

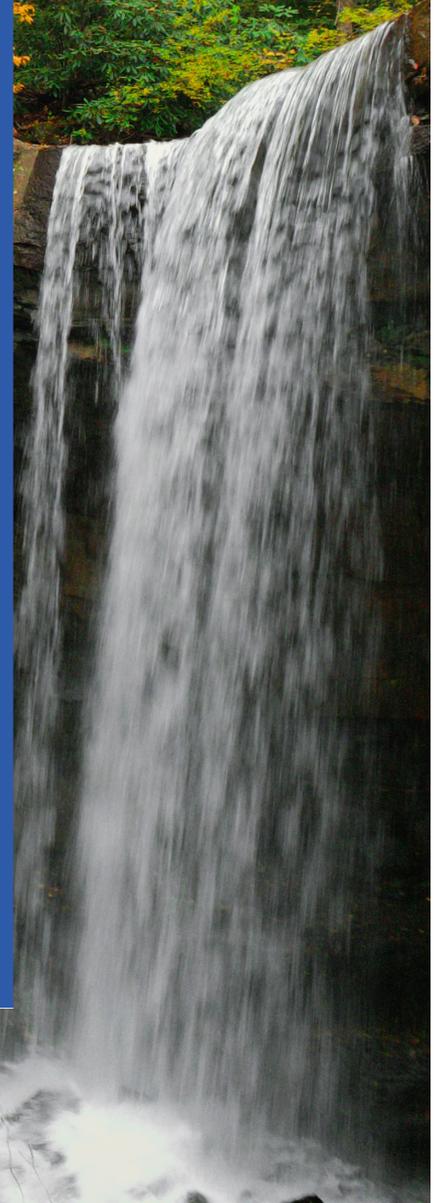
INSPIRED
PATHWAYS



Fall Newsletter

INSIDE / SEPTEMBER 2022

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Tidewater Community College Partners with Hormel Inspired Pathways

BY: ETHAN WATTERS

This Fall will see the beginning of a collaboration between Hormel Foods and Tidewater Community College on the Southern Coast of Virginia. Aiden Estrada is the first child of a Hormel Foods employee to attend Tidewater with tuition fully paid by the Hormel Inspired Pathways program. Given the enthusiasm from the college's staff and administrators, he will be the first of many.

Naima G. Ford, who is the public relations and marketing director for the college, also sees the program as unique. "There are companies that will give matching financial support to employees for continuing education," she says, "but the way Hormel is looking ahead to the next generation shows that you are really investing in the community for the long term."



Misty Lyon, Dean of Enrollment Management at Tidewater Community College

That long-term perspective comes naturally to the staff of the Planters Suffolk, Va., plant (Planters is owned by Hormel Foods). The company has employed tens of thousands of local residents since its founding in 1906. Those families live in the greater Norfolk, VA area where Tidewater has its four campuses.

"This is an exciting partnership," says Naima. "This shows

community college stay within the area. The investment goes beyond covering the tuition for one student; it's a deeper investment into the future prosperity of the community and its future workforce.

The barriers to getting an advanced certificate or a college degree can go beyond financial. Sometimes the opportunity just doesn't get communicated to the parents or they have difficulty filling out the forms and wading through other bureaucratic requirements. Many Planters team members are first- or second-generation immigrants to America. Some of their children arrived in the U.S. not speaking English as a first language. Hormel Foods founded the Inspired Pathways program to be the one-stop-shop for all their college advising needs and questions.

"Families may be supportive but they just don't know how to work through the system," says Lyon. "What makes Inspired Pathways special is their willingness to help families through the process and to provide answers when they have questions."

"I personally haven't worked with other companies that have put this much support behind education," says Misty Lyon, dean of enrollment management at Tidewater. "Extending these opportunities to the children of employees is unique in my experience."

that Hormel and its Planters brand are investing in the local community and in the future. It shows that they believe in making positive changes in the places where their employees live and work. That's a huge deal."

According to Naima, over 60% of Tidewater's graduates who finish

“I personally haven't worked with other companies that have put this much support behind education.”

Misty Lyon

Dean of Enrollment Management
Tidewater Community College

The mission of community colleges is more important than ever. Covid set back the education of many young people. Both reading and math scores have dropped for a whole generation.

