

**COLLEGE
AND
CAREER
AWARENESS**
~
**For
Middle Schoolers**



Pre-Survey!

Go to email for link - Look for this email:

College & Career Awareness

Or type in the web address:



Sign up for a PCCR meeting!

- I need to meet with every 8th grader and their parent!
- Sign up for a time on the digital schedule (link in email)
- You can change your appointment by calling the school or by going to the link in your email
- Fill out the letter home with the appointment time you signed up for and give it to your parents
- Come!!! You will be put in for a drawing for a prize for coming in with a parent!



WHAT YOU NEED TO KNOW



7 Tips

for using the High School years to
prepare for your future college and
career goals!

TIP #1: GET INVOLVED in High School

Studies have shown that involved kids like high school more and get better grades!

Find out about yourself by TRYING NEW THINGS - classes, extracurricular activities

- Sports - Swim, Tennis, Golf, Wrestling, Baseball, Volleyball, Football, Basketball
- Art
- Rodeo
- Theatre
- Student Government
- Music - Band, Percussion, Choir
- Computer classes
- Journalism or Yearbook classes
- Clubs like Rabbit Pack for school spirit
- Governor's Youth Council (GYC) for service
- Career and Technical Student Organizations (CTSO's) - leadership, work and life
 - Future Farmers of America (FFA) - Ag classes
 - Future Business Leaders of America CTSO (FBLA) - Business classes
 - Family, Career and Community Leaders of America (FCCLA) - personal and family skills classes
 - Technology Student Association (TSA) - Technology and engineering classes
 - SkillsUSA - Skills learning for top industries



Extracurricular involvement looks great on resumes for jobs, and on college and scholarship applications!

For future college, scholarship, and job applications:

Keep a record of any high school activities, involvements and accomplishments and the dates they happened:

- Extra curricular activities: Sports, Music, Clubs, etc.
- Educational achievements – science fair, essay contests, National Honor Society
- Service opportunities – in the school or community
- Leadership opportunities – in the school or community
- Awards and recognition – Music, sports, academics, etc.
- Summer Camps – Music, Sports, Leadership, Science, Girl's/Boys State
- Private lessons – Music, Sports, etc.
- Employment
- Volunteer work
- Any involvements at all – Junior American Legion, Youth town council, private performances
- Take Pictures - if you plan to be a sterling scholar you will need pics for a portfolio



Tip #2: MAKE NEW FRIENDS!!!

- You can't have too many friends.
- Be a POSITIVE friend yourself!
- Remember to be your own best friend and biggest cheerleader.
- Don't wait for your friends to get involved.
Get involved and make friends everywhere you go.



Tip #3 Have a Growth Mindset

THE POWER OF YET!



High School seems scary now, but it's not! Give it a chance and give yourself a chance to LOVE it!

Tip #4: Take charge of your education!

It's under your control. You Decide!

• **Good Attendance** ⇒ **Good Grades** ⇒ **Good Education**

• Getting a **good education** helps you:

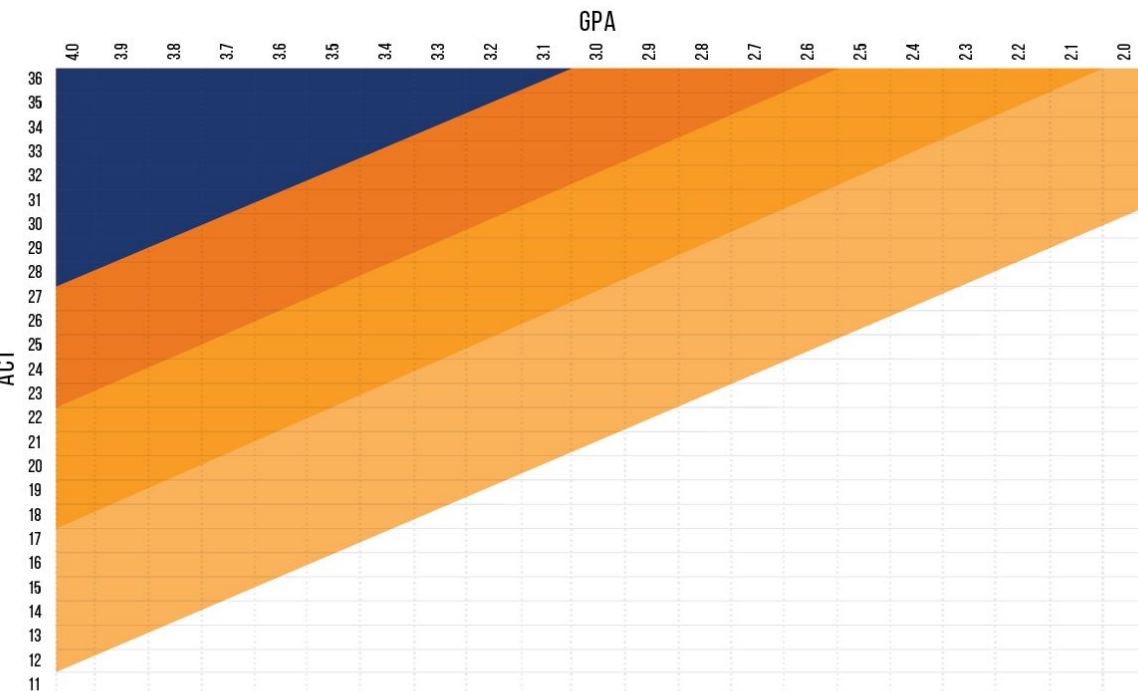
- Socially - makes you a well rounded, knowledgeable and interesting person
- Have the knowledge you need to enter the workforce
- Prepare for college and career goals
- Do well on the ACT college entrance exam -

