



Application Express – August 2026

Course Information / Lesson Plan

Staff:

Workshop Leader: Sasha Addison

Workshop Assistant: Cassie Welch

Student Prerequisites:

Copy of current transcript/GPA

Baseline PSAT/SAT/ACT score – take free practice test if necessary

Draft resume/extracurricular activity list

Review essay brainstorming exercise

Personal Laptop

Outcomes Checklist:

Personal Statement Essay - Draft #1

Personal Statement Essay - Essay Draft #2

Preliminary college list

Majors of interest identified

Mock interview

Resume review

Plan to request Letters of Recommendation

SAT/ACT Strategy



Monday, August 3 - Day 1: 9:00 AM – 1:00 PM

Est. Time	Topic
9:00 AM	Welcome & Ice Breaker
9:15 AM	Review Syllabus & Outcomes
9:30 AM	College Research/List Building Workshop
10:30 AM	Break
10:45 AM	Common App Essay Workshop – Part 1: ● Review brainstorming exercise ● Review essay structure ● Begin writing Draft #1 (must use Google Docs)
12:45 PM	Day 1 Wrap-Up ● Final questions ● Preview Day 2 ● Complete Day 1 survey

Tuesday, August 4 - Day 2: 9:00 AM – 1:00 PM

Est. Time	Topic
9:00 AM	Welcome & Ice Breaker
9:15 AM	Common App Orientation – Part 1 ● Profile ● Family ● Education
10:00 AM	3 Steps to SAT & ACT Success
10:30AM	Break
10:45 AM	Resume Workshop



11:15 AM	Common App Orientation – Part 2 • Testing • Activities • Writing
12:00 PM	Common App Essay Workshop – Part 2 • Review Draft #1 comments/suggestions • Revise essay and develop Draft #2
12:45 PM	Day 2 Wrap-Up • Final questions • Preview Day 3 • Complete Day 2 survey



Wednesday, August 5 - Day 3: 9:00 AM – 1:00 PM

Est. Time	Topic
9:00 AM	Welcome & Ice Breaker
9:15 AM	Majors & Careers Workshop
9:45 AM	Letters of Recommendation Workshop
10:15 AM	Break
10:30 AM	Common App Orientation – Part 3 ● Colleges Tab & Institutional Applications ● FERPA & Recommenders
11:00 AM	Mock Interviews and Free Work Time
12:45 PM	Day 3 Wrap-Up ● Final questions ● Update outcomes checklist ● Complete Day 3 survey