

2019 First Step Summer Institute Application

Multicultural & International Programs & Services
St. Catherine University
Due: April 12, 2019



Take Your First Step to College!

- Do you need practical advice on applying to college and funding your education?
- Do you want older, wiser college students to be your mentors and teach you about the ins and outs of college life?
- Do you want to learn valuable life skills that will allow you to thrive in college?

Why Apply?

- First Step programming, lodging, and food are all FREE to you and your family.
 - Join a tight-knit community of 25 rising junior and senior Indigenous women and/or women of color.
- Meet college professors, admission officers, career counselors, and successful female mentors of color from St. Kate's and the 'Twin Cities' professional community.
 - Improve your confidence about gaining admissions to college.

Who Is Eligible to Apply?

- All current sophomore and junior women of color enrolled in high school with a G.P.A. of 2.75 or higher, who are interested in attending college.



Application Instructions

- Write neatly in pen.
- Complete all sections.
- **TWO** Recommendation forms. One should come from a current, academic teacher and the other from an adult who is not related to you and can speak about your personal qualities and interests/talents/skills.
- **One unofficial transcript scanned & emailed to thefirststep@stkate.edu**

or mailed to:

The MIPS Office
Attn: Amal Warsame
2004 Randolph Ave., F-29
St. Paul, MN 55105

Program Details

Session on: June 17th-June 20th

- This is a 4 day 3 night program
- Attend financial aid, scholarship, personal statement, admissions, and ACT prep workshops.
- Bond with other young women of color; in doing so, discover new sides of yourself, your leadership style, and how you contribute to a budding community.

Submit all application materials to:

Amal Warsame,
Assistant Director
Multicultural & International Programs &
Services (MIPS)

St. Catherine University
2004 Randolph Ave., F-29
St. Paul, MN 55105
Or scan & email to
thefirststep@stkate.edu (preferred contact)
651-690-6138



2019 First Step Summer Institute Application

Student Section (Page 1 of 3)

Due: April 12, 2019

Contact Information:

First Name

Middle Initial

Last Name

Street Address

City

State

Zip Code

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Phone Number

Email Address

Personal Information:

Will you be a first generation college student? ☐ Yes ☐ No

You live with: ☐ Both parents/guardians or ☐ One parent/guardian

Your parents/guardians are: ☐ Married/Partnered, ☐ Divorced/Separated, or
☐ Single

Referred by a First Stepper? ☐ No ☐ Yes; Her name: _____;
Relationship: _____

Describe your ethnicity/Race (Check all that apply):

☐ Black/African-American, ☐ Asian/Pacific Islander, ☐ Biracial/ Multiracial

☐ Latina/Hispanic, ☐ Native American/American Indian, or ☐ White/Caucasian

What is your country of origin? _____

**“At First Step I learned about the value of friendship
and how important support systems are.”**

~ First Stepper

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Student Section (Page 2 of 3)

School Information:

School Name

Grade

G.P.A.

Street Address

City

State

Zip Code

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Main Office Phone Number

Main Office Fax Number

Your District I. D. Number

Do you qualify for free/reduced lunch? ☐ Yes ☐ No

Have you taken the ACT Test? ☐ Yes ☐ No

Are you currently taking ELL/ESL classes? ☐ Yes ☐ No

First Step Summer Institute Session Logistics:

All accepted students will be staying on campus for four days and three nights. Staying on campus for the duration of the program is mandatory.

Session: June 17– June 20th, 2019

Are you willing to commit to the full program? Yes ☐ No ☐

All content submitted is accurate. First Step has permission to verify this information with my high school.

Student Signature: _____; **Date:** _____

Parent/Guardian Signature: _____; **Date:** _____

“First Step opened my eyes so much and has given me courage going to college.” ~ First Stepper

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Student Section (Page 3 of 3)

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Short Answer Essays: Answer **ALL** of the following questions on a separate sheet of paper. **Each answer** (per question) should be 5-8 sentences.

1. Why do you want to attend First Step? What excites you the most about the program?
2. What are you willing to sacrifice and/or invest in order to fulfill the goal of graduating from college? Why?

Personal Statement: Answer only **ONE** of the following group of questions on a separate sheet of paper. Your answer should be **at least one page long, but no more than two pages.**

1. Explain your reflections about being an Indigenous women and/or woman of color and what it means for you.
2. Indicate a person who has had a significant influence on you, and describe that influence.
3. What movie, poem, musical composition, or novel has most influenced your life and the way that you view the world? Why?
4. Choose one quotation that defines who you are and explain why that quotation describes you so well.

“This program will actually help you gain self-confidence as a young girl, make new friends, speak your mind, endure difficult times, gain new strengths, and find yourself as a woman of color.” ~ First Stepper

2019 First Step Summer Institute Recommendation Form

Send to:

thefirststep@stkate.edu

Amal Warsame

Assistant Director of MIPS

St. Catherine University, 2004 Randolph Ave., F-29

St. Paul, MN 55105

Due: April 12, 2019

Contact Information:

First Name

Middle Initial

Last Name

Street Address

City

State

Zip Code

() -

Phone Number

Email Address

Short Answer Essays:

1. How do you know _____ (list the student applicant name in this blank space) and for how many months/years?

2. Please comment on this student's drive to attend and complete college.

3. What will this student contribute to First Step community?

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2019 First Step Summer Institute Application Check List

- [] **Contact Information**
- [] **School Information**
- [] **Short Answer Essays**
- [] **1 Transcript**
- [] **2 Recommendation forms**

**Recommenders may mail the completed recommendation forms separately or be submitted together with the student's application*

"I had so much fun! This program was life changing for me. Not only to be informed about college, but also about friendship and family as well."-First Stepper



"I would definitely recommend this program to any young girl who has the potential to utilize such a program like First Step. Words cannot describe how much of an influence First Step has had on me. I am thankful and appreciated every waking moment."-First Stepper

