

ISU Lecture Series

Forging Ahead: Resilience and Readiness for the Unknown.



Our Journey This Evening

- Introductions.
- 2. Reflecting on the road ahead.
- 3. Important steps when carving a path.
- 4. What's Important for...
 - a. Overall skill building
 - b. College Admissions
 - c. Scholarships and fee reductions
- 5. How to go to college without breaking the bank.
- 6. Alternative pathways.
- 7. Having the courage to meet what's unwritten.



Who are we?

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"Carve a path through the wilds you can see, and let the horizon keep its secrets. Bold steps now spark the courage to meet what's unwritten."

An original quote by *Grok.ai* inspired by the spirit of exploration, resilience, and a focus on preparation paired with fearless acceptance of an unknown future.



ACADEMICS—Achieving potential in terms of in-class grades and test scores.

IN-DEPTH LEARNING—Engage in learning beyond the classroom and in areas of interest through research papers, extended essays, personal projects, online coursework, self-assessments, super-curriculars, summer programs, and learning opportunities.

ENGLISH WRITING SKILLS—Enhance skills through journals, blogs, stories, music, debating, MUN, spoken word, improvisation, and drama. Students can develop their reflective, creative, and persuasive writing skills through engagement in English class.

SHOWCASING STORY—Develop a suitable resume and portfolio, engage on LinkedIn, prepare for interviews, and make sure that recommenders are capable of acting as strong advocates.

Carving a path through the wilds you can see

SUPPORTING OTHERS—Create positive relationships with peers, mentors, bosses, and teachers by being involved in activities both inside and outside of the classroom.

COLLEGE CONNECTIONS—Focus on institutions of interest, comprehend admission requirements, participate in virtual and in-person visits and sessions, view campus video tours, express interest, read fact sheets, engage with LinkedIn and with admissions departments, and interact with alumni.

PERSONAL DEVELOPMENT—Realize potential through participation in life both inside and outside of school, including clubs, activities, sports, music, theater, leadership roles, fine and performing arts, extra-curriculars and travel

Turn to the person to your **left** and discuss:

Which preparations are important for overall skill building and development?



ACADEMICS
IN-DEPTH LEARNING
ENGLISH WRITING SKILLS
COLLEGE CONNECTIONS
SHOWCASING STORY
SUPPORTING OTHERS
PERSONAL DEVELOPMENT



For <u>overall skill building</u>, <u>ALL</u> preparations are important.

ACADEMICS

IN-DEPTH LEARNING

ENGLISH WRITING SKILLS

COLLEGE CONNECTIONS

SHOWCASING STORY

SUPPORTING OTHERS

PERSONAL DEVELOPMENT



Turn to the person to your **right** and discuss:

Which preparations are important for college admissions?



ACADEMICS IN-DEPTH LEARNING ENGLISH WRITING SKILLS COLLEGE CONNECTIONS SHOWCASING STORY SUPPORTING OTHERS PERSONAL DEVELOPMENT



For college admissions, all preparations are important, but some are <u>MORE important</u> than others?

ACADEMICS	
IN-DEPTH LEARNING	
ENGLISH WRITING SKILLS	
COLLEGE CONNECTIONS	
SHOWCASING STORY	
SUPPORTING OTHERS	
PERSONAL DEVELOPMENT	

INTERNATIONAL

The importance of preparations is determined by <u>country-specific</u> application requirements.

KEY AREAS OF PREPAREDNESS		Overall Skill Building	AF	AU	SG	EU	UK	CA	us
	0 / 10 0 /	Danang							
_	Grade 12 Only	✓		~	~	~			
	Grade 10 & 12		/				/		
ACADEMICS	Grade 9 - 12							~	~
	Standardised Tests								
	Entrance Exams						\		
IN-DEI	PTH LEARNING	~		/	/	/	~	~	/
	WRITING			/	/	/	~	~	~
COLLEG	E CONNECTIONS	\checkmark						~	/
SH	OWCASING	~						/	~
SUPPO	RTING OTHERS	~							/
	Music	V					2		
	Competitions								
	Own Initiative								
PERSONAL	Sport / Dance								
DEVELOPMENT	Visual Arts								
	Work Experiences								~
	Software								
	Hobbies								
	Interest Clubs								
	Drama								



