



Coaching Exercise: “Building Your Best Asset” Follow-Up

Begin your one-to-one meeting by checking in about how things are going. Revisit the goal you are working on. Have you made progress toward it? What can you do in the next two weeks to work on this goal? If you decide together to adjust the goal, make a note on the goal setting worksheet. You can also get a new copy of the goal-setting worksheet from the Program Lead if you need one.

This workshop was about higher education and professional development options and how to pay for them. As a follow-up to the workshop:

- Review the Postsecondary Planning Comparison Chart and discuss which options work best for you or your child
- Do you or your family members have any ideas of schools or majors/trades you're interested in? Check them out on <https://collegescorecard.ed.gov/>
- Review the federal loan process:
<https://collegemoneymatters.org/the-federal-loan-process/>
- What is a 529 plan?:
<https://www.savingforcollege.com/intro-to-529s/what-is-a-529-plan>
- Coverdell education savings accounts: How they work and where to get one:
<https://www.creditkarma.com/savings/i/education-savings-accounts>