

2020 College & Career Playbook

“Your College and Career Guide”

Middle School Edition



Office of College, Career and Life Readiness

This PLAYBOOK belongs to:

The endorsement(s) I plan to complete by graduation:

1. _____
2. _____

Future career goal: _____

Top Colleges I plan to apply to:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

My College Major: _____ Minor: _____

7th Grade STAAR Exams: Mathematics, Reading and Writing

8th Grade STAAR Exams: Mathematics, Reading, Social Studies and Science

STAAR End Of Course Assessments required for high school graduation:

English English II Algebra I Biology US History

The following are college entrance/placement exam(s):

ACT SAT TSIA

I plan to request recommendation letters from the following teachers, counselors, and/or administrators:

1. _____
2. _____
3. _____

Community Service I have done or plan to do: (Name organization, volunteer hours and activity. Make a goal of 75 hours or more.) Example: Boys & Girls Club 30 hrs. Tutored Elementary M-F

1. _____
2. _____
3. _____
4. _____

Hello Students!

In the Region One ESC area, you are one of several thousand students who will be able to access information about high school and post-secondary planning when you use this playbook. We want you to know that your success in middle school, high school and beyond, is very important to us and your parents too. That's why we are providing you with the tools and knowledge to make the most of the next few years in planning, preparing, and entering a college and/or a career of your choice.

This is a team effort between your school district and your campus leaders, teachers, counselors and of course, your family. In this playbook you will find several locations where there is a badge to alert you and others about additional ideas for students, family and counselors about the use of this book. The badges are as follows:



Student badge

This indicates that this is an activity you may do on your own.



Family badge

The parent badge will be listed when we recommend that you discuss this section with your family.



Counselor badge

The counselor badge is when we encourage counselors to work with you to support you with current and future planning.

You will also see there are times when certain activities will include the student, family and counselor badge; this means that it is recommended that you also visit with your family and/or counselor if you have any questions or need more guidance.

This playbook includes extra pages for your notes and journaling so you can personalize it when you locate ideas that you want saved. Make it your own!

*Have a great year and remember,
your determination and efforts
will pay off!*

www.esc1.net/occlr

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College and Career Playbook

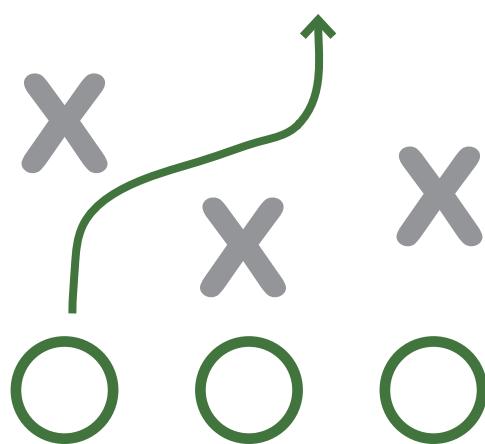
Just like any team effort, there needs to be a playbook where all the best plans are drawn out and easily found when needed. And that's the same **strategy** for college and career readiness, or post-secondary planning. You can develop the **right plays** for a winning post-secondary **game plan**. **And this playbook can help you develop your plan:**

Section 1	<u>Learn</u> about careers that interest and inspire you	1
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There's a lot to do...

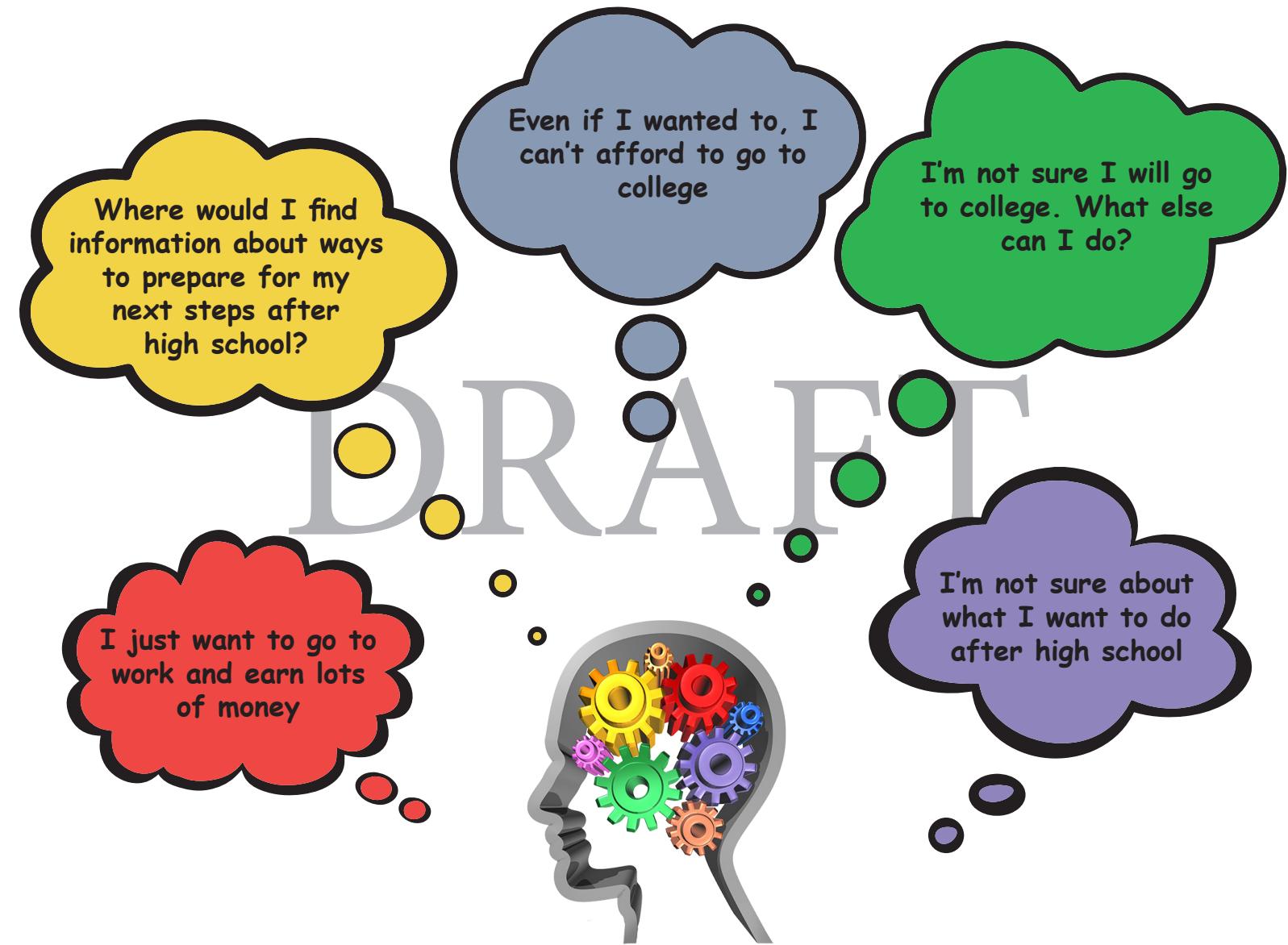
Let's get started!