The cost of four-year college degrees doubled in a single generation. There are currently 150 private colleges that

60%

of Tidewater's graduates stay in the area

charge \$50,000 per year in tuition and that is before living expenses are added in. Inflation is only likely to put the cost further out of reach for many families. In contrast, a year's classes at Tidewater currently cost a little over \$5,000. But even that price keeps higher education out of reach for many students.

According to Lyon and Ford, grants like Inspired Pathways have an impact that goes beyond simply removing some financial burdens on students and their families. Knowing that your parents' employer is funding your education gives students a sense of belonging, that they have a whole community of people rooting for them and expecting good results.

"A grant from Inspired Pathways brings with it a sense of pride and connection to your parents and the people they work with, which is going to be motivating," says Ford. "I think we will see that those with this sort of support will be more likely to complete a certificate or a degree program."

Lyon agrees. "Family support is often critical for people to complete their education. This program adds to that support. It removes a financial burden but it also increases the sense of pride that their parents worked for a company that provided this type of benefit."

The College Essay

College essays are one of the most important parts of your four-year college application. While your transcripts, activities, and recommendations allow schools to understand what you did and how successful you were in high school, the essays are designed to give you the opportunity to discuss your goals, passions and achievements, allowing the college admissions committee to understand the type of person they'll be admitting with hopes that you'll join their community.

These college essays differ from those written for an English or history class. The focus of these essays will solely be on you, your experiences, why you took the actions you did. The colleges will specifically look for times that you took initiative, and they will want you to discuss why you took the steps you did and what impact the experience as a whole had on you and those around you.

These essays can have a massive impact on whether you are admitted to the colleges you are applying to, so it's important to start early and make sure you are providing the information they are looking for in the way they have asked you to present it.



Tidewater Community College Campus in Chesapeake, VA

750+

STUDENTS & PARENTS HELPED BY INSPIRED PATHWAYS

Through advising and scholarships.



475+

ONE-ON-ONE ADVISING
SESSION PARTICIPANTS

275

INSPIRED PATHWAYS
SCHOLARSHIPS ACCEPTED

226

INSPIRED PATHWAYS STUDENTS
CURRENTLY IN COLLEGE

109

STUDENTS STARTED COLLEGE
THIS SEMESTER (FALL 2022)