Good Grades + Good ACT score = \$\$\$\$ College Academic Scholarship



***Don't let yourself struggle. Ask for help if you need it!

Scholarship Table/Calculator – Every college website has one. Here is Snow College’s for 2020-2021



Scholarship Calculator

GPA:

ACT:

Your Scholarship Index Score:

UTAH RESIDENT ACADEMIC SCHOLARSHIP CHART

Index Score	Scholarship Level
64+	Presidential Amount: 100% of tuition + student fees; renewable Required GPA and Credits to Maintain Scholarship: 3.7+ and 15 credits Criteria: GPA and ACT/SAT
59-63	Dean Amount: 50% of tuition; renewable Required GPA and Credits to Maintain Scholarship: 3.25+ and 15 credits Criteria: GPA and ACT/SAT
54-58	Academic Achievement Amount: 33% of tuition; renewable Required GPA and Credits to Maintain Scholarship: 3.0+ and 15 credits Criteria: GPA and ACT/SAT
47-53	Honors Amount: 10% of tuition; 1 year Required GPA and Credits to Maintain Scholarship: 3.0+ and 12 credits Criteria: GPA and ACT/SAT

Valedictorian Salutatorian

- GPA
- ACT Score Breaks Ties

WHAT IS



?

*COLLEGE ENTRANCE EXAM

Consider taking the ACT at least twice!

WHY?

- Required by some colleges for acceptance and some scholarships
 - People typically do better the 2nd time
 - Highest score counts
 - Even one point can make the difference in getting a scholarship
 - You will take it for free, in school your junior year of High School

Go to **act.org** to sign up

Tip #5 Don't Stress about :

- What you want to be when you grow up
OR
- What EDUCATION or JOB TRAINING you want to do after High School?