Section 1-Learn about careers that interest and inspire you

A Lot to think About

It's hard to imagine this when you are in middle school, but in a few years, you'll be making choices about your future after high school graduation. Maybe you are giving it some thought right now. Do any of these thoughts sound familiar?



If you are having some of these thoughts, and maybe others that are worrying you, we hope this **playbook** will lead you to some information that will help you make some “educated” choices about “life after high school graduation”. Remember, you have time to do this right. Take a deep breath and get started now. By the time you graduate from high school, you’ll have your **game plan** ready.

Programs of Study

What are Career Programs of Study?

The Texas Education Agency has 14 career clusters. A cluster is a group of careers and industries that are related by skill sets.

Agriculture, Food & Natural Resources

The Agriculture, Food, and Natural Resources (AFNR) Career Cluster focuses on the essential elements of life—food, water, land, and air. This career cluster includes a diverse spectrum of occupations, ranging from farmer, rancher, and veterinarian to geologist, land conservationist, and florist. It also includes non-traditional agricultural occupations like wind energy, solar energy, and oil and gas production.

Architecture & Construction

The Architecture and Construction Career Cluster focuses on designing, planning, managing, building, and maintaining the built environment. Principles of Architecture provides an overview to the various fields of architecture, interior design, and construction management.

Arts, A/V Technology & Communication

The Arts, A/V Technology and Communications (AAVTC) Career Cluster focuses on careers in designing, producing, exhibiting, performing, writing, and publishing multimedia content including visual and performing arts and design, journalism, and entertainment services. Careers in the AAVTC career cluster require a creative aptitude, a strong background in computer and technology applications, a strong academic foundation, and a proficiency in oral and written communication.

Business Management, Entrepreneurship, Accounting & Finance, and Marketing & Sales

Careers encompass planning, organizing, directing and evaluating business functions essential to efficient and productive business operations. Business Management, Entrepreneurship, Accounting, and Marketing and Sale career opportunities are available in every sector of the economy.

Education & Training

The Education and Training Career Cluster focuses on planning, managing, and providing education and training services and related learning support services. All parts of courses are designed to introduce learners to the various careers available within the Education and Training career cluster.

Energy

The Energy Career Cluster prepares individuals for careers in the designing, planning, maintaining, generating, transmission, and distribution of traditional and alternative energy.

Health Services

The Health Science Career Cluster focuses on planning, managing, and providing therapeutic services, diagnostics services, health informatics, support services, and biotechnology research and development. To pursue a career in the health science industry, students should learn to reason, think critically, make decisions, solve problems, communicate effectively, and work well with others.

Hospitality & Tourism

The Hospitality and Tourism Career Cluster focuses on the management, marketing, and operations of restaurants and other food/beverage services, lodging, attractions, recreation events, and travel-related services. Students acquire knowledge and skills focusing on communication, time management, and customer service that meet industry standards. Students will explore the history of the hospitality and tourism industry and examine characteristics needed for success.

Human Services

The Human Services Career Cluster focuses on preparing individuals for employment in career pathways that relate to families and human needs such as counseling and mental health services, family and community services, personal care services, and consumer services

Information Technology

The Information Technology (IT) Career Cluster focuses on building linkages in IT occupations for entry level, technical, and professional careers related to the design, development, support, and management of hardware, software, multimedia, and systems integration services.

Law and Public Service

The Law and Public Service Career Cluster focuses on planning, managing, and providing legal services, public safety, protective services, and homeland security, including professional and technical support services. Students will examine the roles and responsibilities of police, courts, corrections, private security, and protective agencies of fire and emergency services.

Manufacturing

The Manufacturing Career Cluster focuses on planning, managing, and performing the processing of materials into intermediate or final products and related professional and technical support activities such as production planning and control, maintenance, and manufacturing/process engineering.

Science, Technology, Engineering & Mathematics

The Science, Technology, Engineering, and Mathematics (STEM) Career Cluster focuses on planning, managing, and providing, scientific research and professional and technical services, including laboratory and testing services, and research and development services.

Transportation, Distribution & Logistics

The Transportation, Distribution, and Logistics Career Cluster focuses on careers in planning, management, and movement of people, materials, and goods by road, pipeline, air, rail, and water. It also includes related professional support services such as transportation infrastructure planning and management, logistics services, mobile equipment and facility maintenance.

Take an interest inventory at

<https://www.onetcenter.org/IP.html> or

<https://texascareercheck.com/>



What do you want to be?

Not everyone has the same interests and goals for themselves. Maybe some of your friends dreamed of the same career their whole lives while others are still discovering their pathway. No matter which category fits you, it's a good idea to explore your interests, personality, skills, and strengths so you can find the best path for you. NOTE: And, the process may take a while to unfold!

Use this activity to help you narrow down the options:

- 1.) What is your favorite subject in school? _____
- 2.) What hobbies or interests do you have? _____
- 3.) What types of clubs, church, community, or sports activities do you enjoy?

- 4.) Do you work in the summer? Or do you have jobs that help you earn money?

- 5.) What are you really good at?

- 6.) What are you interested in learning more about?

- 7.) How could you put your skills to work for you?

- 8.) Which people in your life have jobs that sound interesting to you?

- 9.) If you could choose your dream job right now, what would it be?

Current date completed: _____



Just for fun, look back at this page a year from now and see if any of your answers have changed.

Career Options

Here are a few career options based on the latest information regarding growing job markets and divided by educational attainment needs:

Doctoral or professional degree

The highest paying education category is occupations that typically require a doctoral or professional degree for entry. The BLS Occupational Employment Statistics program does not publish wages for occupations that have a median annual wage greater than or equal to \$208,000. Therefore, table 1 shows mean, rather than median, wages.

Table 1. Highest paying occupations that typically require a doctoral or professional degree for entry, 2017



Occupation	Mean annual wage, 2017 [1]	Work experience in a related occupation	On-the-job training	Occupational openings, projected 2016–26 annual average
Anesthesiologists	\$265,990	None	Internship/residency	1,400
Surgeons	251,890	None	Internship/residency	1,900
Oral and maxillofacial surgeons	242,740	None	Internship/residency	300
Obstetricians and gynecologists	235,240	None	Internship/residency	900
Orthodontists	229,380	None	Internship/residency	300
Psychiatrists	216,090	None	Internship/residency	1,100
Family and general practitioners	208,560	None	Internship/residency	5,600

[1] Data exclude wages of self-employed workers. The Occupational Employment Statistics program does not publish wages for occupations with a median annual wage that is greater than or equal to \$208,000. Occupations in this category include most doctoral and professional degree-level occupations. Therefore, mean wages are shown.