62

COLLEGES WITH AT LEAST ONE
INSPIRED PATHWAYS STUDENT

85%

HORMEL INSPIRED PATHWAYS
Retention Rate

51%

U.S. NATIONAL AVERAGE
Retention Rate



17

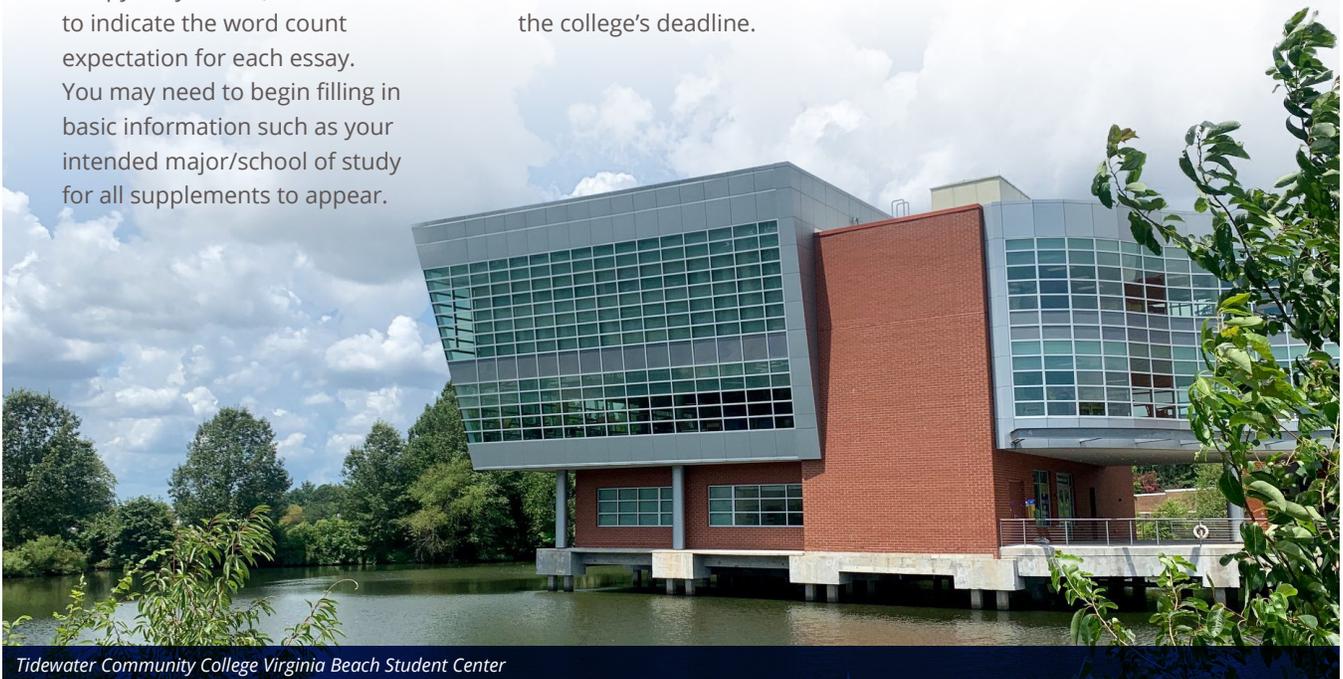
STATES INSPIRED PATHWAYS
STUDENTS ARE STUDYING IN

Applying to College

Four-year Colleges. As you begin fall of senior year, it is important to get started on your four-year college applications. These applications have a number of components and can take some time to complete. The vast majority of colleges — with a notable exception being the University of California schools — have two deadlines: the first around November 1st and the second in January.

- Set up your Common App account. This is the account you use to apply to four-year colleges, community colleges can be applied to through their school's website.
- Complete your Common App essay. This essay will go to all four-year colleges. The essay is 650 words long and the questions can be found by Googling "Common App Prompts."
- Look for each school's supplemental essay(s) in the Common App and cut and paste them into the application supplement schedule (make a copy for yourself). Be sure to indicate the word count expectation for each essay. You may need to begin filling in basic information such as your intended major/school of study for all supplements to appear.
- Complete the activities and honors worksheet. This follows the structure of the Common Application, so it makes it very easy for you to copy/paste your information from this worksheet into the application. This also provides examples of well-written activity descriptions.
- Finally, you must individually submit each of your applications to the colleges. Once you've finished filling out a college's section on the common application, it will ask you to "Review and Submit." This is the final step.
- Admissions decisions usually take about six weeks to arrive after the college's deadline.

Community Colleges on the other hand operate on a rolling basis, so you're able to apply any time between now and the end of your senior year in high school, although we strongly advise that you take care of this by April so that there aren't any issues when it comes to applying your financial aid or scholarships. To apply to community college, you must go to that college's website, find Admissions, and fill out the application they have posted on their website. As long as you have graduated from high school or received a GED, you will be admitted.



Tidewater Community College Virginia Beach Student Center

Study Smarter Not Harder

This guide is meant to help you develop the type of study skills and habits that will allow you to be successful in college.

BY: NATE LOCKETT

The study skills needed for college are different from those required to be successful in high school. The professors are less involved with individual students than teachers, classes are larger, and there are fewer assignments so each carries much more weight.

Reading Is Not Enough

Reading and re-reading texts alone is not studying. Think of reading as an important part of pre-studying, while learning requires actively engaging with the material. Active studying does not mean highlighting or underlining text, re-reading or rote memorization, it is using the material in your own way.

Ideas for active studying include:

- Create a study guide by topic. Formulate questions and problems and write complete answers. Create your own quiz.
- Become a teacher. Say the information aloud in your own words as if you are the instructor and teaching the concepts to a class.
- Derive examples that relate to your own experiences.
- Develop symbols that represent concepts.
- For non-technical classes (e.g., English, History, Psychology), figure out the big ideas so you can explain, contrast and re-evaluate them.