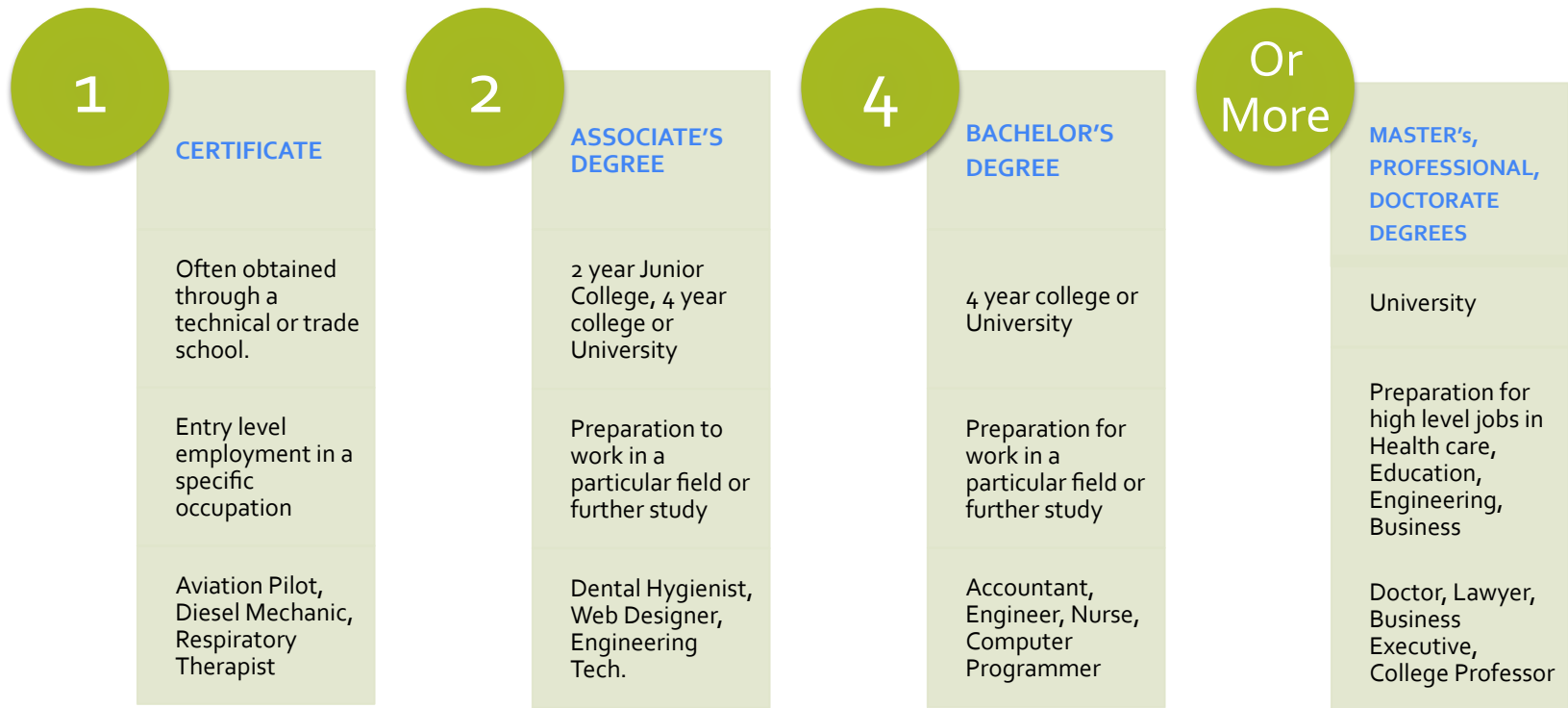


MajorClarity.com

can help you to start thinking about and exploring ideas!

(log in with google!)

Remember - 1,2, 4 or More (years)



See Utah System of Higher Education Web site: <http://www.utahmajors.org/certificates-and-degrees>

HOW TO FIND AND KEEP A JOB!

Check out this

SMART START GUIDE

to learn about:

1

Filling out an application

2

Writing a Resume

3

Writing a cover letter for your Resume

4

Job Interviews



Tip #6 Start funding your college education NOW!!

Open up a **SAVINGS** account -

- Consider the UTAH EDUCATIONAL SAVINGS PLAN (UESP) at UESP.org
- Decide how much, a percentage, of every cent you earn or get will go into savings for your future.
- Stick to your plan. You will be glad you did when it is time to go off on your own.

Plan on doing well in high school and being involved in activities so you can get **SCHOLARSHIPS** based on merit (good grades and ACT scores) and based on what you have accomplished in other ways.



Scholarships and where they can be found:

- Use college research engines or google search to find scholarships on anything
- Academic - offered by colleges to recruit students
- Athletic - requires college recruitment
- Leadership - look on college scholarship pages, scholarship search engines, google
- Service - same as leadership
- Field of experience/expertise (Drama, Music, Science, Math, Health, STEM etc.)
- Local scholarships - ask your high school counselor about these. They come out in March of your Senior year
- State Scholarships - Technical Education Scholarship, Opportunity Scholarship, etc.- Go to <https://ushe.edu/state-scholarships-aid/>
- Need Based Scholarships and Grants – FAFSA (Free Application for Federal Student Aid), etc.



FAFSA Free Application for Federal Student Aid

- Apply at [FAFSA.gov](https://fafsa.gov)
 - **Federal Grants (PELL Grants)** - Money for college you won't have to pay back as long as grades are good. Based on need.
 - **Federal Student Loans** - Money you borrow for college that has to be paid back—even if you don't graduate. Lower interest rates, flexible repayment options compared to private loans. You do not pay them back (deferment) while you are a student.
- The sooner you apply, the more funding you may receive!
- Application opens OCTOBER 1 of your senior year



Tip #7 With your school counselor and guardian/s, develop a **4-year High School Plan**:



- High School graduation requirements
- College entrance requirements - 4th year of math, Foreign Language
- Scholarship Requirements - Sterling Scholar, Opportunity Scholarship (college level CE Eng, Math, Science), Academic Scholarships from colleges
 - CTE Pathway courses
 - College/High school Concurrent Enrollment courses
 - NCAA requirements (to play college sports)

4 YEAR HIGH SCHOOL PLAN – Suggested Sequence

*Required credits for High School Graduation

Graduation Requirement – 28 Credits

8 credits possible each year or 7 if you take Seminary (Release Time) every year

3 credit college classes are worth 1 High School credit, even when they are only a semester long