Turn to someone **new** and discuss:

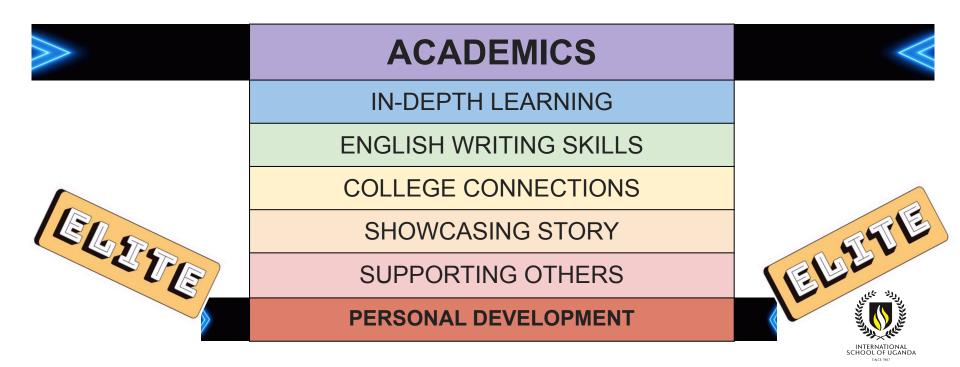
Which preparations are important for scholarships and fee reductions?



ACADEMICS
IN-DEPTH LEARNING
ENGLISH WRITING SKILLS
COLLEGE CONNECTIONS
SHOWCASING STORY
SUPPORTING OTHERS
PERSONAL DEVELOPMENT



For <u>scholarships</u> and <u>fee reductions</u>, all preparations are important, but some are <u>MORE important</u> than others?



How to go to college without breaking the bank.





Scholarships and Fee Reductions—Some Tips

1. Merit scholarships:

- a. Can be automatically awarded or might require an additional application.
- b. Criteria may include elite-level academics, high standardized test scores, or exceptional talents: elite-level (national-level) student-athletes and unique talents in art, music, or theater.

2. Need-based scholarships:

- a. Require parents to fill out additional forms disclosing their finances.
- b. Required documents include income tax returns, bank statements, financial investments, and the CSS profile and/or the FAFSA, based on the university.
- c. Colleges will consider how your child will enhance their institution before investing in them (Generally elite academics and/or elite talent)

3. Other Considerations

- a. Some scholarships are based on country of origin
- b. Some scholarships require students to apply by a certain date (research carefully).
- c. In many cases, if you don't indicate that you require financial assistance at the time of application, you will not be able to seek assistance later in the course.
- d. If you have questions, reach out to the university's financial aid office.
- e. Other affordability options
 - i. Apply to countries with cheaper tuition fees, e.g., the EU, Africa, Asia (Slides to come)
 - ii. Apply to universities with a generous track record (Slides to come)
 - iii. Attend community colleges in the US for the first two years, then transfer to a regular college/university for last 2 years
 - iv. Consider
 - 1. work/study options
 - 2. 2 + 2 programs (2 years in a more affordable country, then transfer)



Average College Costs / Country (2025 estimates)