Source: U.S. Bureau of Labor Statistics, Office of Occupational Statistics and Employment Projections.

The occupation of family and general practitioners is projected to have 5,600 openings each year, on average, from 2016 to 2026, the most of the highest paying occupations that typically require a doctoral or professional degree for entry.

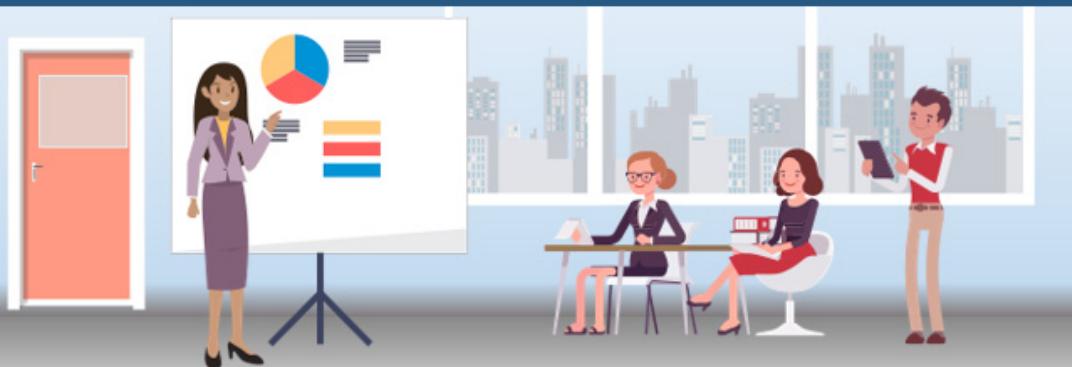
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MASTER

Master's degree

All of the occupations listed in table 2 pay more than \$100,000 per year at the median. This is the only educational category in which all of the highest wage occupations typically don't have requirements for experience or on-the-job training.

Table 2. Highest paying occupations that typically require a master's degree for entry, 2017



Occupation	Median annual wage, 2017 [1]	Work experience in a related occupation	On-the-job training	Occupational openings, projected 2016–26 annual average
Nurse anesthetists	\$165,120	None	None	2,800
Political scientists	115,110	None	None	700
Computer and information research scientists	114,520	None	None	2,500
Physician assistants	104,860	None	None	10,600
Nurse practitioners	103,880	None	None	14,400
Mathematicians	103,010	None	None	300
Economists	102,490	None	None	1,600

[1] Data exclude wages of self-employed workers.

Source: U.S. Bureau of Labor Statistics, Office of Occupational Statistics and Employment Projections.

The occupation of nurse practitioners is projected to have 14,400 openings annually, on average, from 2016 to 2026, the most of the highest paying occupations that typically require a master's degree for entry.

BACHELOR

Bachelor's degree

The bachelor's-level occupations shown in table 3 paid more than six of the seven highest paying master's-level occupations—and chief executives tops even the highest paying master's-level occupation, nurse anesthetists. However, all but petroleum engineers typically require work experience in a related occupation for entry.

Table 3. Highest paying occupations that typically require a bachelor's degree for entry, 2017



Occupation	Median annual wage, 2017 [1]	Work experience in a related occupation	On-the-job training	Occupational openings, projected 2016–26 annual average
Chief executives	\$183,270	5 years or more	None	20,000
Computer and information systems managers	139,220	5 years or more	None	32,500
Architectural and engineering managers	137,720	5 years or more	None	13,600
Airline pilots, copilots, and flight engineers	137,330	Less than 5 years	Moderate term	8,100
Petroleum engineers	132,280	None	None	2,800
Marketing managers	132,230	5 years or more	None	21,300
Financial managers	125,080	5 years or more	None	56,900

[1] Data exclude wages of self-employed workers.

Source: U.S. Bureau of Labor Statistics, Office of Occupational Statistics and Employment Projections.

The occupation of financial managers is projected to have 56,900 openings each year, on average, from 2016 to 2026—the most of all the highest paying occupations shown in each education category.

Associate's degree

The highest paying occupation in table 4 is air traffic controllers, which had a wage that was more than triple the median wage for all workers. In this occupation, workers typically need long-term on-the-job training to become competent in their job tasks.

Table 4. Highest paying occupations that typically require an associate's degree for entry, 2017



Occupation	Median annual wage, 2017 [1]	Work experience in a related occupation	On-the-job training	Occupational openings, projected 2016–26 annual average
Air traffic controllers	\$124,540	None	Long term	2,400
Radiation therapists	80,570	None	None	1,200
Nuclear technicians	80,370	None	Moderate term	800
Funeral service managers	78,040	Less than 5 years	None	2,000
Nuclear medicine technologists	75,660	None	None	1,300
Dental hygienists	74,070	None	None	17,500
Diagnostic medical sonographers	71,410	None	None	5,400

[1] Data exclude wages of self-employed workers.
Source: U.S. Bureau of Labor Statistics, Office of Occupational Statistics and Employment Projections.

The occupation of dental hygienists is projected to have 17,500 openings each year, on average, from 2016 to 2026, more than any of the other highest paying occupations that typically require an associate's degree for entry.

Postsecondary nondegree award

Postsecondary nondegree award

Repair occupations are among the highest paying postsecondary nondegree award occupations shown in table 5. Aircraft mechanics and service technicians is the only occupation in the table that typically doesn't have requirements for work experience or on-the-job training in addition to completing an academic program.

Table 5. Highest paying occupations that typically require a postsecondary nondegree award for entry, 2017



Occupation	Median annual wage, 2017 [1]	Work experience in a related occupation	On-the-job training	Occupational openings, projected 2016–26 annual average
Electrical and electronics repairers, powerhouse, substation, and relay	\$78,410	Less than 5 years	Moderate term	2,100
First-line supervisors of fire fighting and prevention workers	76,170	Less than 5 years	Moderate term	4,400
Ship engineers	73,110	Less than 5 years	None	1,300
Captains, mates, and pilots of water vessels	70,920	Less than 5 years	None	4,400
Insurance appraisers, auto damage	62,100	None	Moderate term	1,500
Aircraft mechanics and service technicians	61,020	None	None	10,900
Electrical and electronics installers and repairers, transportation equipment	60,840	None	Long term	1,300

[1] Data exclude wages of self-employed workers.

Source: U.S. Bureau of Labor Statistics, Office of Occupational Statistics and Employment Projections.

