



# IDEAS FOR COLLEGE & CAREER

READINESS PLANS™

STUDENT JOURNAL



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# IDEAS FOR COLLEGE & CAREER

READINESS PLANS

STUDENT JOURNAL

™





“How can I prepare for my life after high school?”

This book was designed to be an organized way to provide you with actionable *IDEAS for College and Career Readiness Plans*.

Each chapter in this student book is titled as part of the acronym for the very word

## IDEAS

I  
Inspiration

D  
Determination

E  
Expectations

A  
Actions and

S  
Strategies

**PREPARING FOR YOUR FUTURE!**



**IDEAS** FOR  
**COLLEGE & CAREER**  
READINESS PLANS

*This program will help sort the processes needed to reach your personal and academic goals. Think about everything that affects you personally, and your efforts in school. Use this reflection to complete the statement below with as much detail as you can.*

# WELCOME

This College and Career Readiness Planner belongs to

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I will remember this time in my life mostly because

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Signature

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Date



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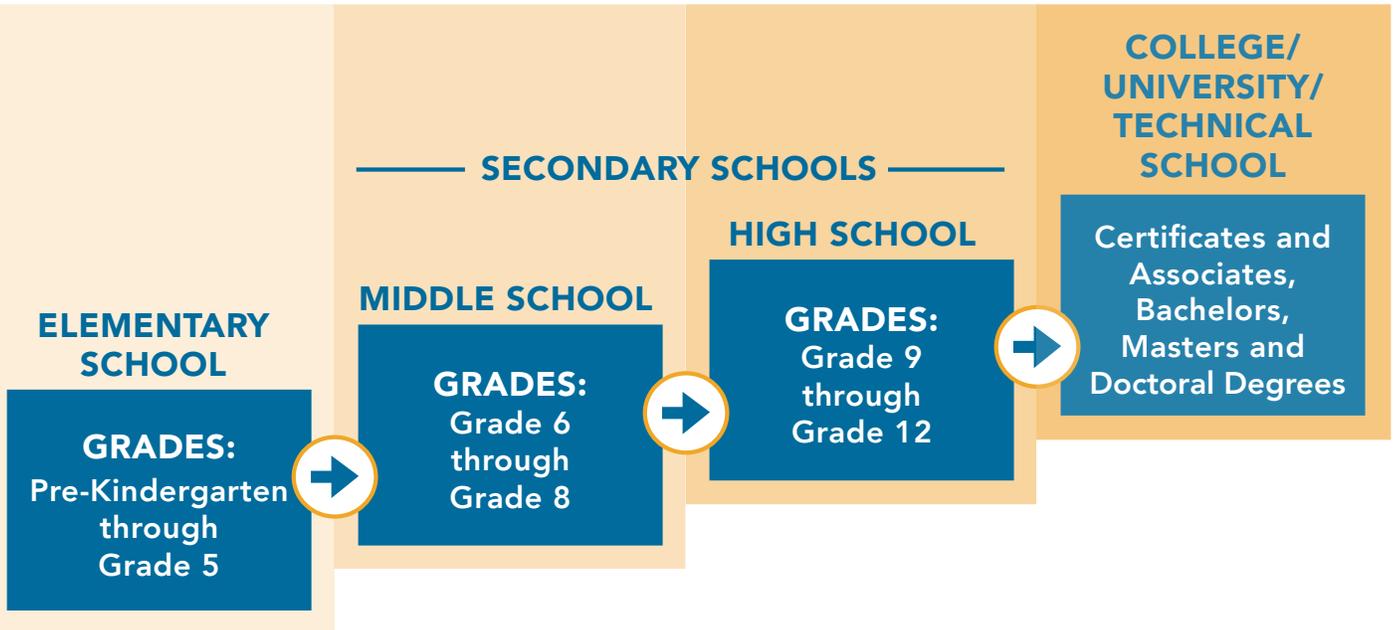
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## Introduction

This book is designed to provide you with actionable *IDEAS* for *College and Career Readiness Plans*. Use this journal as a planner and reflection tool. The chapters serve as a resource for your step-by-step progress on the College and Career Readiness Continuum.

It will be rewarding to look back and see how far you have come in the process of reaching your goals.



