**Freshman Classroom Visits**

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| **Project Title:**  Freshman Seminar  **Lesson #** 1-4  **Grade Level:** 9  **Time Needed:** 45 minutes (each lesson)  **Focus Question:** Do the freshman have academic and career plans? | **Materials Needed:**   1. Writing Utensils 2. “Guidance 101” Pre Test 3. “Guidance 101” Post Test 4. Student’s Q1 Report Cards – Each Freshman 5. Graduation Requirements 6. Computers 7. Academic & Career Plan |

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| **CURRICULUM LINKS:**  **National Common Core**  [CCSS.ELA-Literacy.CCRA.R.1](http://www.corestandards.org/ELA-Literacy/CCRA/R/1/) Read closely to determine what the text says explicitly and to make logical inferences from it; cite specific textual evidence when writing or speaking to support conclusions drawn from the text.  [CCSS.ELA-Literacy.CCRA.W.6](http://www.corestandards.org/ELA-Literacy/CCRA/W/6/) Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others.  **ASCA National Standard(s): Academic Development:** Students will acquire the skills necessary to plan their academic and career pathways:  **Academic**  A:A3.1 Take responsibility for their actions  A:A3.3 Develop a broad range of interests and abilities  A:A3.4 Demonstrate dependability, productivity and initiative  A:B1.1 Demonstrate the motivation to achieve individual potential  A:B1.5 Organize and apply academic information from a variety of sources  A:B2.1 Establish challenging academic goals in elementary, middle/jr. high and high school  A:B2.2 Use assessment results in educational planning  A:B2.3 Develop and implement annual plan of study to maximize academic ability and achievement  A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities  A:B2.7 Identify post-secondary options consistent with interests, achievement, aptitude and abilities  A:C1.2 Seek co-curricular and community experiences to enhance the school experience  A:C1.5 Understand that school success is the preparation to make the transition from student to community member  A:C1.6 Understand how school success and academic achievement enhance future career and vocational opportunities  **Career**  *C:A1.5* Learn to make decisions  C:A1.7 Understand the importance of planning  C:A2.7 Develop a positive attitude toward work and learning  C:A2.9 Utilize time- and task-management skills  C:B1.3 Demonstrate knowledge of the career-planning process  C:B2.1 Demonstrate awareness of the education and training needed to achieve career goals  *‘***Personal/Social Development**  PS:A1.3 Learn the goal-setting process  **MA Career Development Education Benchmarks**   |  |  |  | | --- | --- | --- | |  | **MA Career Development Education Benchmarks** | **Competencies** | | **Academic** | ***Learners will develop and***  ***demonstrate:***  A1: 21st century academic, technical and employability skills for success in school and in the workplace;  A2: strong academic, technical and employability skills for career and life management.  A3: knowledge of how education and work are interrelated and contribute to the economy and society  A4: an appreciation for the relevance of education in their lives (i.e., answering,  “Why do I need to know this?” ) | A1-1: Flexible, higher order thinking skills (e.g., project management, leadership, problem solving)  A2-3: Organizational skills for career and life management  A2-4: Critical thinking skills to use and evaluate information **(e.g. Evaluating credit card offers)**  A3-1: Knowledge of how educational and workplace demands relate to economic and societal needs and functions (e.g., outsourcing, medical research)  A4-1: Knowledge of the benefits of education for career and life management | | **Workplace Readiness Development** | ***Learners will develop***  ***and demonstrate:***  W-1: knowledge and skills in the planning and decision-making process  W2: an exploratory attitude toward self, life and the world of work;  W3: workplace specific knowledge and skills for employability and career advancement. | *W1-1*: Skills in the planning process (focusing on the importance of preparation and future orientation)  W1-4: Skills in evaluating career plans and decisions in relation to aptitudes, values and interests  W2-3: Skills to both utilize and evaluate career information, resources, and experts in career planning  W3-2: Knowledge of the concepts of career pathway development, labor market demand and job retention | | **Career** | ***Learners will develop and demonstrate:***  *W2*: an exploratory attitude toward self, life  and the world of work; | *W2-1*: Skills and attitudes for developing and maintaining the identity of a learner, for life | | **Personal/Social Development** | ***Learners will develop and demonstrate:***  *PS1:* attitudes, behaviors,  knowledge and skills that promote identity formation, personal responsibility and self-direction | PS1-1: Skills in developing and maintaining a clear and positive self-concept (with an increasingly more differentiated and affirmative view of oneself)  PS1-3: Attitudes and skills, personal  responsibility and self-determination |   **GUIDANCE DEPARTMENT LINK:** To provide a comprehensive and developmental school counseling program of services that promote the academic, social/emotional, and career potential of all students. Through counseling, advocacy, advising, collaboration, leadership, and systemic change, counselors assist students to achieve personal excellence, to become life-long learners and to be responsible community members. |
| **PLANNING REFLECTION:**   * Skill and knowledge * Baseline Data:   + How many Freshmen have met with their guidance counselor?   + How many Freshmen have an academic and career plan? * Measurements used to collect pre and post data:   + Pre-Assessment   + Post-Assessment   + Academic and Career Plan * Assess student learning through:   + Pre and Post Assessment Data   + Academic and Career Plan information – Did the students identify a career of interest? |
| **COUNSELOR/TEACHER PERFORMANCE OBJECTIVES**  During the lesson the counselor will:Assist students in the academic and career planning process. |
| **STUDENT PERFORMACE OBJECTIVES** |
| |  |  |  | | --- | --- | --- | | **Cognitive:** By the end of the lesson, students will identify at least two career(s) that interest them. | **Affective:** By the end of the lesson, students will realize that there are graduation requirements by scoring an 85 or higher on the post test. | **Behavioral/Performance:** By the end of the lesson, students will be able to research the different MA Career Clusters by exploring at least 2 career clusters | |