And the 10,900 openings projected each year, on average, from 2016 to 2026 for aircraft mechanics and service technicians is another way this occupation stands apart from the other highest paying occupations that typically require a postsecondary nondegree award for entry.

H S D I P L O M A R G E D

High school diploma or equivalent

The highest paying occupation in table 4 is air traffic controllers, which had a wage that was more than triple the median wage for all workers. In this occupation, workers typically need long-term on-the-job training to become competent in their job tasks.

Table 6. Highest paying occupations that typically require a high school diploma or equivalent for entry, 2017



Occupation	Median annual wage, 2017 [1]	Work experience in a related occupation	On-the-job training	Occupational openings, projected 2016–26 annual average
Nuclear power reactor operators	\$93,370	None	Long term	500
Transportation, storage, and distribution managers	92,460	5 years or more	None	9,700
First-line supervisors of police and detectives	87,910	Less than 5 years	Moderate term	7,100
Power distributors and dispatchers	82,510	None	Long term	1,000
Detectives and criminal investigators	79,970	Less than 5 years	Moderate term	7,500
Elevator installers and repairers	79,480	None	Apprenticeship	3,000
Commercial pilots	78,740	None	Moderate term	4,000

[1] Data exclude wages of self-employed workers.

Source: U.S. Bureau of Labor Statistics, Office of Occupational Statistics and Employment Projections.

The occupation of transportation, storage, and distribution managers is projected to have 9,700 openings annually, on average, from 2016 to 2026, the most of the highest paying occupations that typically require a high school diploma or equivalent for entry.

NO FORMAL EDUCATION

No formal educational credential

As table 7 shows, mine shuttle car operators had the highest median annual wage of the occupations that typically don't require a formal educational credential for entry. On-the-job training is typically required for competency in all of the occupations shown.

Table 7. Highest paying occupations that typically don't require a formal educational credential for entry, 2017



Occupation	Median annual wage, 2017 [1]	Work experience in a related occupation	On-the-job training	Occupational openings, projected 2016–26 annual average
Mine shuttle car operators	\$56,890	None	Short term	100
Continuous mining machine operators	54,620	None	Moderate term	1,400
Rotary drill operators, oil and gas	53,980	None	Moderate term	2,600
Loading machine operators, underground mining	52,420	None	Short term	300
Tapers	51,620	None	Moderate term	2,100
Athletes and sports competitors	51,370	None	Long term	1,700
Service unit operators, oil, gas, and mining	48,290	None	Moderate term	6,400

[1] Data exclude wages of self-employed workers.
Source: U.S. Bureau of Labor Statistics, Office of Occupational Statistics and Employment Projections.

The occupation of service unit operators in oil, gas, and mining is projected to have 6,400 openings each year, on average, from 2016 to 2026, the most of the highest paying occupations that typically don't require a formal educational credential for entry.

Career Interest Inventory

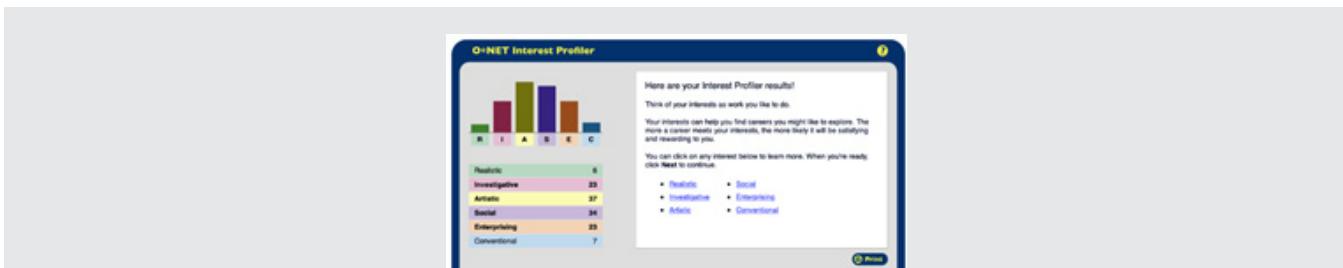
In order to choose a career that will provide you with personal satisfaction, you should spend some time thinking about what really interests you. This activity will match your interests to different types of careers.

Here you will find the ONET Interest Profiler <https://www.mynextmove.org/explore/ip>



Once you have completed the inventory, it will send you to the areas that show your interests, and this can help you find careers you might like to explore. The more a career meets your interests, the more likely it will be satisfying and rewarding to you. Click on the interests below to learn more about them and explore careers related to them.

- **Realistic** — practical, hands-on problems and solutions
- **Investigative** — ideas, thinking, and figuring things out
- **Artistic** — creating, designing, and making your own rules
- **Social** — helping people, teaching, and talking
- **Enterprising** — leading, making decisions, and business
- **Conventional** — data, detail, and regular routines



Print your results and save them in your journal or portfolio to review from time to time.

What did the results of the Interest Profiler tell you?



My Results

1. What were your two highest scores in these areas? Circle those two below:

- Realistic
- Investigative
- Artistic
- Social
- Enterprising
- Conventional



2. List two possible careers that were suggested to interested you in each of those areas and list them below.

(Example) Realistic – Athletic Trainer and Forensic Science Technician

Social – Emergency Medical Technicians and Paramedics and Tutors

Your answers go here:

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3. Now, choose one of those careers and complete the chart below.

How do you feel about the type of work you would be doing on a daily basis?	Do your abilities fit this job description?
Does this job seem to fit your personality? How?	What are the education requirements?
What is the job outlook for this career?	What is the median salary for this career?

4. Now, choose another of those careers and complete the chart below.

How do you feel about the type of work you would be doing on a daily basis?	Do your abilities fit this job description?
Does this job seem to fit your personality? How?	What are the education requirements?
What is the job outlook for this career?	What is the median salary for this career?

5. Bottom Line: How did your two choices differ? What did you learn about your interests and skills and how they might be clues to possible careers and the education needed to pursue them?

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6. What surprised you about the results?
7. What other careers did you see in the lists that interested you?

Section 2-Review high school graduation plans and endorsements

Ok, now you know where to go to research possible careers, so let's talk about high school graduation. In Texas, there are a few options for graduation.

Here's an overview of the Texas High School Graduation Programs.