A season of any sport and Marching Band count for .5 credit

Seminary (Release Time) – 0 credit

9th GRADE Explore College & Career		10th GRADE Plan College & Career		11th GRADE Decide College & Career		12th GRADE Apply to College & Career	
You can Start taking the ACT college entrance exam anytime in high school. Take as often as you like. Some colleges require it to get in. Some scholarships require it. Highest score counts. Go to ACT.org to sign up		Take ACT by February if taking college English 1010 as a Junior. Go to ACT.org to sign up. Students may begin to take a limited assortment of concurrent enrollment college class – IVC or Face-to-Face		ACT test given in school in the spring for FREE. Used for end of year testing for Juniors.		Last chance to take ACT – 1 st sem. Too late after that. Go to ACT.org to sign up.	
*Language Arts 9	1	*Language Arts 10	1	*Language Arts 11 or ENG 1010- <u>ACT score of 17-Eng</u>	1	*Language Arts 12 or ENG 2010	1
*Secondary Math I	1	*Secondary Math II	1	*Secondary Math III	1	College Math (College Bound) - Math 1030 Quantitative Lit.-FA A ACT score of 21-Math or Aleks Math 1040 Statistics-SS or Nursing ACT score of 22-Math or Aleks Math 1050 College Alg-Math/Sci ACT score of 23-Math or Aleks	1
*Found. Science – Biology/Bio Ag college bound students or Earth Systems not college bound students	1	*Found. Science - Earth Systems Not college bound students or Chemistry College bound students	1	*Elective Science - Any Science- (including available college level options	1	*U.S. Gov .5 or POLS 1100 *Financial Literacy or BUS 1210	.5 .5
*Geography	1	*World Civilizations	1	*U.S. History	1	*Electives - Foreign Language, Seminary (Release Time), CTE pathway, CTE Internship, Work Release, TA, College classes...	1
*PE: Fit 4 Life - required PE	.5	*PE Classes or sports – 2 different sports for both _____.5 _____.5	1	*Electives - Foreign Language, Seminary (Release Time),CTE pathway, College classes...	1		1
*Digital Studies - Business Office Specialist or Computer Science	.5	*Health	.5		1		1
*Fine Arts - 1.5 credits required for graduation	1	*Fine Arts - including available college level options	.5		1		1
*CTE – 1 credit required for Graduation	1	*Electives - Foreign Language, Seminary (Release Time), CTE pathway, College classes...	1		1		1
*Electives - Foreign Language, Seminary (Release Time), CTE pathway...	1		1				
TOTAL CREDITS	8	TOTAL CREDITS	8	TOTAL CREDITS	8	TOTAL CREDITS	8

NOTES:

4 year
High School Plan
Created during 8th grade
individual PCCR meeting
with student, parent and
counselor.

*High School
Requirements listed



STERLING SCHOLAR

Apply your Jr. year & work on it throughout your Jr. and Sr. year

- Sterling Scholars apply and are named during their Junior year.
- They are recognized and awarded for scholarship, leadership and citizenship in one of the following categories:

General
Social Science
Business & Marketing
Speech & Drama
Agricultural Science

English
Science
Math
Music
Dance

Family & Consumer Science
Computer Technology
Foreign Language
Visual Arts
Trade & Technical Education

- Sr. year, present a portfolio on work in specific category, leadership and service & an interview by judges.
- Awards are given at the high school, semi-final and finals levels. At the finals awards ceremony, winners and the runner's up for each category are announced.
- Scholarships or tuition waivers are available from participating colleges.
- Ask your school counselor or a supervising teacher for an application and info early in your junior year
- For more info - <http://www.sterlingscholar.org/how-do-i-become-a-sterling-scholar/>

OPPORTUNITY SCHOLARSHIP

- **This is a state of Utah Scholarship.**
- **It is NOT a competitive scholarship! If you meet the requirements and apply on time, you will receive the scholarship.**
- **Scholarship amount varies based on program funding, your financial need and the following requirements:**
 - Earn a 3.3 cumulative high school GPA
 - Complete 1 college level course in each of the core areas of high school graduation:
 - Math - Math 1030, 1040, 1050 (with Mr. Hansen)
 - Science - Physics (with Mr. Hansen), Human Biology (IVC), Chemistry (IVC)
 - Language arts - English 1010 (with Mrs. Fullmer or through IVC)
 - Complete the Free Application for Federal Student Aid (FAFSA)