| **PRE-ASSESSMENT**  *Students will fill out a worksheet before the seminar begins for pre-assessment:*   1. Where is the Guidance Department Located? 2. What is the name of your Guidance Counselor? 3. List 2-3 things that Guidance helps students with. 4. Do you know how to make an appointment to see your Guidance Counselor? Explain. 5. Can you name 3 adults in the building that you feel comfortable talking to if you have a problem? 6. How likely are you to seek out your Guidance Counselor if you have a problem? 7. How many credits do you need to graduate from Hoosac Valley? 8. How many years of math do you need to complete in order to graduate? 9. How many credits will you earn after passing your Literature and Composition class?    * 4 credits    * 5 credits    * 6 credits 10. What does GPA stand for? 11. List two graduation requirements (other than those named above)   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   1. Which answer best describes a high school transcript?    * A short document describing your education, work history, etc., that you give an employer when you are applying for a job.    * An official report supplied by a school on the record of an individual student, listing subjects studied, grades received, etc.    * All of the above    * None of the above 2. What is the passing grade at Hoosac?    * 55    * 60    * 65    * 70   **POST-ASSESSMENT**  *Students will fill out a worksheet after the completion of the seminar for post-assessment:*   1. Where is the Guidance Department Located? 2. What is the name of your Guidance Counselor? 3. List 2-3 things that Guidance helps students with. 4. Do you know how to make an appointment to see your Guidance Counselor? Explain. 5. Are you more likely to seek out your Guidance Counselor if you have a problem? 6. How many credits do you need to graduate from Hoosac Valley? 7. How many years of math do you need to complete in order to graduate? 8. How many credits will you earn after passing your Literature and Composition class?    * 4 credits    * 5 credits    * 6 credits 9. What does GPA stand for? 10. List two graduation requirements (other than those named above)   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   1. Which answer best describes a high school transcript?    * A short document describing your education, work history, etc., that you give an employer when you are applying for a job.    * An official report supplied by a school on the record of an individual student, listing subjects studied, grades received, etc.    * All of the above    * None of the above 2. What is the passing grade at Hoosac?    * 55    * 60    * 65    * 70 3. Do you think that this visit was helpful? Yes or no. |
| **DESCRIPTION OF THE ACTIVITY/SEQUENCE OF THE LESSON**  **Lesson One—Guidance 101 (One day, September)**   * Icebreaker * Students will complete the pre-test * Counselor introduction (write name on white board) * Discuss information asked of students on the pre-assessment.   + Guidance Department Location   + List of guidance duties/responsibilities- (guidance helps students with…)   + Steps to make an appointment with guidance   + Adults in the building * Bring students to the Guidance Department to show them our location and individual offices. * Students will complete the post-test   **Lesson Two— Graduation Requirements/Expectations (One day, November)**   * Split students by guidance counselor assignment. * Graduation Requirements   + What are they?   + Explain the importance of passing classes. What will happen if they do not. * Pass out sample transcripts   + “Ideal” Transcript- show students what colleges look for in a transcript   + “Not so Ideal” Transcript- show the students each discrepancy within the transcript     - No credit awarded (failure, attendance, etc.)     - WP, W, WF     - Summer School       * To illustrate that there are interventions       * Explain other options   **Lesson Three—Academic & Career Planning (February)- (40 minutes)**  **Personal Information (5 minutes)**   1. Fill in the following information using the Academic and Career Plan    1. Name    2. Date    3. Address    4. Parent/Guardian(s) name    5. Anticipated Graduation Year    6. Grade    7. Strengths    8. Skills    9. Interests   **Career Plan (30 minutes)**   1. Log on to masscis.intocareers.org 2. Click the ASSESSMENTS tab located at the top left of the web page 3. Select CAREER CLUSTER INVENTORY 4. Select RATE THE ACTIVITIES 5. Start the Career Cluster Inventory by answering    1. Like Very Much    2. Like    3. Not Sure    4. Dislike 6. After answering all 80 \_\_\_\_\_\_\_\_\_\_\_\_\_\_ click the Get Results button 7. Students will then see the CAREER CLUSTER INVENTORY-SCORES page    1. Individual scores for each career cluster are provided. 8. Students are then expected to write down the two career clusters with the highest score using the Academic and Career Plan    1. Career Cluster \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9. Students will click on two career clusters links.    1. Once on the next page, please click the OCCUPATIONS link located at the left hand side of the web page.    2. Explore the different career opportunities within the cluster 10. Students are then expected to write down 1-2 careers of interest within that cluster.     1. Career Interest 1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_     2. Career Interest 2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 11. Additional career clusters/career interests (if the student does not agree with their results) 12. After selected career interests, students will answer the following questions by clicking on that specific career cluster     1. Helpful high school courses     2. What degree, certification, licensure, or specialized training will you need?     3. If applicable, has your career goal changed since last year? If, so what is your new interest?     4. How much will you earn annually?   **Reality Check (5-7 minutes)**   1. Students will take the REALITY CHECK Assessment 2. Click the ASSESSMENTS tab located at the top left of the web page 3. Select REALITY CHECK 4. Select GET A REALITY CHECK 5. Students will select Pittsfield as their City or Region. 6. Students are then expected to answer the next 11 questions. (select picture then click Next) about 10 minutes    1. Housing    2. Utilities       1. Electricity       2. Heating       3. Phone       4. Cable       5. Internet       6. Cell Phone    3. Food    4. Transportation    5. Clothes    6. Health    7. Entertainment    8. Personal Care    9. Miscellaneous    10. Student Loans    11. Savings 7. After answering all questions students are given an Annual Salary Needed to life the lifestyle they have chosen.    1. Based on monthly expenses and federal/state taxes. 8. Answer the following questions:    1. Annual Salary Needed:    2. Were any of the monthly costs surprising to you?    3. Based on the annual income from career interest 1 and career interest 2- Can you afford to live your lifestyle? Why or why not?   **Lesson Four- Academic and Career Plan (April) – 30 minutes**  **Future Plan**   1. Students will answer the following questions-    1. After high school, I plan to:    2. In what geographical location(s) would you like to pursue your interests? 2. Students will log-on to www.collegeboard.org (www.trade-schools.net, if no interest in college)    1. College Board       1. Select the College Search tab located at the top of the webpage       2. Students will select different criteria for each tab located to the left of the screen          1. Test scores & selectivity, type of school, location, etc.       3. Students will receive a list of results based on the selected criteria.       4. Students will then research the schools and write down the top 5 they are interested in.    2. Trade Schools       1. Click the link that states, “Discover a School or College That Matches Your Career Goals” and explore.       2. Students will then write down the top 5 programs of interest.   **Academic Plan**   1. Counselor will talk to students about the different graduation requirements. 2. Students will then check off various boxes for each credit they are enrolled in currently, or have already completed. 3. Students will also fill out any extracurricular activities they are involved in |