Country	Average Tuition (USD/year)	Av Living Expenses (USD/year)	Total Costs (USD/year)	Notes/Sources: These are approximate mid-range figures, as costs vary by university, program, and city. "Tuition" refers to university fees; living expenses include accommodation, food, transportation, and related costs. All values are for a full academic year.	
United States America	32,000	15,000	47,000	High variation by state; public universities are lower for out-of-state.	
United Kingdom	30,000	15,000	45,000	London is significantly higher; it includes visa fees.	
Australia	20,000	20,000	40,000	Includes health insurance; Sydney/Melbourne has higher living costs.	
Canada	25,000	12,000	37,000	Varies by province; Ontario/Quebec are more affordable.	
Singapore	20,000	15,000	35,000	NUS/NTU range; includes mandatory health insurance.	
Hong Kong	20,000	15,000	35,000	HKU/CUHK fees; high urban density impacts costs.	
Denmark	13,000	17,000	30,000	Non-EU fees: Copenhagen is costly.	
Netherlands	12,000	13,000	25,000	Non-EU fees; Amsterdam is pricier.	
Switzerland	3,000	18,000	21,000	Public unis are low; Zurich/Geneva is very expensive.	
France	3,000	15,000	18,000	Public unis are low; Paris is expensive.	
Belgium	5,000	13,000	18,000	Public unis are low; Brussels has higher living.	
India	5,000	12,000	17,000	Public universities have lower costs; Delhi/Mumbai have higher living costs.	
Italy	1,800	15,000	16,800	Regional variations: Rome/Milan higher.	
Spain	1,700	14,000	15,700	Public universities are affordable; Madrid/Barcelona is higher.	
South Africa	4,000	10,000	14,000	UCT/Wits examples; Johannesburg/Cape Town variations.	
Hungary	5,000	8,000	13,000	Affordable overall; Budapest is the main hub.	
Germany	1,000	11,000	12,000	Mostly free at public uni + admin fees; a blocked account is required (~11k).	
Malaysia	5,000	6,000	11,000	Affordable public options; Kuala Lumpur is pricier.	
Kenya	3,500	6,000	9,500	University of Nairobi average; Nairobi living is dominant.	

* Data compiled from 2025 sources, including Mastersportal, **Education Data** Initiative, University Living, and country-specific reports like NUS/UCT sites. Exchange rates used: 1 EUR ≈ 1.08 USD. 1 SGD ≈ 0.74 USD, 1 ZAR ≈ 0.056 USD. 1 MYR ≈ 0.23 USD, 1 HKD ≈ 0.128 USD. 1 CHF ≈ 1.10 USD (as of Sep 2025). Always verify with official university sites for exact figures.



Institutions Offering HIGHEST Funding To ISU Students (Last 3 years)

University Name	Avg Scholarship Amount/Recipient (USD)		
US - Beloit College (8 offers)	\$176,000		
US - Augustana College (16 offers)	\$174,746		
US - Wheaton College, Massachusetts (2 offers)	\$172,000		
US - Goucher College (4 offers)	\$155,000		
US - Lycoming College (5 offers)	\$153,600		
US - Dickinson College (1 offer)	\$152,000		
US - College of Wooster (4 offers)	\$151,000		
US - Simpson College (2 offers)	\$144,000		
US - Hobart and William Smith Colleges (5 offers)	\$141,600		
US - Ohio University (1 offer)	\$140,000		



Institutions Offering MOST Offers of Funding To ISU Students (Last 3 years)

University Name	# of Scholarships	Avg Scholarship US\$
University of Mount Union (US)	40	\$41,263
Quinnipiac University (US)	23	\$137,333
Franklin University Switzerland (SW)	22	\$3,603
York College of Pennsylvania (US)	19	\$78,300
University of the West of England (UWE Bristol) (UK)	19	\$130,957
International College of Manitoba (CA)	19	\$21,750
Hollins University (US)	19	\$5,450
Washington College (US)	18	\$96,000
Missouri Southern State University (US)	16	\$130,105
Houston Christian University (US)	16	\$48,804



A Note Regarding Sports Scholarships in the USA... They are NOT easy!

To secure an NCAA sports scholarship, African students must achieve elite performer indicators, such as (see next slide):

- Sub-10.30 sec for 100m sprints (track),
- 20+ points per game (basketball),
- 5+ goals in top youth leagues (soccer),

Alongside:

- a 2.3+ GPA (4.0 scale) or average 4 5s in IB subjects
- international rankings (e.g., top-100 globally).

With only ~200 African recruits annually among ~25,000 international NCAA athletes, and scholarships covering just ~2% of millions of applicants, success requires:

- extraordinary talent,
- global visibility (e.g., African Championships medals),
- rigorous academic preparation

Note:

- scholarships prioritize domestic talent; internationals often get partial aid or walk-on status
- total African first-year internationals—less than 200 annually
- While ~\$4B in aid exists, the 2% HS success rate shrinks to <<1% for African internationals, demanding not just talent but
- Parents should focus on early training, international exposure (e.g., FIBA/AAU camps), and recruitment platforms to maximize chances.

