

## Post Secondary Options Objectives:

- Understand the value of post-secondary education and training.
- Explore diverse career paths and their educational requirements.
- Identify different types of post-secondary institutions and programs.
- Develop skills in researching, applying, and financing post-secondary education.
- Create a personalized post-secondary plan.

## Section 1: Self-Discovery & Career Exploration

- **Activities:**
  - Self-assessment surveys (interests, skills, values)
  - Career interest inventories and exploration tools ) O\* Net  
<https://www.mynextmove.org/explore/ip>
  - Guest speakers from various professions.
  - Job shadowing or informational interviews
  - Researching career clusters and related education requirements.
- **Assignments:**
  - Career exploration report summarizing interests, skills, and potential career paths.
  - "Day in the Life" presentation on a chosen profession.
- **Key Concepts:**
  - Importance of self-awareness in career planning.
  - Connection between education and career opportunities.
  - Understanding labor market trends.

## Section 2: Exploring Post-Secondary Options

- **Activities:**
  - Overview of different post-secondary options:
    - 4-year colleges/universities (public, private, liberal arts, research).
    - 2-year community colleges.
    - Vocational/trade schools.
    - Apprenticeships.
    - Military service.
    - Gap year programs.
  - College/program research using online resources (e.g., College Navigator, Peterson's).
  - Virtual or in-person college visits.
  - Panel discussions with current college students and alumni.
- **Assignments:**
  - Compare and contrast different types of institutions.
  - Create a "pros and cons" list for potential post-secondary paths.
  - Research and present on a specific college or program of interest.

- **Key Concepts:**
  - Understanding admission requirements, program offerings, and campus culture.
  - Differences between undergraduate and graduate studies.
  - Importance of accreditation and program reputation.

### **Section 3: The College Application Process**

- **Activities:**
  - Review of application components:
    - Transcripts.
    - Standardized tests (SAT/ACT – optional, discuss test-optional policies).
    - Letters of recommendation.
    - Personal essays.
    - Extracurricular activities.
  - Essay writing workshops.
  - Mock interviews.
  - Application timeline and deadlines.
  - Common Application overview.
- **Assignments:**
  - Draft and revise personal essays.
  - Create a college application tracker.
  - Practice interview skills.
- **Key Concepts:**
  - Importance of a strong academic record.
  - Developing effective communication skills (written and oral).
  - Understanding the role of extracurricular activities and community involvement.

### **Section 4: Financing Post-Secondary Education**

- **Activities:**
  - Overview of financial aid options:
    - Grants (e.g., Pell Grant).
    - Scholarships (merit-based, need-based).
    - Federal student loans.
    - Private student loans.
    - Work-study programs.
  - FAFSA (Free Application for Federal Student Aid) information
  - Scholarship search strategies.
  - Budgeting and financial literacy.
- **Assignments:**
  - Complete a FAFSA practice application with staff support
  - Research scholarships.
  - Create a sample college budget.
- **Key Concepts:**
  - Understanding the cost of attendance and potential financial options

- Importance of responsible borrowing.
- Developing financial management skills.

### **Section 5: Making the Decision & Transitioning to College/Post-Secondary Life Activities:**

- Reviewing acceptance offers and financial aid packages.
- Making informed decisions about college enrollment.
- Preparing for the transition to college life:
  - Academic expectations.
  - Social adjustment.
  - Time management.
  - Resources and support services.
- Discussing strategies for success in college and beyond.
- **Assignments:**
  - Create a post-secondary plan outlining next steps.
  - Reflect on personal goals and aspirations.
- **Key Concepts:**
  - Importance of self-advocacy and seeking support.
  - Developing resilience and adaptability.
  - Setting realistic goals for post-secondary success.