

SERVICES & WORKSHOP

CATALOG



College and career readiness content created to help underserved learners feel seen, heard, and properly prepared for their professional futures.

www.blackgirlcollegeprep.com

TABLE OF CONTENTS

- About
- Client List
- Services
- Workshops & Webinars
- Speaking
- Educational Content (Families/Students)
- Educational Curriculum (Schools/Institutions)
- Coaching & Consulting
- Membership Packages
- Contact Us



ABOUT BGCP

Black Girl College Prep is an organization that aims to enhance the academic prowess, leadership development, and overall life and career preparedness of Black learners and students from underserved communities in middle school and up. We guide learners and families through the college admission process while assisting them in successfully navigating their college experience, personal development, graduation, and early career. Our workshops, services, and curricula are flexible, customizable, and built to cater to the specific needs of our families.



RAHKAL SHELTON ROBERSON, CPC

**Founder
&
Chief Executive Officer**

info@blackgirlcollegeprep.com

Rahkal is a sought-after first-gen college graduate, educator, certified coach, and career strategist. With over 15 years of experience working with students and C-suite executives, she has a heart for serving and empowering young women to become legacy-minded leaders.

She holds an MA in communications and a BA in radio, television, and film. Her work has appeared in Forbes, WGN, HuffPost, V103, and other media outlets. She is the author of *College Bound: A Black Girl's Guide: Everything You Need to Know Before Starting College*, *Woosah: A Survival Guide for Women of Color Working in Corporate*, *Woosah Workplace Peace: 7 Keys to Obtaining a More Fulfilling Work Experience* and *Dreams Bigger Than Texas: A Story of Faith, Perseverance, and Growth into Womanhood*. Rahkal is passionate about helping Gen Z and millennial women cultivate smart and strategic career-planning moves.



YOU'RE IN GOOD COMPANY

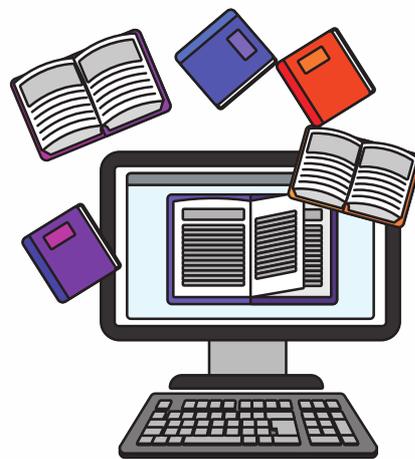
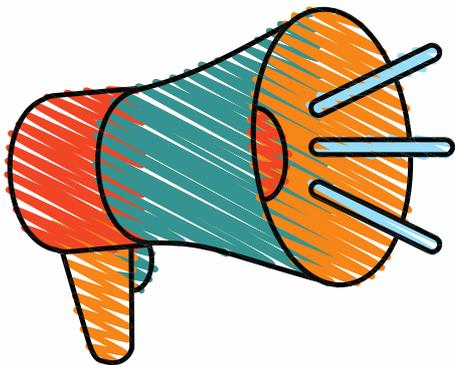
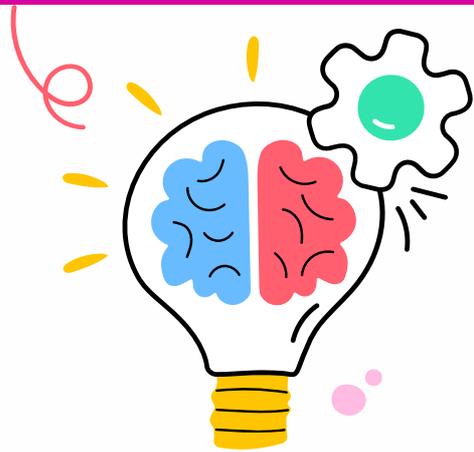
PREVIOUS SPEAKING ENGAGEMENTS/CLIENT LIST

- Amazon (Black Employee Network)
- Warner Media (Black Professionals Network)
- Emory University (School of Nursing)
- Texas Southern University
- Food Processing Suppliers Association
- The University of West Georgia
- SThree
- Atlanta Public Schools
- Clark Atlanta University (School of Business)
- Chicago Public Schools



SERVICES

- Workshops and Webinars
- Fireside Chats and Speaking Engagements
- Educational Social Media Content
- Literature
- Coaching and Consulting
- Early Career Resume Building
- Community Memberships



WORKSHOPS & WEBINARS

We envision a future where every student has access to high-quality educational, life, and career readiness resources and opportunities necessary to feel prepared, confident, and empowered to use their unique voice and skills to help create a more diverse and equitable world. That's why Black Girl College Prep offers carefully curated workshops and webinars designed to inspire, educate, and empower learners and families to navigate the college and career preparation process.