1. Foundation High School Program – 22 credits*

4 English, 3 Math, 3 Social Studies, 1 P.E. 1 Fine Arts

2 Languages Other Than English (may be Computer Science) and 5 Electives

or

Foundation + Endorsement ** - 26 credits

Choose and Endorsement area: STEM, Arts and Humanities, Business/Industry, Public Service, and Multidisciplinary Studies

2. Distinguished Level of Achievement – 26 credits that include:

Algebra II (4th Math), 4th Science + 1 Endorsement** (Required for top 10% admission to college)
and/or

Performance Level Achievement – 22 or 26 credits

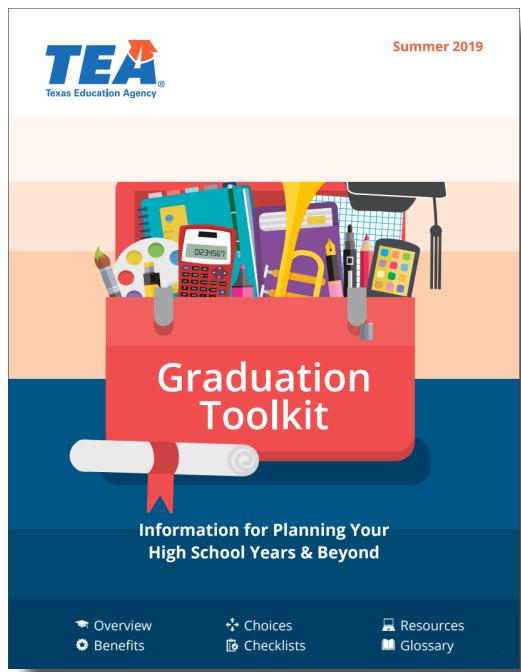
Outstanding performance on IB, AP, SAT, ACT, PSAT, or earn Business and Industry certificate or license

* Local district requirement may add courses (such as Health, Communications, etc.)

** 4 courses in a coherent sequence, no curriculum changes allowed

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You can find everything you need to know about these Programs in the Texas Education Agency's *2019 Graduation Toolkit*. https://tea.texas.gov/About_TEA/News_and_Multimedia/Brochures/TEA_Brochures



Here's a shortcut to some of the information you can find in the TEA Graduation Toolkit:

Page 5: **Foundation High School Program**
Course Credit: What is a credit, anyway?
Industry-Based Certification
Work-Based Learning

Pages 6-7: **5 Endorsement Areas you can choose to take**

Pages 8 – 9: **Distinguished Level of Achievement**
Performance Acknowledgments Areas

Pages 10 -11: **College and Career Resources**

Page 12: **A good checklist for each grade level (Grades 8 – 12)**

Pages 13-14: **Glossary (of all those high school terms)**



READY to plan? Use this checklist to help you get started.

Texas Education Agency Graduation Toolkit

Graduation Checklists

8th Grade

- Review** choices offered under the **Foundation High School Program** and the **Endorsements** to decide on your future academic path.
- Select** the endorsement that best fits your area of personal interest and the major you plan to study in college.
- Recognize** that most college admissions processes value rigorous advanced courses including **Algebra II**, higher-level science courses and languages other than English.

9th/10th Grade

- Monitor** high school credits; be sure to meet all **local and state requirements**.
- Take dual credit or Advanced Placement courses** if possible to earn college credit while still in high school.
- Keep** list of awards, honors and extracurricular activities for scholarship and college applications.
- Research** colleges or universities you are interested in attending.
- Check** admission and application requirements and timelines.
- Consider** taking SAT/ACT preparation classes.
- Sign up** and take the ACT and/or SAT test, preferably in your junior year but no later than the fall of your senior year.
- Explore** interests and take advantage of **Career Exploration** opportunities and attend site visits during college open house days.
- Attend college nights** hosted by your high school.
- Talk** with school representatives about the types of financial aid available.
- Take** the Preliminary SAT (PSAT)/National Merit Scholarship Qualifying Test in your sophomore year for practice. In your junior year, take the PSAT for eligibility for the National Merit Scholarship Competition. Students who take the PSAT or ACT ASPIRE® tend to score higher on the SAT or ACT than those who do not.
- Take** Career and Technical Education courses related to your career interests.

11th/12th Grade

- Take dual credit or Advanced Placement courses** if possible to earn college credit while you are still in high school.
- Visit** with your counselor or college advisor about available scholarships. Be sure to apply early and for as many scholarships as possible. Do not limit yourself to local scholarships.
- Fill out** the FAFSA (Free Application for Federal Student Aid) or the TAFSA (Texas Application for State Financial Aid) early in the fall of your senior year.
- Apply** to college during the fall of your senior year.

If you plan to pursue technical training or enter the workforce after graduation, see the **Information - Workforce Resources** page or visit **Texas Reality Check** at www.texasrealitycheck.com/.

TRANSITION FOR STUDENTS WITH DISABILITIES



TRANSITION PLANNING

In High School, a team of people worked to make sure your IEP (Individualized Education plan) was in place. When you enter college, your IEP packet and information will not automatically transfer. You will need to self-disclose, or let your college know, that you have a disability. They will ask you for proper documentation, make sure you keep current copies from your high school. **Become your own best advocate!**



1

SELF-AWARENESS

Self-Awareness means being in tune with who you are.

Know your strengths and weaknesses

Share your feelings

Know your needs

Share your thoughts

2

SELF ADVOCACY

Self-Advocacy is the ability to speak up for what you need.

Speak Up!

Know what help you need

Express yourself to teachers/adults

Know your disability and how it affects your learning

3

SELF EFFICACY

Believe in YOURSELF!

Self Efficacy is the ability to believe that you can achieve your goals.



DISABILITY SERVICES

Before you start college, locate the disability/accessibility services on your campus. They can help with accommodations.

**Remember each campus offers difference levels of support.
Have your documentation ready!**

KNOW YOUR DISABILITY

My Primary Disability:

My Accommodations:



IDEA
(Individuals w/ Disabilities Education Act)

becomes

ADA

**(Americans with Disabilities Act)
as soon as you graduate from high school**

Do your research!





Here's another great place to find tools that will help you plan for high school (and beyond), Texas On Course, <https://texasoncourse.org>. This site contains several resources, like Map My Grad, an interactive planning site, that you can use right now!



Use <https://www.mapmygrad.org>



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Whew! Time for a summary.

- List 5 things you've learned about planning for high school.
1. _____
 2. _____
 3. _____
 4. _____
 5. _____

Which of the Endorsement areas interests you? _____

What is the number of credits required in your school district to graduate from high school?
_____ (HINT: Ask the counselor)

Which electives are offered at your high school that interest you now? _____

Which planning tools helped you the most? _____



Free Advice ---

Having a high school diploma is the first step toward a good job, but remember this formula:

More Education/Training = Higher Income + Better Benefits + More Job Security

Fact check:

Wondering what education is required for high-wage jobs? Check this out. The answers may surprise you.

<https://www.bls.gov/careeroutlook/2019/article/high-wage-occupations.htm>

What did you learn about high wages and the need for more education?

