

High school students have many questions about the college application process, what it takes to be a successful college student, and how to begin thinking about their careers.

In College and Career Preparation I, students obtain a deeper understanding of what it means to be ready for college. Students are informed about the importance of high school performance in college admissions and how to prepare for college testing. They know the types of schools and degrees they may choose to pursue after high school and gain wide exposure to the financial resources available that make college attainable.

Career readiness is also a focus. Students connect the link between interests, college majors, and future careers by analyzing career clusters. Students come away from this course understanding how smart preparation and skill development in high school can lead into expansive career opportunities after they have completed their education and are ready for the working world.

Students who complete College and Career Preparation I have the basic skills and foundation of knowledge to progress into College and Career Preparation II, the capstone course that provides hands-on information about the transition from high school to college and career.

The course is based on the American School Counselors Association National Standards for school counseling programs.

Length: One Semester

## UNIT 1: PREPARE FOR COLLEGE IN HIGH SCHOOL

### LESSON 1: THE VALUE OF EDUCATION

#### **Discuss: Get Acquainted**

Get to know your classmates and discuss your school and career interests.

*Duration: 0 hr 45 min Scoring: 10 points*

#### **Study: The Value of a High School Degree**

Learn about the value of your high school degree and how it can help you continue your education at college or get a job immediately after high school.

*Duration: 1 hr Scoring: 0 points*

#### **Study: The Value of a College Degree**

Learn about the expanded personal and career options you will have after earning a college degree.

*Duration: 0 hr 45 min Scoring: 0 points*

#### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

#### **Study: The Value of Careers**

Learn the difference between a job and a career, and how to find a career that is personally fulfilling.

*Duration: 0 hr 45 min Scoring: 0 points*

#### **Study: The Value of Financial Stability**

Evaluate the benefits of a high school degree and a college degree and learn about the career and financial

opportunities each offers.

*Duration: 1 hr Scoring: 0 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

## **LESSON 2: HIGH SCHOOL RECORDS**

### **Study: High School Requirements**

Learn about your high school's graduation requirements.

*Duration: 0 hr 45 min Scoring: 0 points*

### **Study: High School Grades**

Learn about the meaning of grade point average, class rank, and test scores, as well as how these numbers influence your collegiate opportunities.

*Duration: 0 hr 45 min Scoring: 0 points*

### **Study: High School Transcripts**

Learn how your grades, your attendance, and other elements of your high school career are notated on your high school transcript.

*Duration: 0 hr 45 min Scoring: 0 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

### **Journal: Thinking about College**

Think about the value of an education and the effect it will have on your future.

*Duration: 0 hr 45 min Scoring: 10 points*

## **LESSON 3: HIGH SCHOOL PORTFOLIO**

### **Study: High School Rigorous Coursework**

Learn to identify the differences between core and elective classes and between electives and accelerated classes.

*Duration: 0 hr 45 min Scoring: 0 points*

### **Study: You Can Learn Just as Much after School**

Discover what extracurricular activities and community service options are available and how they affect your acceptance into college. If you work, learn how your after-school job can help pave your road into college.

*Duration: 0 hr 45 min Scoring: 0 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

### **Practice: Discovering More Resources**

Use the Internet to find other resources and activities — even jobs.

*Duration: 0 hr 45 min Scoring: 10 points*

## **LESSON 4: HABITS OF A SUCCESSFUL HIGH SCHOOL STUDENT**

### **Study: Study Tips**

Learn tips on how to maximize your study time for the best results in your classes.

*Duration: 1 hr Scoring: 0 points*

### **Study: Smart Homework Habits**

Learn successful habits to use when completing your homework so that you retain the information you are learning.

*Duration: 1 hr Scoring: 0 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

### **Practice: Homework on Homework**

Write an essay in which you explain why good studying and homework habits are vital.

*Duration: 1 hr Scoring: 20 points*

## **LESSON 5: PREPARE FOR COLLEGE IN HIGH SCHOOL WRAP-UP**

### **Review: Prepare for College in High School**

Prepare for the unit test by reviewing key concepts and skills.

*Duration: 1 hr Scoring: 0 points*

### **Test (CS): Prepare for College in High School**

Take a computer-scored test to assess what you have learned in this unit.

*Duration: 0 hr 30 min Scoring: 40 points*

### **Test (TS): Prepare for College in High School**

Take a teacher-scored test to assess what you have learned in this unit.

*Duration: 0 hr 30 min Scoring: 20 points*

## **LESSON 6: DIAGNOSTIC**

### **Diagnostic: Prepare for College in High School**

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hr 20 min Scoring: 20 points*

## **UNIT 2: COLLEGE KNOWLEDGE**

### **LESSON 1: TYPES OF COLLEGES**

#### **Study: Two-Year and Four-Year Colleges**

Learn what it is like to be a college student and what the college's campus culture might be like.