*** Go to opportunitiescholarship.org for more info**

CTE (Career and Technical Education) Pathways



- FUN!
- Explore career options by taking classes that teach job skills - nursing, welding, accounting, etc.
- Complete 3 classes in a CTE pathway - earn a certificate and a special cord to wear with cap and gown at graduation.
- Develops strong academic skills, hands-on learning and real-world problem-solving skills.
- Prepares students for on the job training, trade or technical school, two or four-year college program.
- Some classes earn college credit in High School.
- <https://schools.utah.gov/cte/pathways>

You can do **COLLEGE** in High School! - Saves \$\$\$

- You can take **SNOW** college classes JR & SR year (Soph. year with approval) - **3.0 GPA required**
- One college class can cost hundreds of dollars. Taking the same class in high school through Snow College IVC (Interactive Video Conferencing) or concurrent enrollment is usually **\$15 a class**.
- Some college classes can fill both High School requirements & College General Education requirements (classes everyone has to take no matter what major).
 - English 1010 Expository Composition **instead of** High school Language arts 12 (Sr year)
 - Political Science 1100 American National Gov. **instead of** High school U.S. Government (Sr year)
 - Business 1210 Personal Finance **instead of** High School General Financial Literacy (Sr Year)
 - French 1010 and 1020 **instead of** High School Spanish 1 and 2
- Snow College General Education certificate of completion –
 - Gets you a year and a half ahead in college.
 - You have to take about 6 specific college classes your Junior and Senior year.
 - Snow college classes transfer easily to the other public universities in Utah.
 - All public Utah colleges recognize the Snow letter of completion and wave all general education requirements if you have it.
You can begin work on your major and electives.



NCAA.org

If you want to play sports in college, you will need to register at www.eligibilitycenter.org. AND be sure to take 16 required courses to be eligible. (talk to the school counselor)

	Participants at US High Schools	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
Men						
Baseball	488,815	34,554	7.1%	2.1%	2.2%	2.8%
Basketball	546,428	18,684	3.4%	1.0%	1.0%	1.4%
Cross Country	257,691	14,412	5.6%	1.9%	1.4%	2.3%
Football	1,083,308	73,660	6.8%	2.6%	1.8%	2.4%
Golf	146,677	8,676	5.9%	2.0%	1.7%	2.2%
Ice Hockey	35,155	4,102	11.7%	4.6%	0.5%	6.5%
Lacrosse	109,522	13,446	12.3%	2.9%	2.3%	7.1%
Soccer	440,322	24,803	5.6%	1.3%	1.5%	2.8%
Swimming	133,470	9,455	7.1%	2.8%	1.1%	3.2%
Tennis	157,201	8,092	5.1%	1.7%	1.1%	2.4%
Track & Field	591,133	28,334	4.8%	1.9%	1.2%	1.7%
Volleyball	55,417	1,899	3.4%	0.7%	0.8%	1.9%
Water Polo	21,857	1,014	4.6%	2.6%	0.7%	1.3%
Wrestling	250,653	7,075	2.8%	1.0%	0.8%	1.0%
Women						
Basketball	429,380	16,593	3.9%	1.2%	1.1%	1.6%
Cross Country	222,516	15,958	7.2%	2.7%	1.8%	2.7%
Field Hockey	59,793	6,032	10.1%	3.0%	1.2%	5.8%
Golf	74,762	5,293	7.1%	2.9%	2.1%	2.1%
Ice Hockey	9,514	2,289	24.1%	9.0%	1.0%	14.0%
Lacrosse	88,050	11,375	12.9%	3.8%	2.6%	6.5%
Soccer	381,529	27,358	7.2%	2.4%	1.9%	2.9%
Softball	366,685	19,680	5.4%	1.6%	1.6%	2.1%
Swimming	166,747	12,356	7.4%	3.3%	1.1%	3.0%
Tennis	183,800	8,933	4.9%	1.6%	1.1%	2.2%
Track & Field	485,969	29,048	6.0%	2.7%	1.5%	1.8%
Volleyball	436,309	17,119	3.9%	1.2%	1.1%	1.6%
Water Polo	20,230	1,136	5.6%	3.3%	1.0%	1.3%



← NCAA Research – Estimated Probability of Competing in College athletics 2017. (Have a plan B just in case)

Found at http://www.ncaa.org/sites/default/files/2015-16RES_Probability_Chart_Web_20170314.pdf

In the words of Dr. Seuss:



ANY Questions????

**Don't forget your PCCR MEETING:
Build your 4-year plan! Sign up!!**

Come with your parent and you will be
put in for a drawing!

Post Survey!

GO TO:

<https://forms.gle/vPTN37kXmzZAuAqL7>

Check out the Delta Middle School Counseling
Website for more info on
College and Career Awareness!