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Something else you need to know about in 8th grade – the Texas Testing Program

Tests that you will learn about in 8th Grade

In grade 8 you are required to take the **STAAR Test** (State of Texas Assessments of Academic Readiness) in the areas of Mathematics, Science, Social Studies and Reading. If you take Algebra I in 8th grade, you will take the End of Course exam instead of the Mathematics test for grade 8. The STAAR tests are designed to measure the extent to which you have learned and can apply the knowledge and skills that apply to that grade level.

Most colleges in the U.S. and Texas require you to take either the **SAT (Scholastic Aptitude Test)** or the **ACT Test**. Often your scores on these tests determine whether you will be admitted to the college of your choice. Some colleges and universities award special scholarships based on your scores. The SAT and ACT indicate if you have the reading, writing and math skills needed for college-level work.

You may also take the **PSAT/NMSQT** (Preliminary SAT/ National Merit Scholarship Qualifying Test) in middle school. High scores on this test during 11th grade can help you qualify for the National Merit Scholarship Program and other money-saving options in college.

You are also required to take the **TSIA** (Texas Success Initiative Assessment) before enrolling in college-level classes. Ask your counselor about ways you can begin to prepare for it, even in 8th grade.





Section 3-Learn about advanced courses in high school

Another strategy you can add to your College and Career Playbook is this:

Consider taking some college-level courses in high school, such as:

- Summer, after school, or concurrent college-level classes
- Choose courses that fit into your plans and allow you to earn high school and college credit at the same time.

Ask your school counselor about advanced courses offered at your school. Remember, the pace is faster, and the work is more challenging, but the payoff is that you can save some time and money in college and career degrees .

Advanced HS Courses	Advantages
Dual Credit/Concurrent Courses allow students to enroll in college courses while in high school and receive college (and high school) credit for the courses. They can be taught on the high school campus by an approved teacher or at a college campus. The courses included both academic and technical courses.	<ul style="list-style-type: none">• Saves money on college tuition• Provides the opportunity to complete college level credential while in high school that can lead to immediate job opportunities• Transfers credits earned in high school to Texas public colleges and universities• Provides experience with college coursework
The Advanced Placement Program® (AP) enables students to pursue college-level studies while still in high school. The program consists of college-level courses developed by the College Board /AP Program that high schools can choose to offer. Corresponding exams that are administered once a year. High schools do not usually offer all 38 of the AP courses produced by The College Board, but they usually offer the most popular ones in the core areas	<ul style="list-style-type: none">• Helps students stand out on college applications.• Student's transcript shows that they've challenged themselves with the most rigorous courses available to them.• Success on an AP Exam shows that they're ready for college-level coursework.• May earn college credit and/or skip introductory courses in college.
The International Baccalaureate® (IB) Diploma Programme (DP) curriculum is made up of the DP core and six subject groups: Studies in Language and Literature, Language Acquisition, Individuals and Societies, Sciences, Mathematics and the Arts. There are different courses within each subject group. Not every high school offers an IB Program. Assessments are rigorous and are the same for every student worldwide who takes an IB exam.	<ul style="list-style-type: none">• IB students encouraged to think independently and drive their own learning.• Can lead them to some of the highest ranking universities around the world.• Become more culturally aware, through the development of a second language• Be able to engage with people in an increasingly globalized, rapidly changing world.

Sources: https://tea.texas.gov/Academics/College,_Career,_and_Military_Prep/Dual_Credit
<https://apcentral.collegeboard.org/about-ap/ap-a-glance>
<https://www.ibo.org/programmes/diploma-programme/curriculum/>



Section 4-Study possible post-secondary options

We have talked about getting ready for college and careers and we use a lot of terms like “post-secondary education”, but what does all of that mean? Just exactly what are the options and choices you could make?

Adapted from: What types of colleges*exist? <https://www2.ed.gov/pubs/Prepare/pt1.html>

*Throughout this document, the word “college” is used to refer to all postsecondary institutions--technical colleges, junior colleges, community colleges, other two-year colleges, and four-year colleges and universities.

Types of Post-secondary Institutions	Admission requirements
Community, Technical, Junior Colleges <ul style="list-style-type: none">• Many programs that take less than four years• Programs can be two years or less• Can obtain a license, certification, Associate of Arts (A.A.), Associate of Science (A.S.) or an Associate of Applied Science (A.A.S) degree• May lead to more study at a university or four-year college• Can be private or publicly funded• May be residential in some cases• Can offer occupational, technical, and academic programs• “Tech-prep” or “school-to-work” programs offered	<ul style="list-style-type: none">• Often have “open admissions” policy --anyone who has a high school diploma or GED certificate can enroll.• High school transcript required and likely will need college entrance exam• Possibly other requirements for technical subjects• Check each school for specific requirements
Four-year Colleges and Universities <ul style="list-style-type: none">• Offer Bachelor of Arts (B.A.) or Bachelor of Science (B.S.) degrees• Can be public or private schools <p>Degrees can lead to more advanced studies and professional work. (Master's degree or Doctorate (Ph.D.)</p>	<ul style="list-style-type: none">• Official transcripts from high school and any other college attended.• Proof of a GED credential is acceptable as well.• If you have an Associate degree or at least 60 college credits, many colleges will waive the high school diploma requirement.• The SAT or ACT examinations are traditional entrance requirements for 4-year colleges and universities. Be sure to check each college for unique admissions requirements.
Military <ul style="list-style-type: none">• Many fields available for learning occupations• Pay is based on level of education and specific skills acquired (merit pay)• Paid medical and dental services• Housing allowance• College costs paid in most cases <p>Retirement benefits, ability to purchase home after enlisting and other benefits.</p>	<ul style="list-style-type: none">• High school diploma is most desirable.• Candidates with a GED (General Education Development) certificate can enlist, but some Services may limit their opportunities.• U.S. citizens or Legal Permanent Residents (people who have an INS I-151/I-551 Green Card)• Ages 18 through 25, there is a requirement to register with the Selective Service.• Physical requirements vary greatly across each Service branch. Generally speaking, potential recruits should be in good physical condition, of appropriate weight and able to pass a standard physical screening prior to entry.• The ASVAB is a timed multi-aptitude test that you must pass in order to enlist. A higher score means a better job placement and signing bonus.

Think it over:

1. Which options appeal to you? _____ Why? _____
2. What surprised you about these post-secondary options? _____

What are stackable credits?
And why are they important for middle school and beyond?

These are credits that can be added over a long period of time from a variety of possible experiences. For example, you might add credits (stack on top of each other) from a certification, a license, an apprenticeship, or a course that you take in high school or college and receive credit for that experience toward a more advanced degree or certification.

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This is important to you in middle school because the courses you select can provide the first steps toward a certification or other requirements for an Associate degree or higher.