From choosing the right school to securing scholarships, we are here to guide you every step of the way. Whether you're looking to expose middle school learners to the college readiness process or are a parent needing help supporting your learner, Black Girl College Prep is your partner in a caring and collaborative learning experience.

COLLEGE & CAREER READY: (MIDDLE SCHOOL)

Don't wait until high school to start preparing for college and career success. Our middle school college and career prep program offers comprehensive support and resources to help your child set and achieve their goals. Our experienced mentors will guide them through goal setting, career exploration, and college planning, giving them a head start in building an impressive resume and paving the way for a bright future.

COLLEGE & CAREER READY: (HIGH SCHOOL)

Comprehensive assistance, resources, and step-by-step guidance through college and career explorations, as well as the college admissions process, providing insight, methods, and skills to help students flourish beyond high school.

Duration: 90min

Objective:

By the end of this workshop, students will be able to identify 2-3 career pathways and college majors that best fit their skills and passions. Students will leave with personalized objectives and workable plans for achieving them. Depending on the grade level, learners will leave prepared to begin the college admissions process.



COLLEGE ISN'T FOR ME: COLLEGE ALTERNATIVES

We understand that college isn't for everyone, which is why we offer a comprehensive college prep service that explores all options. Our experienced team works to expose learners and families to college alternatives aligned with personalized goals and values. Whether you're interested in a technical trade, the military, or an apprenticeship, we're here to support you every step of the way toward a fulfilling career.

Duration: 90min

Objective:

By the end of this workshop, the student will be able to differentiate between trade schools, entrepreneurship, vocational training, and certification options. Learners will gain a comprehensive understanding of each as an alternative pathway to success beyond traditional four-year colleges.

PARENT PARTNERSHIP: EMPOWERING YOUR STUDENT FOR LIFE BEYOND HIGH SCHOOL

Our parent partnership workshop is designed to cultivate nurturing collaborations between parents and children, thereby enhancing parents' understanding of the college and career process, increasing their confidence, and equipping them to assist children in developing personalized pathways to pursue higher education and job opportunities.

Duration: 90min

Objective:

By the end of this workshop, parents, guardians, and caretakers will have acquired useful skills for developing better connections, more productive partnerships, and healthier communication with their students. These tools will include communication tactics, time management techniques, and ways to organize class work. Participants will establish a routine that actively promotes their learner's academic achievement and smooth transition from high school to the next stage of their lives, whether college, vocational training, or the workforce.



I AM A BLACK WOMAN: CULTURAL IDENTITY, SELF-ESTEEM, AND CONFIDENCE

Black Girl College Prep offers a holistic approach to education by focusing on developing a student's self-esteem, body image, and confidence. In a society and culture that often paints and perpetuates inaccurate narratives about Black women, we believe it's important for our learners to have a strong sense and understanding of their identities and who they were created to be. This understanding breeds confidence and security and bridges the gaps for better academic success. This workshop is designed to help students explore their potential, discover their strengths, affirm their greatness, love themselves, and identify/work on areas that need improvement.

Duration: 90min

Objective:

By the end of this workshop, learners will be able to distinguish between tangible and intangible character qualities, comprehend the value of confidence, and acquire and discover their unique talents and potential. Students will leave knowing what kind of woman they want to be while learning about Black cultural identities and how to leverage and embrace the diversity they provide.

BGCP SIGNATURE WORKSHOP: LEGACY, LEARNING, AND LEADERSHIP

Black Girl College Prep is dedicated to building legacy-minded leaders. This workshop helps students develop academic, social, and interpersonal skills that will help them become stronger leaders within their spheres of influence. We cover strategic decision-making, effective communication, and visionary leadership to elevate students' leadership capabilities while encouraging them to be mindful of their legacy and pave the way for future generations.

Duration: 90min

Objective:

By the end of this workshop, students will be able to describe the attributes of leadership and the importance of a legacy. They'll gain the skills needed to solve problems, manage conflicts, show empathy, be inquisitive, and communicate. Learners will walk away with a plan of action that empowers them to demonstrate leadership in their schools and communities.



