

# What to Bring to Your First Session

Arrive prepared so your counselor can dive straight into strategy instead of gathering basic facts. Check off each item as you collect it.

## 1. Academic Records & Testing

- ☐ Unofficial high school transcript, from 9th grade through your current term
- ☐ Your upcoming senior-year course schedule
- ☐ Standardized test score reports: PSAT, SAT, and ACT
- ☐ Advanced Placement (AP) or International Baccalaureate (IB) exam results

**Applying test-optional?** Bring your scores anyway. They help your counselor decide whether scores will strengthen your application at specific schools.

## 2. Extracurricular Inventory

- ☐ A draft resume or list of activities, leadership positions, community service, summer programs, varsity athletics, part-time jobs, and significant family responsibilities
- ☐ Raw details for each: hours per week, weeks per year, titles held, and tangible outcomes

**No need to polish.** Raw details are what your counselor needs to spot your passions, themes, and any gaps in leadership or impact.

## 3. Family Preferences & Finances

- ☐ Discuss together first: geographic preferences, campus size, desired majors, and school culture
- ☐ Set clear financial guidelines: college costs, merit scholarship needs, and financial aid expectations
- ☐ A written list of your questions, concerns, and prioritized goals

# Your Prep Worksheet

Fill this in before your session and bring it with you.

## Activity Details (raw is fine)

| Activity & Title Held | Hrs/Week | Weeks/Year | Tangible Outcomes |
|-----------------------|----------|------------|-------------------|
|                       |          |            |                   |
|                       |          |            |                   |
|                       |          |            |                   |
|                       |          |            |                   |
|                       |          |            |                   |

## Family Priorities

| Topic                        | Our Answer |
|------------------------------|------------|
| Geographic preferences       |            |
| Campus size                  |            |
| Desired majors               |            |
| School culture               |            |
| Costs, merit & financial aid |            |

## Questions & Top Goals

| #  | Question, concern, or goal (most important first) |
|----|---------------------------------------------------|
| 1. |                                                   |
| 2. |                                                   |
| 3. |                                                   |

### Ready to get started?

Book a free 20-minute call with Ruchi S. Kothari and IvyBound Consulting.  
[calendly.com/ivyboundconsulting/20min](https://calendly.com/ivyboundconsulting/20min)