Some Elite Performer Indicators for NCAA Scholarships for the USA

Additional Requirements: NCAA eligibility (2.3+ GPA, SAT/ACT, IELTS >6 for internationals), top-100 global or top-10 national rankings, and visibility via scouting platforms (e.g., NCSA). African athletes face <1% success rate (~200/25,000 internationals).

Sport	Gender	Performance Metrics	Physical Attributes	Key Achievements
Track & Field	Men's	100m: Sub-10.30s 200m: Sub-20.80s 5,000 m: Sub-13:50 10,000 m: Sub-28:30	100m/200m: 6'0"+, explosive power Distance: High VO2 max (>70 ml/kg/min)	Top-8 at African Junior Championships World U20 top-100 All-Africa Games selection
Track & Field	Women's	100m: Sub-11.50s 200m: Sub-23.50s 5,000 m: Sub-16:00 10,000 m: Sub-33:00	100m/200m: High power-to-weight ratio Distance: VO2 max >60 ml/kg/min	Top-8 at African Junior Championships World U20 top-100 All-Africa Games selection
Basketball	Men's	20+ points, 10+ rebounds, or 5+ assists per game in FIBA Africa U18	6'6"+ (forwards/centers), 40"+ vertical guards: Sub-4.5s 40-yard dash	FIBA Africa camp selection MVP at international tournaments/AAU/EYBL exposure
Basketball	Women's	20+ points, 10+ rebounds, or 3+ blocks/steals per game	6'0"+ for key roles, high agility	FIBA Africa camp selection International tournament standout AAU circuit exposure
Soccer	Men's	5+ goals/assists in top youth leagues (e.g., SA Premier)	Sub-11.0s 100m 90%+ pass completion VO2 max > 60 ml/kg/min	African Youth Championships selection European academy trials U.S. camp invites
Soccer	Women's	5+ goals/assists or 80%+ tackle success rate	Sub-11.5s 100m High endurance (VO2 max >55 ml/kg/min)	African Youth Championships selection U.S./European showcase invites
Volleyball	Men's	10+ kills/game, 2+ blocks/game, 90%+ serve accuracy in competitive leagues	6'6"+ (middle blockers), 40"+ vertical jump, sub-4.6s 40-yard dash	Top-8 at African Volleyball Championships (U21), FIVB World U21 selection, U.S. camp invites
Volleyball	Women's	12+ kills/game, 3+ blocks or 5+ digs/game, 85%+ serve accuracy	6'0"+ (hitters/blockers), 35"+ vertical, high agility	African Championships (U21) medalist, FIVB U21 exposure, U.S. showcase invites

FYI - Sources for NCAA Scholarship Information (USA)

- 1. NCAA Demographics Database
- 2. NCAA House v. NCAA Settlement
- 3. NCAA Financial Aid Rules
- 4. NCAA International Student-Athlete Trends
- 5. World Athletics Rankings
- 6. FIBA Rankings
- African Volleyball Confederation (CAVB)
- 8. Next College Student Athlete (NCSA)
- 9. <u>FIFA</u>
- 10. African Football Confederation (CAF)





Let the horizon keep its secrets.

Words of Advice: High school students do not have to know their destination. If they are unsure of where they are heading, they should:

- Dive into what lights them up.
- Join that club that sounds quirky.
- Shadow a pro in a field they're curious about.
- Take a random online course just because it sounds fun.
- Explore multiple fields of interest

Every choice they make is a step toward discovering THEIR path. The world isn't asking for a 10-year plan—it's begging for their curiosity, their energy, and their courage to try new things. Encourage them to embrace the freedom and be excited by the unknown ahead.

The answers will come when they're out there exploring, making mistakes, and growing

Bold steps now spark the courage to meet what's unwritten.

Try <u>CAREER EXPLORER</u>

(Careerexplorer.com)

Powered by data science and psychology, **CE** serves millions of professionals, students, career changers, and high schoolers through personalized guidance.

Key Features:

- Free Career Assessment: A quick quiz (based on over 400 million data points) generates career matches, personality archetypes, and actionable insights.
- Career & Degree Explorer: In-depth profiles for 1,000+ jobs, including salaries, skills needed, and education paths.

Let's continue the conversation

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