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| **MODIFICATION FOR DIFFERENTLY ABLED STUDENTS:**   * Preferential seating and/or grouping. * Oral and visual instructions will be provided. * Counselors will connect with ELA and Special Education Liaisons. | **LEARNING STYLES ADDRESSED:**   * Kinesthetic (icebreaker) * Visual * Auditory |
| **DATA ANALYSS AND SUMMARY:** The students were able to meet the learning objective. Of the freshman class, 100% completed an academic and career plan and 99% selected at least two careers of interest. You will note from the graphs below that there was a significant increase on from the pre-assessment to the post-assessment. When asked if the lesson was helpful, 93% of the students said yes, 5% said no and 2% said not sure. | |
| **REFLECTION** In the future, it would be helpful to train 2 or 3 students to assist the students in completing their academic and career plan. It will also be helpful to extend the academic and career planning piece of the lesson from two visits to three visits. Overall, the lesson plan was a success. | **RESOURCES**  ASCA. High school career development. American School Counselor Association. Retrieved from <http://www.schoolcounselor.org/resources_list.asp?c=40&i=16>  Common Core. Common Core State Standards Initiative. Retrieved from www.corestandards.org  MASCA. MA Model for Comprehensive School Counseling Programs. Retrieved from <http://masca.org/images/stories/Resources/mamodel_comprehensive_school_counseling_programs.pdf>  MassCIS. MassCIS Career Information System. Retrieved from |