PERSONAL GROWTH: BE THE INSPIRED YOU

Black Girl College Prep offers a holistic approach to education by focusing on the development of a student's personal development as well as academic success. In this workshop, learners will embark on a journey of self-discovery and personal growth through exploring topics like mindfulness, goal setting, and emotional intelligence that empower them to navigate life's challenges with resilience and purpose.

Duration: 90min

Objective:

By the end of this workshop, students will leave with a better understanding of what emotional intelligence entails and useful skills and information for personal development and self-discovery. They'll gain the skills to create SMART objectives, recognize and apply resilience, and control their emotions. Students will walk away with a plan of action for self-regulation and thoughtful decision-making.

FIRESIDE CHATS & SPEAKING

Looking for a motivational speaker who's a certified professional coach, millennial, mentor, career strategist, and passionate about inner-city youth? Look no further! Our team of experienced speakers offers a range of college and career prep talks, including fireside chats, career day, honor's day, graduation, and college orientation talks.

Our speaking topics are crafted to empower, connect, and inspire learners, clients, and families at a personal and heartfelt level with engaging and thought-provoking messages uniquely crafted for the audience's needs.

- Speaking Topics:**
- College Readiness
 - College Alternatives
 - Career Readiness
 - Legacy and Leadership
 - Identifying and Owning Your Diversity
 - Cultural Identity and Self-Esteem
 - Personal Growth

customizable topics available upon request



EDUCATIONAL CONTENT:

SOCIAL MEDIA / WEB

(FOR FAMILIES AND STUDENTS)

- Weekly Blog
- Youtube Videos
- Monthly Newsletter
- Reels & Carousel

BGCP SIGNATURE ON-DEMAND COURSE

The college admissions process can be overwhelming for students and parents, especially in many Black communities. If the student attends a low-income school, they will likely have limited access to high-quality resources, extracurricular activities, academic assistance, and in-school support. There is **sooo** much to keep up with: a never-ending to-do list, applications, deadlines, fees, and essays. But what if I told you there was a way to make this process go more smoothly while empowering your teen to take more responsibility and actively participate in it? Would you be interested?

Look no further—the all-inclusive College & Career Readiness (self-guided) Course from Black Girl College Prep is now available! The BGCP eight-module course was specifically designed to cater to the needs of Black girls, equipping them with the knowledge necessary to successfully navigate the transition from high school to the next chapter of their lives.

Video content is delivered via animations and in bite-sized chunks to captivate your learner's attention. It consists of eight downloadable, high-quality interactive workbooks packed with information, activities, and journal prompts to accompany lesson plans. This course covers EVERYthing from identity, confidence, and self-esteem to goal setting, college applications, financial literacy, college funding, essay writing, and college alternatives.

By the end of this course, learners will leave with a thorough understanding of the college admissions process, the components associated with it, and how to get organized and apply. They'll gain skills to properly format and write applications and essays, set SMART objectives, and research college information while proactively organizing findings. Students will walk away with a plan of action for thoughtful college and career decision-making.

Take some pressure off of completing the admissions process on your own, enroll today, and position your student for future success.



EDUCATIONAL CONTENT:

(FOR FAMILIES AND STUDENTS)

THE PARENT PARTNERSHIP ON-DEMAND COURSE

The college admissions process can be overwhelming for students and parents, especially in many black communities. If your child attends a low-income school, they will likely have limited access to high-quality resources, extracurricular activities, academic assistance, and in-school support. Then there's the never-ending to-do list, applications, deadlines, fees, and essays to keep track of. But what if I told you there was a method to make this process run more easily while empowering your child to take more responsibility and actively participate? Would you be interested?

Look no further—the all-inclusive Parent Partnership Course from Black Girl College Prep is coming soon! This three-module course was specifically designed to support parents, guardians, and anyone aiming to help a loved one prepare for life after college, equipping them with the knowledge necessary to successfully navigate the transition from high school to the next chapter of their lives.

This on-demand course comprises downloadable, high-quality interactive workbooks with information, activities, tips, and journal prompts.

It covers EVERYthing from exploring post-high school paths, academic and career planning, relationship building, and being a supportive post-high school network. By the end of this course, parents will walk away with the practical skills, confidence, and empowerment to support their students in making informed decisions and successfully navigating life after high school.

Take some pressure off of completing the admissions process on your own, enroll today, and position yourself and your student for future success.



EDUCATIONAL CURRICULUM:

(FOR SCHOOLS AND ORGANIZATIONS)

BGCP SIGNATURE COURSE (8-WEEK CURRICULUM)

The all-inclusive BGCP Signature On-Demand Course is also available as an eight-week curriculum for organizations and schools. The BGCP Signature eight-module was specifically designed to cater to the needs of Black girls, equipping them with the knowledge necessary to successfully navigate the transition from high school to the next chapter of their lives.