*Duration: 0 hr 45 min Scoring: 0 points*

#### **Study: Vocational School**

Learn what it is like to be a student at a vocational school.

*Duration: 0 hr 45 min Scoring: 0 points*

#### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

#### **Practice: Look into Some Colleges**

Use the Internet to learn more about the colleges, schools, and programs that are available.

*Duration: 0 hr 45 min Scoring: 10 points*

### **LESSON 2: TYPES OF COLLEGIATE ACADEMIC PROGRAMS AND DEGREES**

#### **Study: Bachelor's and Associate's Degrees**

Learn what coursework you will need to earn a bachelor's or associate's degree, as well as how to transfer from a community college to a four-year college.

*Duration: 1 hr Scoring: 0 points*

### **Study: Certification Programs and Apprenticeships**

Identify examples of programs that provide you with certificates for vocational careers and job opportunities. Learn about the courses you can take to earn certificates and how to secure apprenticeships.

*Duration: 0 hr 45 min Scoring: 0 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

### **Journal: Programs and Degrees**

Now that you have a better idea of what college programs and degrees are available, talk to your peers about which ones have sparked your interest.

*Duration: 0 hr 45 min Scoring: 10 points*

## **LESSON 3: ACADEMIC REQUIREMENTS AND PERFORMANCE SCORES**

### **Study: College Entrance Requirements**

Learn how to become eligible to attend college, as well as how your grade point average, test scores, and class rank determine your eligibility.

*Duration: 1 hr Scoring: 0 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

### **Practice: Planning to Learn More**

Write an action plan that takes into account what you've learned about getting into college.

*Duration: 1 hr Scoring: 20 points*

## **LESSON 4: COLLEGE KNOWLEDGE WRAP-UP**

### **Review: College Knowledge**

Prepare for the unit test by reviewing key concepts and skills.

*Duration: 1 hr Scoring: 0 points*

### **Test (CS): College Knowledge**

Take a computer-scored test to assess what you have learned in this unit.

*Duration: 0 hr 30 min Scoring: 40 points*

### **Test (TS): College Knowledge**

Take a teacher-scored test to assess what you have learned in this unit.

*Duration: 0 hr 30 min Scoring: 20 points*

## **LESSON 5: DIAGNOSTIC**

### **Diagnostic: College Knowledge**

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hr 20 min Scoring: 20 points*

## **UNIT 3: TESTING AND ASSESSMENTS**

### **LESSON 1: THE EXPLORE AND PLAN TESTS**

#### **Study: The EXPLORE Test**

Learn the purpose of the EXPLORE test, its content, and how it is scored.

*Duration: 1 hr Scoring: 0 points*

### **Study: The PLAN Test**

Learn the purpose of the PLAN test, its content, and how it is scored.

*Duration: 1 hr Scoring: 0 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

### **Journal: Standardized Tests**

Write your thoughts about what taking standardized tests means to you and what your concerns are about taking them.

*Duration: 0 hr 45 min Scoring: 10 points*

## **LESSON 2: THE PSAT**

### **Study: The PSAT**

Learn the purpose of the PSAT, its content, and how it is scored.

*Duration: 1 hr Scoring: 0 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

### **Practice: EXPLORE, PLAN, and PSAT**

Learn more about how these pretests will help you prepare for the ACT and SAT and reach your goals for after high school.

*Duration: 1 hr Scoring: 20 points*

## **LESSON 3: TEST-TAKING SKILLS**

### **Study: Test-Taking Skills**

Learn test-taking skills for each of the college assessments so that your knowledge is reflected in your scores.

*Duration: 1 hr Scoring: 0 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

### **Discuss: Talk to the Test**

Talk to your classmates about preparing for and taking the tests you've been learning about.

*Duration: 0 hr 45 min Scoring: 10 points*

## **LESSON 4: TESTING AND ASSESSMENTS WRAP-UP**

### **Review: Testing and Assessments**

Prepare for the unit test by reviewing key concepts and skills.

*Duration: 1 hr Scoring: 0 points*

### **Test (CS): Testing and Assessments**

Take a computer-scored test to assess what you have learned in this unit.

*Duration: 0 hr 30 min Scoring: 40 points*

### **Test (TS): Testing and Assessments**

Take a teacher-scored test to assess what you have learned in this unit.

*Duration: 0 hr 30 min Scoring: 20 points*

## LESSON 5: DIAGNOSTIC

### Diagnostic: Testing and Assessments

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hr 20 min Scoring: 20 points*

## UNIT 4: FINANCIAL AID

### LESSON 1: HOW WILL I AFFORD COLLEGE?

#### Study: Scholarships

Learn about the different types of scholarships available and how your skills and personal traits can help you secure them.