**SUPPLEMENTAL MATERIAL:**

1. PRE-ASSESSMENT
2. POST-ASSESSMENT
3. ACADEMIC AND CAREER PLAN
4. DATA GRAPH/CHART

**DATA ANALYSIS**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Guidance 101**

1. Where is the Guidance Department Located?
2. What is the name of your Guidance Counselor? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. List 2-3 things that Guidance helps students with.
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Do you know how to make an appointment to see your Guidance Counselor? Explain.
5. Are you more likely to seek out your Guidance Counselor if you have a problem? Circle: Yes or No
6. How many credits do you need to graduate from Hoosac Valley? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. How many years of math do you need to complete in order to graduate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. How many credits will you earn after passing your Literature and Composition class?
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9. What does GPA stand for? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. List two graduation requirements (other than those named above)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which answer best describes a high school transcript?
   1. A short document describing your education, work history, etc., that you give an employer when you are applying for a job.
   2. An official report supplied by a school on the record of an individual student, listing subjects studied, grades received, etc.
   3. All of the above
   4. None of the above
2. What is the passing grade at Hoosac?
   1. 55
   2. 60
   3. 65
   4. 70

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Guidance 101**

1. Where is the Guidance Department Located?
2. What is the name of your Guidance Counselor? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Do you know how to make an appointment to see your Guidance Counselor? Explain.
5. Are you more likely to seek out your Guidance Counselor if you have a problem? Circle: Yes or No
6. How many credits do you need to graduate from Hoosac Valley? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. How many years of math do you need to complete in order to graduate? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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   1. 4 credits
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   2. An official report supplied by a school on the record of an individual student, listing subjects studied, grades received, etc.
   3. All of the above
   4. None of the above
2. What is the passing grade at Hoosac?
   1. 55
   2. 60
   3. 65
   4. 70
3. Do you think that this visit was helpful? CIRCLE: Yes or no.

