

SOPHMORE Post-Graduation Planning Form

Name _____

Class of _____ Date _____

Thoughts for you and your family as you move through high school towards graduation

List your interests (e.g. being a mechanic, scrapbooking, etc.)

What skills do you feel you have that you are good at?
(Review SCANS Skills Handout, then any other resources)

What is one general career field you are interested in? Why does this field interest you?

Have you spoken to someone in this field or done a job shadow?

Where have you gotten your information about this field?

Have you used Nebraska Career Connections, O*NET or the *Occupational Outlook Handbook* to look for information on this field? Y N

What is one action-orientated goal you have?

What actions do you need to take in high school to achieve this goal?

Do you plan on attending some type of training after high school? Y N

If yes, do you plan on college? Y N

Two-year (AA/AS) Four year (BA/BS)

Apprenticeship Military

Other _____

What is your favorite class?

Least favorite?

Hobbies?

School/community activities you participate in

1. The Nebraska Career Connections website is a state-wide initiative available to all Nebraska residents as they explore careers, post-secondary education, and available scholarship information as well as track their progress on various career and skill based assessments. It is also an excellent place to store and then use to update your resume for college and scholarship opportunities.

a. To take advantage of this, go to

www.nebraskacareerconnections.org

You will need your student name and password. This is your first initial, last name, month and day of birth.

Example, Kelly Parker, born May 3rd

Would be *kparker53* for her user name

Password is graduation year, G, lunch #

Or 2012G23425

b. Once logged in, spend some time exploring all that the site has to offer including all the pull down menus; anything with a yellow star can be saved on "My Portfolio" for future use.

c. Create a resume and keep it updated on this site as well as input and then update any test scores you receive on the site assessments.

d. It is never too early to begin thinking about paying for post-secondary education and you can research and track scholarships and scholarship websites for future use under "My Portfolio."

e. Use this site to investigate colleges that offer majors you are interested in and the requirements needed in order to be accepted at that college.

2. Further investigate careers of interest and the education level needed to get into that career. There are several websites for this including:

a. Career Info net at <http://www.acinet.org/>

b. Education Quest at <http://educationquest.org>

c. ACT at <http://www.actstudent.org>

d. College Board at <http://www.collegeboard.com>

e. O*NET at <http://online.onecenter.org>

f. Department of Labor Occupational Outlook Handbook at <http://www.bls.gov/oco>

3. Please remember that anything you do to set yourself apart from your peers or demonstrates your interest in a particular career or post-secondary goal will benefit you when you begin to apply for admission and scholarships as a senior. Consider doing something over the summer that will help you to achieve this.

(Continue with the Reverse Side of this Sheet)

O*NET Skills

<http://online.onetcenter.org/>

What **skills** listed do you most want to use as part of your future career goals?

From the list of career options generated, what are **three you would consider**?

From the list, what are two jobs you have **never** heard of?

What from the list generated, would you **not** consider for your future? Why?

Additional comments:

TEST SCORES

If you've taken the EXPLORE and PLAN tests at WHS, then you and your parent/guardians receive copies of your tests scores with your first semester grades in January of each year.

EXPLORE test: Did you take at WHS? Y N

E ___ M ___ R ___ S ___ Composite _____

R ___ I ___ A ___ S ___ E ___ C ___

PLAN Test: Did you take at WHS? Y N

E ___ M ___ R ___ S ___ Composite _____

E: U/M _____ E: RS _____

Percentages

E ___ M ___ R ___ S ___ Composite _____

E: U/M _____ E: RS _____

Estimated ACT Composite Score _____ to _____

Student signature _____

Parent signature _____

Date _____

Counselor Review _____ Date _____