*Duration: 0 hr 45 min Scoring: 0 points*

#### Study: Grants

Learn the ins and outs of grants, which are funds you don't have to pay back and are based on your family and financial background.

*Duration: 0 hr 45 min Scoring: 0 points*

#### Study: Loans and Work-Study

Learn about different loan options for college, as very few students can pay for college with only the money in their bank accounts.

*Duration: 0 hr 45 min Scoring: 0 points*

#### Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

#### Practice: Helpful Resources

Use the Internet to learn more information about scholarships, grants, and loans.

*Duration: 0 hr 45 min Scoring: 10 points*

### LESSON 2: COST OF COLLEGE

#### Study: College Costs and Savings

Learn about the cost of attending various institutions and how to get the degree you want without breaking the bank.

*Duration: 1 hr Scoring: 0 points*

#### Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

#### Discuss: Dollars and Sense

Talk about college costs with your peers and think about how you will afford to attend.

*Duration: 0 hr 45 min Scoring: 10 points*

### LESSON 3: SAVING FOR COLLEGE

#### Study: 529 Plans and Other Early Tuition Options

Learn ways to set aside college funds years in advance and even pay for college now at today's lower tuition rates.

*Duration: 0 hr 45 min Scoring: 0 points*

#### Quiz: Assess Your Learning

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

### **Practice: Planning to Pay**

Create a plan that will allow you to pay for your education.

*Duration: 1 hr Scoring: 20 points*

## **LESSON 4: FINANCIAL AID WRAP-UP**

### **Review: Financial Aid**

Prepare for the unit test by reviewing key concepts and skills.

*Duration: 1 hr Scoring: 0 points*

### **Test (CS): Financial Aid**

Take a computer-scored test to assess what you have learned in this unit.

*Duration: 0 hr 30 min Scoring: 40 points*

### **Test (TS): Financial Aid**

Take a teacher-scored test to assess what you have learned in this unit.

*Duration: 0 hr 30 min Scoring: 20 points*

## **LESSON 5: DIAGNOSTIC**

### **Diagnostic: Financial Aid**

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hr 20 min Scoring: 20 points*

## **UNIT 5: CAREER OPPORTUNITIES**

### **LESSON 1: CAREER CLUSTERS**

#### **Study: The 16 Clusters**

Learn about the 16 career areas, or clusters, and how they relate to your interests and potential college majors.

*Duration: 1 hr 30 min Scoring: 0 points*

#### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

#### **Journal: Relating to the Clusters**

Write about how the career clusters apply to you.

*Duration: 0 hr 45 min Scoring: 10 points*

### **LESSON 2: BASIC ACADEMIC SKILLS**

#### **Study: Applying Your Knowledge**

Learn how you will apply what you learn in high school and college to the work world.

*Duration: 0 hr 45 min Scoring: 0 points*

#### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

#### **Discuss: What Do You Know?**

Talk with your classmates about applying skills and knowledge from school to the work you will do in the future.

*Duration: 0 hr 45 min Scoring: 10 points*

### **LESSON 3: TALENTS AND HOBBIES**

#### **Study: Make What You Like What You Do**

Learn to highlight your talents and strengths and how they can be used in your future career(s).

*Duration: 0 hr 45 min Scoring: 0 points*

### **Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring: 20 points*

### **Practice: Making a Career for Myself**

Write an essay about how you will apply your skills, knowledge, strengths, and talents to the job that's right for you.

*Duration: 1 hr Scoring: 20 points*

## **LESSON 4: CAREER OPPORTUNITIES WRAP-UP**

### **Review: Career Opportunities**

Prepare for the unit test by reviewing key concepts and skills.

*Duration: 1 hr Scoring: 0 points*

### **Test (CS): Career Opportunities**

Take a computer-scored test to assess what you have learned in this unit.

*Duration: 0 hr 30 min Scoring: 40 points*

### **Test (TS): Career Opportunities**

Take a teacher-scored test to assess what you have learned in this unit.

*Duration: 0 hr 30 min Scoring: 20 points*

## **LESSON 5: DIAGNOSTIC**

### **Diagnostic: Career Opportunities**

Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hr 20 min Scoring: 20 points*

## **UNIT 6: COLLEGE AND CAREER PREPARATION I WRAP-UP**

### **LESSON 1: COLLEGE AND CAREER PREPARATION I WRAP-UP**

#### **Review: College and Career Preparation I**

Prepare for the semester exam by reviewing key concepts covered in this semester.

*Duration: 3 hr Scoring: 0 points*

#### **Exam: College and Career Preparation I**

Take a computer-scored exam to demonstrate your mastery of concepts and skills covered in this semester.

*Duration: 1 hr Scoring: 80 points*

#### **Final Exam: College and Career Preparation I**

Take a teacher-scored exam to demonstrate your mastery of concepts and skills covered in this semester.

*Duration: 1 hr Scoring: 40 points*