



# Newsletter 6 • invent your life

CAREER & LIFE COACHING PROGRAMS FOR STUDENTS & YOUNG PROFESSIONALS

## 5 Myths About College

*Featuring The Highlands Ability Battery*



**MYTH #1:** *I already know what I want to study in college. I don't need to do any more exploring.*

**FACT:** Until a student understands her innate abilities—what she does easily, naturally and effortlessly; how she

learns and solves problems best; what her interests and passions are—any decision about what to study in college may be premature.

Students get asked: “What are you going to study?” or “What do you want to be?” If the student answers, “I’m going to study medicine,” the questions stop (and so does the advice). Problem solved! But what if something else hasn’t been thought of, or has been pushed aside?

**EXAMPLE:** *Kelly took Highlands before her junior year in college. Her parents could sense Kelly’s dissatisfaction with her present career track and thought taking assessments would more effectively guide this process. Her dad had used assessments in his company and felt that this would benefit Kelly.*

**BOTTOM LINE:** After taking Highlands and several other assessments, Kelly changed her major. She says this has been her best year ever. And she’s still graduating in four years! Both Kelly and her parents learned the value of focusing on your abilities—what you do naturally, effortlessly, and easily.

**MYTH #2:** *I have no clue about what I want to study in college. I’ll wait until I get there to figure it out.*

**FACT:** The results of this approach are fairly predictable. The student spends four years taking courses, going to parties, and getting nowhere fast.

Students who have not been dealing with who they are and what they want to do in life probably aren’t going to be any further along than they were when they first entered college.

**EXAMPLE:** *Rick was an average student at best. He found high school pretty boring. He was happiest playing on sports teams and hanging out with his friends. After taking Highlands, Rick was shown that he was a natural “manager,” which led him to major in business administration. Rick discovered he could “sell” himself using his people management profile as his greatest strength. Today, one year after graduating from college, he’s working with a national firm in management and has been promoted twice.*

**BOTTOM LINE:** Knowing your strengths and leveraging them is a must for success in work and life.

**MYTH #3:** *My parents and teachers can guide me through the college major/career selection process.*



**FACT:** All people in your life want what is best for you. But they are not you—they can’t feel what you feel, or know what will excite you. Only you really know yourself.

**EXAMPLE:** *Bill’s father thought he should be a dentist. Bill was a good student and dentistry would be a well-paying, professional career with some stability, status, and prestige. There was only one problem. Although he didn’t know it, Bill’s strongest abilities were not in science or spatial relations, two critical aspects of dentistry.*

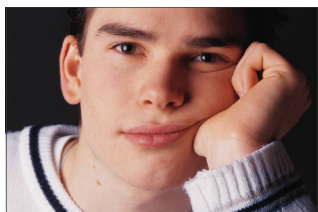
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He was a responsible, hard-working young man so he listened to his father and enrolled in dentistry. He made decent grades, but he was miserably unhappy. In his junior year, frustrated and lost, Bill dropped out of college.

**BOTTOM LINE:** Advice is fine—but it helps only when the student has pin-pointed his skills, abilities, and interests and matched them with a best-fit career field.

#### **MYTH #4: It's too early to think about life after college.**

**FACT:** Going from high school to college is the first important turning point in our adult lives.



**EXAMPLE:** *The transition can be so much easier if a student has a good sense of a*

*life/career plan; not to mention the feeling of confidence this can produce. Highlands can help a young person focus.*

*Chad has had an interest in architecture since he was in middle school. He took Highlands when he was a junior in high school and discovered that he had a very strong profile in both structural and artistic abilities—a definite asset for pursuing a career in architecture or construction management. Now he feels more certain than ever about his career path and will look for a school with a strong architectural/building science program.*

**BOTTOM LINE:** Knowing your abilities can take the “guess work” out of the career decision making process. Too many young people don’t have a clue about what they want to do after high school. Highlands can help them focus on their strengths and passions.

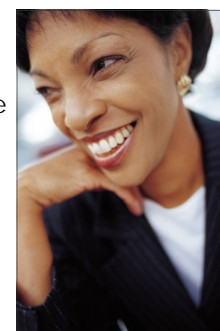
#### **MYTH #5: If I take the right courses, participate in extra-curricular activities, and write the right kind of essay, I'll do okay.**

**FACT:** What you’ve accomplished, how well you do on the standardized tests, and how well-rounded you are,

are all important. But it’s also important to know *who you are*. Your grades, SAT scores, or athletic performance can’t always tell you that.

**EXAMPLE:** *Diane scored well on all the standardized tests in high school and went on to an Ivy League school where she also excelled. From there she went to law school, landing a good job at a law firm. She did well, but she was unhappy with her career. When she took Highlands, she learned that her strongest abilities were those that lawyers RARELY utilize and her weaker abilities were those that lawyers make almost constant use of. She was a square peg in a round hole. Diane was intelligent and motivated enough to do any job well, but her satisfaction was greatly reduced by the effort it cost her to work against her natural abilities and interests.*

**BOTTOM LINE:** Before going off to college and beginning to make decisions that are going to affect the rest of your life—find out what your natural abilities are.



The normal school curriculum and series of standardized tests do not help high school or college students find out what their feelings and passions are. And yet there is almost nothing quite so important. In talking about your career, we’re not just talking about a job. **We’re talking about your life!** It is possible to discover what your real talents are, what really turns you on, and what, ultimately, is going to make you feel it was all worth it.

If you would like more information on The Highlands Ability Battery™, contact Cindy Valliere at 919-294-4225 or visit her website at [inventyourlife.com](http://inventyourlife.com).

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