This curriculum is a perfect integration for existing curriculums or as a stand-alone, consisting of eight downloadable, high-quality interactive workbooks packed with information, activities, and journal prompts to accompany weekly lesson plans. Main lesson plans are delivered via character animation and in bite-sized chunks to captivate your learner's attention.

This curriculum covers **EVERY**thing from identity, confidence, and self-esteem to goal setting, college applications, financial literacy, college funding, essay writing, and college alternatives. A fun and user-friendly facilitator's guide is included.

Take some pressure off lesson planning and content creation, order our program today, and position your students for future success.

Duration: 8 weeks. Weekly lessons range from 90 minutes to 180 minutes.

Objective:

By the end of this course, learners will leave with a thorough understanding of the college admissions process, the components associated with it, and how to get organized and apply.

They'll gain skills to properly format and write applications and essays, set SMART objectives, and research college information while proactively organizing data. Students will walk away with a plan of action for thoughtful college and career decision-making.



EDUCATIONAL CURRICULUM:

(FOR SCHOOLS AND ORGANIZATIONS)

BGCP SIGNATURE COURSE (8-WEEK CURRICULUM)

CURRICULUM TOPICS BY WEEKS (CONTINUED):

WEEK ONE:

Exploring Personal and Cultural Identity, Character, Confidence, and Self-Esteem

WEEK TWO:

Academic Skills, Goal Setting, and Time Management

WEEK THREE:

College Exploration and Admissions

WEEK FOUR:

Financial Literacy and College Funding

WEEK FIVE:

College Application and Essay Writing

WEEK SIX:

Test Preparation and Admissions Interviews

WEEK SEVEN:

Transition to College Life

WEEK EIGHT:

Career Planning and Future Growth



EDUCATIONAL CURRICULUM:

(FOR SCHOOLS AND ORGANIZATIONS)

For institutions, we provide offerings designed specifically to support the college and career readiness departments in high school and student services in colleges and universities. This offering is for paraprofessionals.

COLLEGE & CAREER READINESS IN-SCHOOL CURRICULUM SUPPORT

Our College and Career Readiness Curriculum is designed to be an ideal supplement to current resources assisting secondary schools and guidance counselors in optimizing their processes and infrastructures to ensure that every student is well-equipped for college and the workforce.

Our curriculum is aligned with the Georgia Department of Education's Georgia Standards of Excellence, providing a holistic approach to college preparation.

We cover all aspects of the application process, including financial aid, scholarships, personal skill development, test preparation, and admissions essays.

The college and career-ready curriculum includes:

- Customized learning paths
- Interactive modules
- Real-world application
- Flexibility for different learning styles
- Complete junior and senior year checklists
- Resources and organizers for applications, financial aid, and scholarships
- Mindfully curated activities
- Goal-setting and tracking plans to help students remain proactive

We collaborate closely with schools and counselors to personalize the curriculum to your school's specific requirements, ensuring the greatest possible outcomes.

Our comprehensive program offering and streamlined approach enable staff to assist learners more effectively and effortlessly. As a result, students will be adequately equipped and prepared to face the challenges of college applications, admissions, and their post-secondary journeys with confidence and success.



EDUCATIONAL CURRICULUM:

(FOR SCHOOLS AND ORGANIZATIONS)

For institutions, we provide offerings designed specifically to support the college and career readiness departments in high school and student services in colleges and universities.

THE FRESHMAN ONBOARDING RETREAT

For first-generation and underprepared students in particular, the transition to college can be extremely challenging, but our freshman onboarding retreat can help.

Using the SEL (social and emotional learning) framework, our freshman onboarding offering assists in guiding, supporting, and advocating for college freshmen as they make the transition from high school to college.

We define SEL as the process by which teenagers and young adults learn, develop, and implement emotional intelligence to establish and maintain healthy relationships, positive identities, accomplishments, goals, and caring and responsible choices. Social-emotional learning is a fundamental aspect of both human development and education.

Our curriculum provides a holistic approach to college and life preparation, including social and emotional learning and activities to ensure that students thrive in their new environment.

We cover all social aspects of the college adaptation process and guide you through every step, from selecting the appropriate classes to campus safety, developing your personal skills, handling conflict, communicating, and settling in.

This service may be used in tandem with or in addition to current student assistance programs or during student orientations.