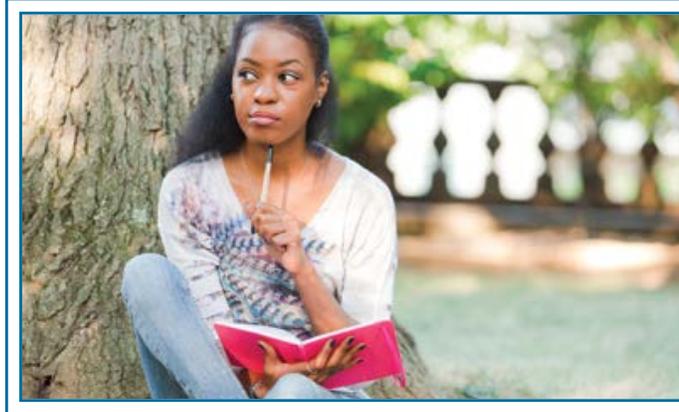
## Academic Track

The academic track from Pre-K through 12th grade and beyond is illustrated in the diagram above. This shows where you are in the academic process.

- What do you think is the purpose of school?
- What is the importance of school in our society?
- What skills should be learned in school?

## Reflection on Success

What does being successful mean to you — in your life and in your career?



What does being successful in your LIFE mean to you?

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What does being successful in your CAREER mean to you?

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Report about a time you felt proud of something you did at school.

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What can you do to help yourself continue and or become successful?

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# Inspiration

**Where can I find inspiration to guide my future goals?** Inspiration is defined as “something that makes someone want to do something or that gives someone an idea about what to do or create: a force or influence that inspires someone.” (Merriam Webster).

Some students know what they want to do after they graduate from high school. Others may be inspired from activities they participate in their schools. Some may be inspired from careers of people in their families or in their communities.

Striving for your academic goals and being involved on campus, opens opportunities that will influence or inspire your career and future plans. This will give you more options in the form of electives or higher level classes. Being involved in school can mean joining clubs, sports, student government, and volunteering in community service. Seeking leadership positions can be rewarding and look good on your college applications.

## School Clubs



Being a member of a school club gives you the opportunity to learn about your areas of interest, and also to expand service initiatives. Middle and high school campuses also have academic or student government clubs and associations, as well as athletic teams or game-based clubs. Some of the clubs specialize in community service activities.

Find out about clubs from your school counselor, or ask in the office. If you join a club as an active member, especially in your first year, you will learn how the club works, and how activities are planned and organized. While participating in clubs and activities, pursue leadership roles and you will learn team-building skills. This will demonstrate your ability to hold a position of responsibility. These activities help build confidence no matter what you decide to study in the future.

- What clubs or extracurricular activities are available to be a part of at your school?



- What activity(ies) are you currently involved with? Why did you select this?
- If you are not involved in any activities then:
  - Who do you know that is in a club?
  - What do you think being in a school club would be like?

## College Prerequisites

**Note:** Because high school requirements can change, it is important to get updates on what you need from your school counselor. Once you do, keep it in this journal to track your progress.

According to Merriam-Webster a prerequisite is “something that you officially must have or do before you can have or do something else”. There are a variety of prerequisites needed to gain acceptance at a college or university. With a limited number of available slots for new students each year, an applicant’s qualifications have an impact on their chances of acceptance. To increase your chances of getting accepted, strive to finish high school with a challenging curriculum and partake in extracurricular activities. Applying to more than one university will help increase your chances of acceptance.

### Your college readiness plan includes these requirements:

- High school diploma
- College admissions test scores (SAT and ACT)
- Passing grades in academic courses for math, english, natural science, social science and world languages

## High School Graduation Requirements

**To earn a high school diploma a certain number of credits are needed to graduate.** For example, a school may require 24 credits to graduate. This is broken down into six courses per year of high school multiplied by the number of years in high school (four). Some high schools provide high-achieving students an accelerated path to graduation that may require less credits to graduate, but more advanced courses that show they are ready for college level work. And, some schools have the AICE with international standards of a more specialized nature in a rigorous curriculum. You should know what you need to graduate from high school. The following offers a breakdown of what is needed to receive your diploma.

### FOR A DIPLOMA:

Fill in the number of graduation credit/service hours you need below. If you participate in additional programs described, include other requirements you may need. Add notes to yourself for what you have to do.

- Number of credits needed to graduate with a standard diploma: \_\_\_\_\_
- Number of service hours needed: \_\_\_\_\_
- Other programs such as ACCEL program, AICE program (Advanced International Certificate of Education Program) or International Baccalaureate (IB) diploma:

\_\_\_\_\_

- Will virtual school options comply with requirements in course work? Is early graduation possible? How?