To find out more about this option, talk to your counselor.



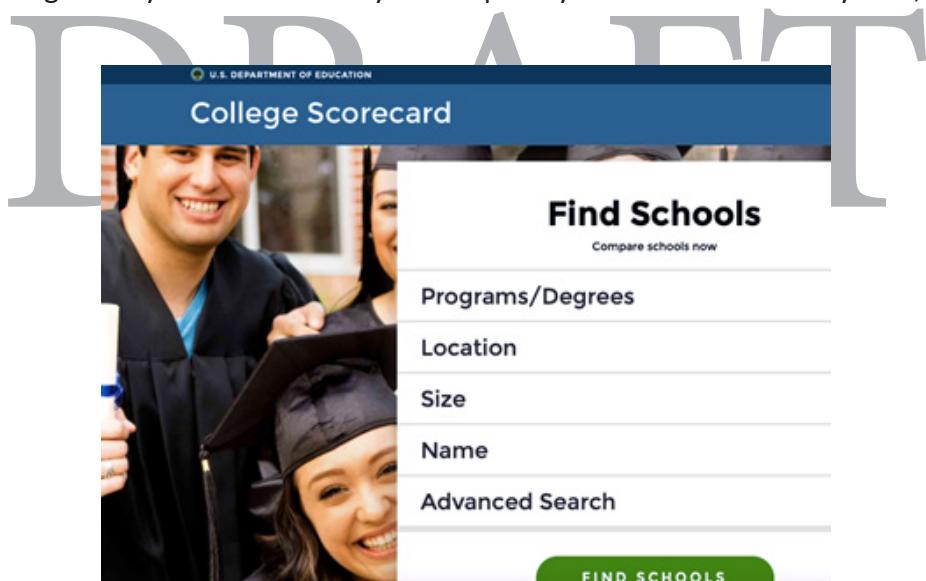


Section 5- Plan ahead academically and financially

Are you beginning to think about strategies for developing a plan for college and careers? This playbook and your hard work will pay off when you get ready to make decisions after high school. So far you have seen lots of information about the importance of a good academic plan. But there's also a need for good financial planning when it comes to paying for an education.

The U.S. Department of Education (<https://www.ed.gov>) has developed a good tool for you and your family to use when looking at the costs of post-secondary education. The College Scorecard (<https://collegescorecard.ed.gov>) can help you find information about the costs of all types of post-secondary education...from certificates to degrees, in large or small colleges, located anywhere in the United States. You need to know the costs in order to start planning ahead!

Click on <https://collegescorecard.ed.gov> and enter information in the fields. Perhaps you can go back to the suggested careers from section of where you did the Interest Inventory and plug in those choices to find how where you could attend, how much it might cost to attend, what level of education is required, and what the average salary would be when you complete your education. Pretty cool, right?



Which schools interested you? Why?



Tips for financial planning for college (and life)

Federal Student Aid
An OFFICE of the U.S. DEPARTMENT of EDUCATION

Proud Sponsor of
the AMERICAN MIND®

One of the best places to look for information about paying for college is this: <https://studentaid.ed.gov/sa/eligibility#basic-criteria>

This U.S. Department of Education site has lots of helpful information about how to prepare for higher education, secure funds for college, how to apply for grants and scholarships, and how to repay loans after college. It's a site that you and your parents will want to revisit often.

Another good resource for students in middle school is this one: <https://studentaid.ed.gov/sites/default/files/my-future-my-way.pdf>



This publication has great ideas for planning for college and beyond! There's a checklist of tasks for each grade level in middle school and there are several activity pages to keep you organized in this process. Check it out!

After you visit these sites...Write a description below to remind yourself about what you found there.



Section 6 -Develop extra-curricular activities and leadership skills

The importance of extra-curricular activities in your education and lifelong learning

Your school probably has several volunteer activities each year and perhaps you are a part of those. Good deal! But long-term involvement in the same extra-curricular group can help you build leadership skills to last a lifetime.

There's a great article by Fastweb that gives some ideas for involvement in extracurricular activities and how that can be important not only to you, but to colleges where you might apply. <https://www.fastweb.com/student-life/articles/impressive-extracurriculars>



The author lists these as impressive extracurricular options when it comes to college applications, but, the bottom line is this—your involvement in these types of activities says so much about you. It shows your concern for the school and community in which you live; your desire to make a difference for others; your organization and responsibility; your ability to work in teams; your perseverance to stick with a task; and the leadership qualities you are developing along the way. Here are some of the suggested extracurriculars mentioned in the article. Read the rest of it to see if there are some ideas there for YOU.

Check it out!

Which of the suggestions in this article interests you?

What's your first step going to be?

Summer Programs

Another good way to broaden your perspective, is to attend summer programs that focus on your interests. Here are several options.

University/ Organization	Program	Grade/Age	Dates	Website/Contact Info	Criteria/Add'l Info
Broadreach Organization	Summer Adventures for Teens	Ages 13-19	June, July, August	Fill out our online application or download an application at www.academictreks.com complete and mail to Broadreach.	Call us at 888-833-1907 to discuss our variety of summer adventures that cater to different ages, interests, abilities and experience levels.
Brown University Providence, RI	STEM Pre-College Program	8th & 9th Grade	Varies June through July	https://precollege.brown.edu/stem/ Providence, RI	<ol style="list-style-type: none"> 1. A completed Online Application or PDF Download 2. A Teacher's Recommendation 3. A complete official high school transcript which must include your most recent grade report. 4. The application fee.
Georgetown University Washington, DC	Summer College, Gateway to Business, College Prep, International	Ages 13-18	Dates Vary	http://scs.georgetown.edu/sphs/ Georgetown University Summer HS Programs Box 571006 Washington, DC 20057	<ol style="list-style-type: none"> 1. \$50 application fee 2. Transcript 3. Recommendation Form 4. Essay
John Hopkins University	Academic Explorations Summer Programs	Grades 7-12	Varies	https://cty.jhu.edu/summer/grades7-12/	<ol style="list-style-type: none"> 1. Have completed seventh grade by the summer of the program year 2. Be at least 12 years old by June 30 of the program year 3. Not turn 17 years old before September 1 of the program year
Johns Hopkins University Baltimore, MD	Johns Hopkins: Summer University Discover Hopkins Engineering Innovations	See website	Session I: May – July Session II: July - August	http://www.jhu.edu/summer Whitehead Hall, Suite 100 3400 North Charles Street Baltimore, Maryland 410.516.4548 800.548.0548	The Johns Hopkins Summer University Program offers qualified high school students the opportunity to take freshman- and sophomore-level credit classes in arts and sciences and engineering.
Lead America Washington DC Various Universities	Congressional Leadership Conference Leadership, Aviation Aeronautics Arts, Forensics, Military, Eng/ Robotics, Business, Law, Medicine/ Health, Natl. Lead. Ambassadors	6th -12th Grade	See website for more details.	www.lead-america.org info@lead-america.org CSLC information: cslc@lead-america.org NJLC information: njlc@lead-america.org Telephone 1.866.FYI.LEAD (394.5323) toll free 1.561.368.8085	Lead America is dedicated to inspiring and empowering the world's youth to achieve their full potential by instilling in them a sense of purpose, integrity, self confidence and personal responsibility.
Sam Houston State University	Criminal Justice Summer Camp	Ages 15-17	Sessions Vary	http://www.cjcenter.org Candice Williams Summer Camp Coordinator (936) 294-1702	Camp activities include introductions to forensic technology, martial arts, law, and team-building exercises. Sample itinerary on file.
San Francisco Art Institute	Pre-College Program & Young Artist Program	Ages 16-18 Ages 13-15	June-July	http://sfai.edu/precollege San Francisco, CA 94133 415.771.702	Program offers a focused and fun environment for exploring new techniques and developing artistic painting, photography, & drawing,