- For technical classes, work the problems and explain the steps and why they work.
- Study in terms of question, evidence and conclusion: What is the question posed by the instructor/author? What is the evidence that they present? What is the conclusion?

Get Organized

Organization is key to being successful in college. There will be no teachers reminding you of your assignments. You'll want to collect all your syllabi and create a semester-long plan that indicates when each assignment is due and how long you will need to complete it. You can do the same with materials before a test. Make sure you gather and organize the test materials as outlined in the syllabus so you know exactly what needs to be studied prior to the test.

Don't Procrastinate

In college many of the assignments will all be due around the same time, often in the middle and the end of the semester. The most effective practice is to work a short time on each class every day. The total amount of time needed to learn the material will be less than if you do a couple all-night cramming sessions right before the test. The important thing is how you use your study time, not how long you study.

So, it is critical that you're organized and have a study plan. Having a consistent time and place where you know

you'll be working each day will help you stay on top of your assignments, keep the amount of work manageable, and greatly reduce your stress. A couple dedicated hours of time in the library each day should be all you need to easily stay on top of your work. Remember, in college you'll likely be spending only three or so hours a day in the classroom, and professors expect you to spend an equal amount of time studying outside of it.

In addition to learning the material better, spacing out your work and having a consistent schedule helps you stay mentally fresh and keeps procrastination at bay.

Find a Study Spot That Works for You

The silence of a library may work for some, but not all. Some students do best in an environment like the dining hall or student union where the background noise helps them concentrate. Because of this, one of the most important things you need to do as a college student is identify *HOW* and *WHERE* you study best.

This may change based on the type of work you're doing. Maybe you remember what you're reading better in a quiet environment, while you have an easier time with math equations when you have the opportunity to take a break and interact with friends between each problem. Whatever the case may be, it is important that you're honest with yourself and figure out what works best for you personally.

Multitasking Is Not Effective

Almost all research indicates that multi-tasking does not help and may actually hinder study.

With proper organization and a dedicated time to study each day, you will provide yourself ample time to work on one thing at a time. It is important to use this time wisely, because social media, web browsing, game playing, texting, etc., will affect the quality of your studying. So, put the phone away and if you need to, disconnect your computer from Wi-Fi so you can focus solely on what you're working on.

40%

The amount multitasking has been shown to reduce productivity in some studies

Take Breaks, but Make Sure They're at the Right Time.

Easy weeks on your syllabi often seem like a cause for celebration, but this is most likely the calm before the storm of tests and project due dates. Instead of taking easy weeks easy, use them to get ahead. That way you'll be able to sit back and relax with little or no pressure as your classmates scramble through all-nighters trying to simultaneously study and complete that 20-page research paper they should have started a month ago.

Become a Teacher

It's long been known that teaching materials helps you learn it better. You can do this in a study group, with a study partner or on your own. Saying the material aloud and in your own words will point out what you don't understand and will help you retain the information that you do.

Creating your own examples and making connections between concepts (just as a teacher does) is one of the best ways to actively engage with the material. Instead of just reading it, you'll be figuring out how it can be broken down into simple, easy to grasp components in words that you understand.

Creating a test for yourself will help you think like your professors. Make study guides and think of ways questions could be asked about the material. Identify the questions that you don't know and quiz yourself on only those questions. By doing this, you'll feel confident opening up your test booklet because there won't be anything unexpected.

College Price Tags Don't Tell the Whole Story

It is no secret that the cost of four-year colleges has skyrocketed over the last decades. Many of the most selective private schools now have a cost-of-attendance over \$70,000, more than double the average full-time salary within the United States. Because of this, many students and families have all but given up on the idea of attending one of these colleges, even if the student is academically qualified.

Fortunately, some of the very best colleges and universities in the country are aware of this issue and have made a commitment to make their college affordable for any student capable of gaining admission. These schools, known as "Full-Need Met" colleges, are now telling students, "If you can get in, we guarantee that we will make sure you can afford to attend."

Each year more of the top colleges join this group, and now nearly 100 colleges and universities across the nation make this promise. Grinnell, Carleton, Macalester and all of the Ivy League universities guarantee they will work with families to ensure their school is affordable.