\_\_\_\_\_

**REPORT CARDS:** Most middle and high schools provide three or four report cards per year (trimesters or quarters) for students to see their progress throughout the year. Students are given grades for their academic courses, as well as their records for attendance and tardiness. The report card shows your GPA calculation for the term and may also indicate the honor roll status, class ranking, and conduct/effort marks. If you are new to the school, ask for assistance in reviewing your report card.

**A TRANSCRIPT:** This is the culmination report of all of the grades earned by students through the years. That cumulative record — or transcript — is passed along to a new school if a student must transfer, or to each college or university to which they apply.

**HOW TO CALCULATE YOUR GRADE POINT AVERAGE:**

NAME OF CLASS:	GRADES PER QUARTER				OVERALL GPA:																
	Q1	Q2	Q3	Q4																	
					<p>To estimate your GPA, add the grade for each class and divide by the number of classes. Example:</p> <table style="margin-left: 40px;"> <tr><td>Math</td><td>80</td></tr> <tr><td>English</td><td>+ 90</td></tr> <tr><td>Science</td><td>+ 85</td></tr> <tr><td>History</td><td>+ 93</td></tr> <tr><td>P.E.</td><td>+ 95</td></tr> <tr><td>Art</td><td>+ 80</td></tr> <tr><td colspan="2"><hr/></td></tr> <tr><td>Total</td><td>= 523</td></tr> </table> <p>Take the sum of the 6 classes above (523) and divide by 6, (87.2). Overall GPA: 87%. Remember to add the applicable points for Honors and AP classes.</p>	Math	80	English	+ 90	Science	+ 85	History	+ 93	P.E.	+ 95	Art	+ 80	<hr/>		Total	= 523
Math	80																				
English	+ 90																				
Science	+ 85																				
History	+ 93																				
P.E.	+ 95																				
Art	+ 80																				
<hr/>																					
Total	= 523																				
<b>QUARTERLY GPA</b>					For end of year GPA average all quarters. -->																

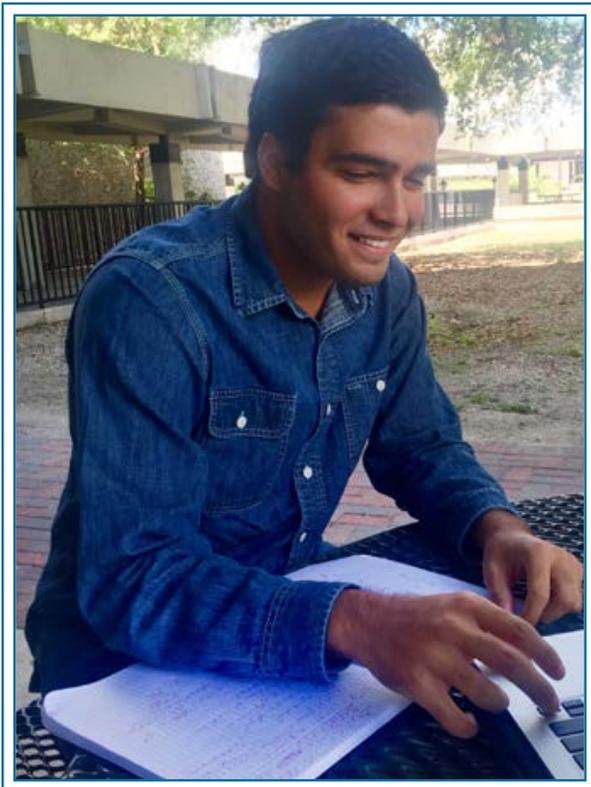
# Actions

In this journal, you have read about actions you can begin to take as early as middle school for your future success. Taking action will help determine your choices ahead. It's important to value your life experiences during your secondary school years and your personal academic record so that you can plan for the future. Record notes, grades, and activities for each year on the following pages. This will help to visualize your action plan!

**The actions you take in school towards your academic success will have an impact on your future options!**

## Keep Records for Future Use

On the following four pages, you can keep a record of your GPA, college exam scores and all that you participated in throughout high school. There are bulleted points that help keep you on track for graduation and beyond. This is a great reference when filling out your college applications.