Our all-inclusive retreat offering and streamlined approach equip new learners with the knowledge, understanding, support, affirmation, and community they need to feel better equipped and ready to take on the difficulties of adjusting to college life.



EDUCATIONAL CURRICULUM:

(FOR SCHOOLS AND ORGANIZATIONS)

For institutions, we provide offerings designed specifically to support the college and career readiness departments in high school and student services in colleges and universities.

STUDENT SERVICES SUPPORT: CAREER READINESS

Our career readiness curriculum is the perfect complement and solution for colleges and universities that want to ensure their students are uniformly career-ready.

Our curriculum provides a holistic approach to career and life preparation.

We cover all aspects of job searching, resume building, and the application process, including financial literacy, credit and debt management, budgeting, apartment searching, and life planning.

The college and career-ready curriculum includes:

- Customized career coaching and life paths
- Interactive modules
- Real-world applications
- Resources and organizers for applications, budgeting, and resume writing
- Mindfully curated activities
- Goal-setting and tracking plans to help students remain proactive

We collaborate closely with college and university student services to personalize this curriculum to meet student needs, ensuring the greatest possible outcomes.

Our comprehensive program offering and streamlined approach enable staff to assist learners more effectively and effortlessly. As a result, students will be adequately equipped and prepared to face the challenges of job searching, interviewing, job acceptance, and navigating their post-college journeys with confidence and success.



COACHING AND CONSULTING

We believe that college and career preparation isn't a one-size-fits-all approach, whether you're looking for help creating an action plan to attend college, a parent needing coaching, or a college student needing mentoring. Achieving college and career readiness is a journey, and we're here to guide you every step of the way. This customizable service is intended for students, parents, or caretakers.

WHAT YOU GET:

- 1-on-1 coaching and personalized assistance with college or career preparations
- Support helping your students, children, or learners prepare for college or a career
- Personalized college coaching and strategic future planning
- Ongoing guidance and encouragement
- Assistance with identifying purpose and owning skills, talents, and passions
- Character and leadership development
- Credit, debt management, financial freedom, and entrepreneurship strategies
- Tools for enhancing communication, critical and empathetic thinking, and problem-solving skills
- Training on increasing self-esteem, confidence, stress management, and resilience

WHAT YOU GAIN:

- Increased confidence, less anxiety
- Clear roadmaps for college and professional goal execution
- A sense of fulfillment and freedom from feeling stuck and directionless
- Clarity on vision, goals, and a blueprint to achieve goals
- Practical tools to execute challenges, goals, and techniques for self-mastery
- Tangible results
- Guaranteed professional development (if you're willing to work)



MEMBERSHIP PACKAGES

Let's be honest: as humans, we thrive and do better in community with others. The postsecondary journey isn't different and shouldn't be walked alone. So, consider plugging into one of our exclusive memberships, where we provide access to some of the best personalized college preparation resources out there. Our membership offers a sense of partnership and belonging to help students and families easily navigate life after high school. We'll walk together while setting and accomplishing personalized goals. And with exclusive discounts and member perks, there's never been a better time to join our college prep community.

THE LEADERSHIP & LEGACY COMMUNITY

- BGCP Signature College & Career Readiness Course
- 8 Modules, 16 Key Lessons
- Streamlined Video & Audio Lessons
- 8 Workbooks for Each Module
- 40+ Worksheets, Cheat Sheets, Checklists, and Templates for Easy Interactiveness (including our college applications and scholarship organizers)
- Built-in Quizzes to Support Retention of College Prep Curricula Objectives
- 12-Months Access to Program
- Exclusive Access to Members-Only Community
- Monthly live Strategy Sessions with Our Coaches
- Exclusive Discounts on Merchandise and New Products

THE PARENT PARTNERSHIP MEMBERSHIP

- 12-month Membership
- Quarterly Personal Growth Resources
- Quarterly Goal Check-in and Live Q/A Session
- 3 Module Parent Partnership Course
- College and Career Readiness Checklist for Parents (downloadable)
- Exclusive Access to Private Facebook Group
- Exclusive Discounts on Merchandise and new products

Each piece of content is designed to support you in taking consistent action so that your learner can experience the support needed to have post-secondary success.

payment options available for memberships/communities





I look forward to partnering with you!

- Rahkal Shelton Roberson

CONTACT

RAHKAL SHELTON ROBERSON, CPC

Founder & Chief Executive Officer

info@blackgirlcollegeprep.com

469.708.6316

www.blackgirlcollegeprep.com