Importantly, unlike many public universities and community colleges that have different tuition rates for in-state and out-of-state students, Full-Need Met colleges don't make this distinction. It doesn't matter if you live down the street or across the country from your dream school. If you get accepted, you'll receive the same great financial aid package.

The Rest of Your Year At a Glance

There's a lot for high school Juniors, seniors and college freshmen to keep track of on their college journeys. The Hormel Inspired Pathways team has put together some important dates and milestones to help make it all a little easier this fall.

SEPTEMBER

REMINDERS: FAFSA opens October 1 so start preparing now. Students should also be asking for letters of recommendation and can meet with counselors for one-on-one advice.

September 28

WEBINAR: 5:00 p.m. CDT — How to Write College Essays

Join us as we discuss what colleges look for in essays, how to structure them, and how to choose the best topics.

OCTOBER

October 01

FAFSA is open.

The Next SAT Test is available for students to take if they signed up in September.

WEBINAR: 10:00 a.m. CDT — Open Session

Any and all questions are welcome! The Inspired Pathways program director will be available.

October 05

WEBINAR: 5:00 p.m. CDT — Building a Great College List

As the school year is set to begin in the coming weeks, now is the perfect time for students to begin formulating a list of schools they want. Join us for a discussion on how students can choose the right colleges to apply to that will give them the best shot of admissions and strong financial aid packages.

October 12

WEBINAR: 5:00 p.m. CDT — Financial Aid and Scholarship

Learn about all the college funding options available and how to access them, including FAFSA, the CSS Profile, scholarships, grants, loans and work-study.

October 15

Early Action applications are starting today until November 15.

October 19

WEBINAR: 5:00 p.m. CDT — Introduction to Inspired Pathways

We'll discuss who qualifies for the scholarship, how to apply for it in five minutes or less, and getting support from our college advising team.

October 26

WEBINAR: 5:00 p.m. CDT — How to Write College Essays

Join us as we discuss what colleges look for in essays, how to structure these essays, and how to choose the best topics.

NOVEMBER

November 01

Four-year College students submit EA and ED Applications. Specific due dates vary by college. Most are due November 1 but they extend all the way to November 30th, so make sure to check.

November 02

WEBINAR: 5:00 p.m. CDT — Building a Great College List

As the school year is set to begin in the coming weeks, now is the perfect time for students to begin formulating a list of schools they want. Join us for a discussion on how students can choose the right colleges to apply to that will give them the best shot of admissions and strong financial aid packages.

November 09

WEBINAR: 5:00 p.m. CDT — Introduction to Inspired Pathways

We'll discuss who qualifies for the scholarship, how to apply for it in five minutes or less, and getting support from our college advising team.

November 16

WEBINAR: 5:00 p.m. CDT — Financial Aid and Scholarship

Learn about all the college funding options available and how to access them, including FAFSA, the CSS Profile, scholarships, grants, loans and work-study.

November 30

WEBINAR: 5:00 p.m. CDT — Building a Great College List

As the school year is set to begin in the coming weeks, now is the perfect time for students to begin formulating a list of schools they want to apply to. Join us for a discussion on how students can choose the right colleges that will give them the best shot of admissions and strong financial aid packages.

DECEMBER

December 07

WEBINAR: 5:00 p.m. CDT — How to Write College Essays

Join us as we discuss what colleges look for in essays, how to structure these essays, and how to choose the best topics.

December 14

WEBINAR: 5:00 p.m. CDT — Financial Aid and Scholarship

Learn about all the college funding options available and how to access them, including FAFSA, the CSS Profile, scholarships, grants, loans and work-study.

December 21

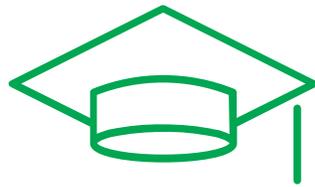
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Learn about all the college funding options available and how to access them, including FAFSA, the CSS Profile, scholarships, grants, loans and work-study.

December 28

WEBINAR: 5:00 p.m. CDT — Financial Aid and Scholarship

Learn about all the college funding options available and how to access them, including FAFSA, the CSS Profile, scholarships, grants, loans and work-study.



INSPIRED PATHWAYS