**Academic and Career Plan**

**Hoosac Valley Middle High School**

**Personal Information**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Today’s Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Anticipated Graduation Year \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Career Plan**

Circle one: Grade 9 10 11 12

The first step in planning your career is evaluating and understanding your strengths, skills and interests.

1. Strengths **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. Skills **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
3. Interests \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Begin your career planning by responding to the statements below.

MA Career Clusters:

Agriculture, Food and Natural Resources

Architecture and Construction

Arts, Audio/Visual Technology and Communication

Business Management and Administration

Education and Training

Finance

Government and Public Administration

Health Services

Hospitality and Tourism

Human Services

Information Technology

Law, Public Safety, Corrections and Security

Manufacturing

Marketing

Science, Technology, Engineering and Mathematics

Transportation, Distribution and Logistics

Based on the Career Cluster Inventory- *Difficulty deciding? Compare careers by clicking on the Occupations Tab and selecting Compare Occupations.*

Career Cluster: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Career Interest 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Career Cluster: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Career Interest 3:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_4:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you agree with the MassCIS Career Cluster Inventory? If not, to which cluster do you identify with the most? Name at least 2 careers of interest related to the cluster.

**Career Interest 1:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Helpful high school courses: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What degree, certification, licensure, or specialized training will you need? (MassCIS preparation/ Licensure and certification tab)

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Has your career goal changed since last year? If so, what is your new interest?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How much will you earn annually? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (MassCIS wages tab)

**Career Interest 2:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Helpful high school courses: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What degree, certification, licensure, or specialized training will you need? (MassCIS preparation/ Licensure and certification tabs)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Has your career goal changed since last year? If so, what is your new interest?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How much will you earn annually? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (MassCIS wages tab)

**Reality Check**

Annual Salary Needed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Were any of the monthly costs surprising to you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Based on the annual income from career interest 1 and career interest 2-* Can you afford to live your lifestyle? Why or why not? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Future Plan**

After high school, I plan to:

* Work full time
* Attend a two-year postsecondary institution
* Attend a four-year postsecondary institution
* Attend technical school full time
* Join the military

In what geographical location(s) would you like to pursue your interests? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Using the College Board {collegeboard.org} or www.trade-schools.net to answer the following:

College(s) and/or specific programs of interest:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Ex: MCLA/ Marines\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Academic Plan**

High School Graduation Requirements

*112.5 Total Credits Required for Graduation*

**Check off a box for each 5 credit completed:**

English (20 credits) ☐ ☐ ☐ ☐

Mathematics (20 credits) ☐ ☐ ☐ ☐

Science (15-20 credits) ☐ ☐ ☐ ☐

History (15-20 credits) ☐ ☐ ☐ ☐

Language (10 credits) ☐ ☐ optional: ☐ ☐

*\*\*U.S History and Algebra II are required to earn a diploma.*

**Check off box for each 2.5 credit completed:**

Health (2.5 credits) ☐

Computer Technology (2.5 credits) ☐ ☐

Electives (23.5 credits) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Art (5 credits) ☐ ☐

**Check off box for each .5 credit completed:**

Physical Education (4 credits) ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Extracurricular activities that will help you to reach your career goal such as clubs, sports, volunteerism, etc.: (Involvement will help build your resume for life after high school) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Checklist**

Use this checklist to help ensure that you have obtained the skills to develop education plans and career goals. When you demonstrate specific skills, you will check the box next to them

☐ I have updated (and changed, if needed)my Career/College Plan (10 \_\_);(11 \_\_); (12 \_\_).

☐ I know my interests and work traits.

☐ I know how to locate and use career information resources.

☐ I understand various career clusters.

☐ I can describe the educational options available to me.

☐ I know the high school graduation requirements.

☐ I know the educational requirements to reach my chosen career(s).

☐ I have discussed my plans for after high school with my parent/guardian and counselor/teacher.

☐ I have taken action on my plans for after high school.

