

On Your Mark... Get Set... College!

Description: Does a high school diploma automatically mean you are ready for college? Conventional wisdom would say, “Yes!” But... not so fast, my friend. There are many facets to being ready for college that go well beyond the academic and social aspects. You need to prepare academically for sure, but what about your emotional preparation, your spiritual preparation, even your physical preparation. It’s all important. Whether you are headed to college in a few short weeks or in another year, this talk will prepare you.

Key Verses: Ephesians 5:15-16; 1 Peter 5:8

Prompt: Wear a tee-shirt from your favorite college. Share a story from your college experience about an embarrassing, enlightening, or challenging moment at college. And finish this line: If I could have done one thing different to prepare for college, it would be...

Play: Video of Dave Pacheco, “Ready, Set, College” buildmomentum.org/resources

Process: Select from the following questions to help students remember, rekindle and reengage.

- ⏪ **Read** Ephesians 5:15-16 and 1 Peter 5:8. **What are the common themes in these verses and how do they apply to preparing for college life?**
- ⏪ Review and explain the 8 tips “from a Professor’s Perspective” provided by Dave.

1. Show up	5. Learn a language
2. Introduce yourself	6. Stay healthy
3. Engage	7. Be social
4. Affiliate	8. Make the most of each day
- ⏪ **Which of the 8 tips sounds most helpful? Which of the tips sounds most difficult?** Explain.
- ⏪ One of the big challenges Dave highlighted was the need to say “No.” **Why is this so hard?**
- ⏪ According to people Dave interviewed, the newfound freedoms and friends in college are double-edged. **What are the blessings and curses of these newfound freedoms and friends?**
- ⏪ A strong peer group will help protect you against temptation in college. **What are the major temptations and trials you expect to face during college? How can your friends help?**
- ⏪ Dave relays this advice: “Don’t sweat the college choice” before explaining a biblical definition for God’s will. **What does the Bible spell out as God’s will? How is this different than we think?**
- ⏪ One of Dave’s friends says, “It’s okay to fail. It doesn’t make you worse than anyone else.” **What advice does he give for learning from our failures? How has God used your failures?**

Pray: Break students into groups and give them a few minutes to share their hopes and fears as they look toward life after high school. Have students read Proverbs 3:5-6. Encourage them to pray for one another, surrendering their plans for God’s plans. Remind them God will guide them.