SUMMER PROGRAMS

University/ Organization	Program	Grade/Age	Dates	Website/Contact Info	Criteria/Add'l Info
Texas A&M Kingsville	GEMS Camps (Girls)& Young Engineers of South Texas(coed)	Open to anyone age 14-21	Website not yet updated	Apply online at www.engineer.tamuk.edu/GEMS	Selection is based on core area GPA, school attendance, and essay describing educational goals.
Texas State Edwards Aquifer Research Data Center	Aquatic Science Adventure Camp	Ages 9-15	See Website for Dates (8) one-week camps (2) two-week camps	www.eardc.txstate.edu/camp.html Call us at (512)-245-2329 Texas State University, San Marco	Let your student experience the fun and excitement of learning about freshwater ecosystems in the Central Texas Hill Country

SUMMER PROGRAMS

My Summer Program wish list is:

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Section 7-Learn ways to advocate for yourself

Are you considering college, but worried about whether or not it is a good choice for you? This section is important for you and for every other student out there! Too often students with intellectual disabilities aren't encouraged to consider college for their future. The time to start thinking about this issue is NOW. College is a big adjustment for everyone, but it is especially stressful if you're a student with a disability. Fortunately, if you have a disability and plan on attending a college or university, you most certainly are not alone.

According to the U.S. Department of Education's [National Center for Education Statistics](#)

- Nearly **22 million** students are currently enrolled in American colleges and universities.
- Approximately **11 percent** of all postsecondary undergraduates reported having some form of disability.

WHAT IT MEANS: There are over **2.4 million** postsecondary students with a disability attend college in this country.

<https://www.accreditedschools.org/resources/best-accredited-colleges-schools-for-students-with-disabilities/>

There are two good resources for you and your parents and teachers that can help the transition to college be a smoother pathway.



This site includes resources and financial aid information, lists of colleges that have a success rate for students with various disabilities, and online resources as well. <https://www.accreditedschools.org>



This site, www.thinkcollege.net is a good resource for helping all students understand the power of believing in dreams.

1. Students can hear from other students who are attending college and learn the path that led them there.
2. All students can appreciate the need to express their desire to achieve higher education and advocate for themselves.
3. There are films, resources, discussion ideas, and advocacy skills training to inform students, colleges, and the public about the importance of including students with intellectual or developmental disabilities in college awareness and readiness preparation.

No matter what you decide about post-secondary education, you have to spend some time talking to your parents and teachers, and counselors about your future. The #1 issue is always MONEY. So start the conversation and hopefully, continue it throughout your high school "career".



Social Emotional Awareness: Self-Care

The social environment changes as you are in middle school with diverse and competitive social groups. During difficult times it is important you seek providers of support, advice, companionship and affirmation, to help you when needed. Seek out help when you need it!

- You may look for a friend or trusted adult to talk to when you are sad
- Have someone mediate when you and friend have a disagreement, talk it out
- Take time to meditate, relax, and/or exercise to clear your mind
- Staying ahead of your to-do's relieves your stressors. Becoming more self-sufficient with homework, organizational skills, etc., will help you feel like you are ahead of your tasks!

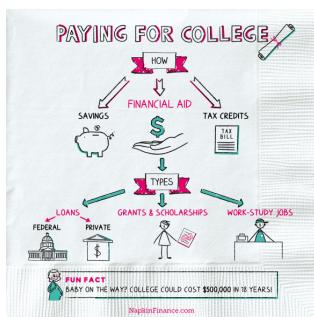
Be Self-Aware!

Seeking greater independence? You are on your way to becoming a young adult, learning to drive, planning for life after graduation, and being part of important relationships. This helps you establish your own identity. In this transition, you need to know that you do have individuals at school, home and community to help you solve problems, feel good about yourself, and help you figure out who you want to be.

- Know your strengths and weaknesses
- Understand that their actions have consequences now and in the future
- Begin planning your future goals
- Your family has trusted adults you can talk to



Section 8-Find ways to pay for your post-secondary plans



Yes, post-secondary education can be costly, but there are ways to find help. Start now to research those options—grants, scholarships, loans, and savings. It all adds up... and the benefits are worth the sacrifice!

<https://napkinfinance.com/napkins>

Scholarship Search Databases:

College Net	www.collegenet.com
Fastweb	www.fastweb.com
Free Scholarship Search	www.freschinfo.com
USA Funds	www.usafunds.org
Wired Scholar	www.wiredscholar.com
Scholarship Search	www.college-scholarships.com
Free College Scholarships and Financial Aid Information	www.scholarships.com

Scholarship Websites:

Accounting Scholarship	www.aicpa.org
Ambassadorial	www.rotary.org
American Geological Institute Geoscience Scholarship	www.agiweb.org
American Institute of Architects	www.archfoundation.org
American Psychological Association	www.apa.org
American Society for Microbiology	www.asm.org
AmeriCorps	www.cns.gov
Association Graduate Funding	www.asanet.org
Brand Essay Competition	www.instituteforbrandleadership.org
College Fund	www.uncf.org
Discover Card Tribute Award	www.aasa.org
Elks National Foundation	www.elks.org/enf/scholars/ourscholarships.cfm
Federal Scholarship & Aid Gateway	www.fedmoney.org
FinAid	www.finaid.org
Gateway to 10 Free Scholarships	www.college-scholarships.com
Gateways to US Government Grants	www.students.gov
Holocaust Remembrance	www.holocaust.hklaw.com

How did this playbook help you start to plan for high school and beyond?
We'll be checking on you and supporting your efforts!

Notes

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