that will prepare your young person for life.

Part 2: The Application Process

Learn about the application process for college: What should my child(ren) be doing, and when should they be doing it? You will walk away with specific conversations to have with your child(ren), as well as an action list that includes deadlines.

Part 3: Gap Year and Volunteer Experiences

Have you heard, “Malia Obama is doing a gap year”? This session explains what a gap year is and reviews the various volunteer and job experiences that are available to college students. Participants will leave with resources and information that will support them in deciding what type of experience is right for their child(ren).

Part 4: What is My Role (Now That My Student Is in College)?

This workshop provides suggestions and tips on supporting your young adult in their new adventure as a college student without being a “helicopter” parent. You will learn what the role of a new college parent looks like and where to access support for you and your young adult.

In some cases, one-to-one counseling sessions, to address individual needs can be made available with the program.

To learn more:

Contact the VSAC career & education wellness program:

E-mail: cew@vsac.org

Phone: (802) 654-3786

Course offerings will strengthen your workforce by supporting employees in expanding the skills they bring to work every day, inclusive of a career plan, financial aid options, and repayment information.

Professional Growth

In this workshop, you will uncover a process to better understand your own strengths and weaknesses and to build a proactive professional development plan that includes goals, milestones, and practical and meaningful education that will have a real impact on your current job and the organization.

Career Planning

The emphasis of this workshop is to explore career enhancement and advancement options. You will use tools to discover learning strengths and styles, as well as pathways to increase your skills. Participants will research various education offerings, including colleges in Vermont, local training and certificate programs, and online learning options. You will also learn how to enroll in a high school completion program or research short-term training programs.

Financial Aid

Explore options to pay for continued education or a degree. This workshop covers full-time and part-time enrollment, how to obtain an FSA ID and complete the necessary financial aid applications, and how to open a *myVSAC* account and use it. You will also learn about the VSAC non-degree grant and how to apply for it.

Student Loan Repayment

Do you have either federal or private student loan debt? This workshop will introduce the various options for debt repayment, including lowering your interest rate, income-based repayment plans, consolidation, and loan forgiveness. Participants will leave this workshop with contact information and a clear plan to tackle student debt. As follow-up to this workshop, individual “counseling” sessions are available upon request to address individual circumstances.



Vermont Student
Assistance Corporation

10 East Allen Street,
PO Box 2000
Winooski, VT 05404
Toll-free **800-642-3177**
In the Burlington area **655-9602**

Online at www.vvac.org
E-mail us at cew@vsac.org



for employees' children & families

Navigating the Vermont Public School System (a four-part series)

This four-part series delves in to how school systems work and offers practical suggestions for ways you can support and advocate for your children as they progress through the K–12 system in Vermont.

Part 1: Navigating the School System: Common Core

This session provides an overview of Common Core. You will experience sample math and ELA (English Language Arts) lessons, and see the connection between Common Core Standards and what your children are learning in school.

Part 2: Navigating the School System: Personal Learning Plans

This session offers an overview of PLPs, which began being implemented in the fall of 2015. You will learn what PLPs are and why they are used, and will gain an understanding of the role you play in developing a PLP for your child(ren).

Part 3: Navigating the School System: Vermont Act 77-Flexible Pathways

There are four main components of Flexible Pathways, and this workshop provides an understanding of all four: dual enrollment, early college, work-based learning, and the role of PLPs in developing these paths for your child(ren).

Part 4: Navigating the School System: Proficiency-Based Learning and Diplomas

What does being “career and college ready” mean in terms of students graduating and transitioning to living independent and successful lives? In this workshop, proficiency-based learning and requirements for graduation are explained.

Guiding Your Child(ren) from Birth through High School (four-part series)

This four-part series concentrates on the different developmental stages of children from pre-school to high school. We will explore transitioning from one stage of education to another; and you will leave with tips, strategies, conversation starters, and practical information to support you and your child(ren) in this important journey.

Part 1: From Birth to Pre-School

With the current expectations put on young children entering the public school system, how do you support children in just being kids and yet still get them ready for school? This workshop will provide an overview of pre-school and kindergarten readiness, along with fun, easy ways to support your child(ren) by cultivating a love of learning.

Part 2: Elementary School

In this session, you will learn strategies, tips, and activities to use with your elementary school children to promote learning and help prepare them for middle school.

Part 3: Middle School

This session focuses on strategies for supporting middle schoolers in being successful in school, and how can you make sure your child is prepared for the transition to high school. You will leave the workshop with ideas and activities to use with your middle schooler.

Part 4: High School

This workshop focuses on the complex task of communicating with and supporting your child(ren) in high school. You will learn strategies to identify the goals you and your child(ren) have and will leave with tools to embark on partnering with your teenager for a successful high-school experience.

Testing

The focus of this workshop is to demystify standardized testing: What do the acronyms mean, and what is being tested? What are the SBAC, SAT, and ACT? How can my child(ren) prepare for testing? How do I interpret the scores, identify next steps, and support my child(ren) in those steps?

Helping My Student Find His/Her Path

Discover strategies to help your son or daughter find their interests and potential career path. Explore tools for starting conversations with your child(ren) about interests and passions.

Paying for College (four-part series)

This four-part series offers an introduction to paying for college, setting up a FAFSA account, and completing the federal application, as well as how to understand financial aid award letters.

Part 1: Saving for College or Training after High School

Come to this session to learn about 529 college savings plans and to understand why it is a misconception that it will hurt you to save for college. This session also covers the difference between “net price” and “sticker price” of college.

Part 2: Types of Financial Aid

In this session, you will explore grants, loans, merit aid, and scholarships, and will leave with necessary information to support your child(ren) in building the financial resources to attend college.

Part 3: The Free Application for Federal Student Aid (FAFSA)

The FAFSA is the primary starting point for financial aid. We will train you to set up a FAFSA account, to understand how to complete the FAFSA, and to keep track of college application deadlines.

Part 4: Understanding Award Letters

How do you read an award letter? In this workshop, you will learn about online tools to utilize with your child(ren) to compare financial aid award letters and make an informed choice regarding college offers.

Course offerings are designed specifically to address the needs of employees with children in Vermont school systems and to provide support through career and college planning, enrollment, and success.