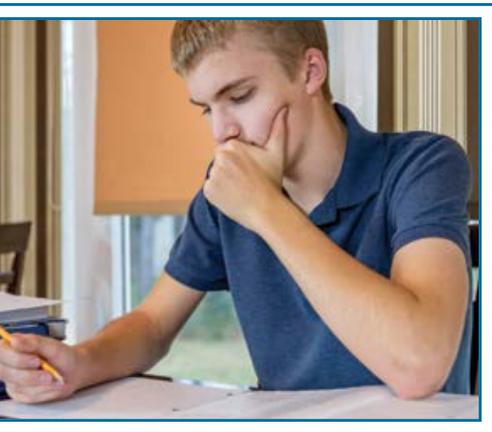
## FINANCIAL OPTIONS

Together with your own ideas and research, your school counselor will provide you with information on scholarships, financial aid and the college application process. Financial planning should also be a part of your goals. It takes time to build up the qualifications for scholarships and to complete the forms necessary for financial support. **Planning ahead, investing your time, and using advice from your personal support team will help you achieve your goals.**



**Extension Activity:** Your academic and extracurricular activities can affect college financing. Explore, research, and know more about how to pay for college. Present information to the class on what you've learned. Keep track of this info with the school lists you are preparing:

- Explore ways to pay for college
  - Grants
  - Aid (merit- or need-based)
  - Scholarships
  - Work Study
- Understand the need to complete the FAFSA: <https://fafsa.gov>
- Research how to prepare for the ACT and SAT
- Know the impact your efforts in school has (including extracurricular activities and college exams) on your chances for scholarship opportunities.
- Explore internship possibilities in high school and at future schools.



## REFLECTION: LIFE CONTROLS

The objective of this activity is to document and visualize the limits and controls you have in your life and how you can make the difference for your future. Think about the different aspects in your life: your home, family, school, friends and anything else that affects you. There are parts to your life that you have control over — from your thoughts to your actions — and other parts that you don't. Outside the circle, compose a list of things that are BEYOND your control. Within the circle, list what you CAN control. This knowledge helps you focus on what you can work on when advancing towards your future goals.

A worksheet template for reflection. It features a spiral binding at the top, a blue paperclip on the right, and a large circle in the center. The text "What I CANNOT control:" is written above the circle, and "What I CAN control:" is written inside the circle. The page is lined for writing.

### REFLECTION STATEMENT:

While I cannot control: \_\_\_\_\_

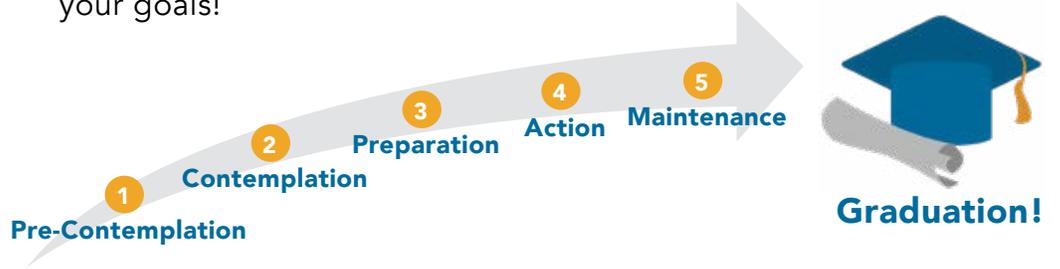
I can control: \_\_\_\_\_

Understanding this helps me: \_\_\_\_\_

Self control and self determination will matter in a future career because: \_\_\_\_\_

**REFLECTION:  
REVISIT THE  
CONTINUUM**

Revisit the stages of the College and Career Readiness Continuum on page 8. Check where you were on the continuum statements. You can see how far you have come in your plans. Doing what you can to get prepared with a clearer plan of action will help you reach your goals!



Do you feel you have enough tools, ideas, experiences and plans for your academic future? Describe what you have learned most about the academic process and about yourself.

A large, white, lined writing area with a spiral binding on the left side and a blue paperclip on the right side. The lines are horizontal and spaced evenly. A vertical blue line is on the left side, creating a margin.

You have been introduced to many academic processes and expectations. How will the experiences of this course help you in your future? How do you think this will help you tackle new challenges in college or in a future career?

A large, white, lined writing area with a spiral binding on the left side and a blue paperclip on the right side. The lines are horizontal and spaced evenly. A vertical blue line is on the left side, creating a margin.

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THIS STUDENT BOOK BELONGS TO:

FIND **I**NSPIRATION  
BE **D**ETERMINED  
HAVE **E**XPECTATIONS  
TAKE **A**CTION  
ACHIEVE **S**UCCESS™



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