

Magdalana Reis
Principal

RESILIENCY PREPARATORY ACADEMY

GUIDANCE DEPARTMENT



HANDBOOK

Guidance Counselor

Mr. David Dussault

Director of Educational Options/Reengagement Ctr

Jan Doyle

Resiliency Preparatory Academy, Guidance Curriculum-2016-2017

*We are Responsible! We are Respectful! We are Reliable!
We are Ready to Learn!*

Dear Students,

It is my pleasure to provide you with this comprehensive guidance booklet. The resources in this booklet will guide you with planning for post-secondary education and provide an overview of the services available to you at RPA. We believe that all young people can learn regardless of challenges they may encounter. As part of the administrative team, we have developed a quality program to assist you with becoming successful at our school and with tackling any outside challenges you may face. We look forward to working with you and would like to wish you luck in your studies this academic year.



**Sincerely,
Mr. Dussault**

Guidance Counselor

GUIDANCE MODEL

Guidance Curriculum/Design

Our model aligns with the Massachusetts curriculum frameworks and The American School Counselor Association (ASCA), designed to ensure quality student support/guidance for all students. The curriculum uses developmental experiences presented through groups (small and large) to promote growth in three key components as follows:

Individual Planning

Individual planning refers to those activities designed to help students plan their academic/social/vocational development. This would include counselor interviews, recommendations for course placement and career counseling.

Responsive Services

Responsive services are those actions taken to respond to the immediate needs of a student. These may involve group counseling, individual counseling, disseminating information to teachers or parents, and/or outside clinical referral, depending on the nature and severity of the concern.

System Support

This component serves to bolster the previous two through a framework that is both developmental and evaluative. Through professional development, parent education and community outreach, our guidance program is constantly changing to meet the needs of our high school community.

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Resiliency Preparatory High School Counselor's Services

Plan, organize and deliver the school counseling curriculum to:

- Address the developmental needs of students while supporting the school mission
- Support learning and close the student achievement gap
- Foster a safe and supportive school climate by demonstrating and promoting positive interpersonal relationships with students, staff, parents/guardians, and community partners

Implement individual planning interventions in collaboration with partners (e.g., teachers, parents, mentors) to:

- Develop students' planning and decision making skills
- Develop educational/career plans for students, individually and in groups
- Promote accurate and appropriate interpretation of assessment data and relevant information

Provide responsive services in consultation with administrators, teachers and student support services and through referrals to external organizations/agencies to:

- Address students' identified needs and concerns individually and/or in small-group counseling
- Involve parents/guardians, teachers, administrators and support services staff as needed
- Utilize school and community agencies for providing long-term responsive and support services

Monitor student progress on a regular basis to:

- Ensure equity in access and delivery
- Modify or develop curriculum and interventions as needed
- Track students' progress with their education/career planning
- Distribute and post a calendar of events and services for timely access by students, parent/guardians, administrators and teachers
- Ensure that students are taking appropriate yet rigorous courses
- Guide counseling program direction and emphases
- Ensure that the school counseling program is meeting the needs of students and the school community
- Support student achievement through collaboration with educational and community based programs
- Obtain input from school administrators and staff in developing the counseling management system
- Ensure support for all students achieving at the highest levels
- Ensure equity in the delivery and access of the program
- Advance the school's and counseling department's mission and goals

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RPA Support Staff Team Goals

Goal 1: Academic/Technical Achievement:

In order to improve student achievement and promote a commitment to lifelong learning for all students, Resiliency Preparatory School Support Team will provide programs, classroom-based interventions and group and/or individual counseling that:

Objective 1: focus on the development of attitudes, knowledge and skills necessary for success in higher education, the workplace and other post-secondary options.

Objective 2: use district/school data to design and deliver counseling programs and services.

Objective 3: are informed by participation on school improvement teams and development of school improvement plans.

Goal 2: Workplace Readiness/Career Planning:

To promote in all students a sense of purpose and an understanding of their unique interests, strengths and limitations, the school guidance counselor will provide programs, classroom-based interventions and group and/or individual counseling that:

Objective 1: assist students in making well-informed postsecondary decisions and plans.

Objective 2: focus on integrating academic, technical and employable skill development.

Goal 3: Personal and Social Development:

To promote the positive personal and social development of all students within a safe learning environment, school counselors will provide programs, classroom-based interventions and group and/or individual counseling that allow students to:

Objective 1: feel supported and safe at school.

Objective 2: develop interpersonal skills for positive social interactions.

Objective 3: understand their personal strengths and challenges.

Student Support Department Description/Services

The following support services are provided:

- Time management help
- Academic support
- Assistance with developing personal goals
- Academic planning
- Individual case management including 1:1 meetings & intervention planning
- Life skills
- Referrals for mental health services
- Access to other resources and services in the community
- Tardiness and attendance monitoring
- Parenting student support groups
- Young men & women's support groups



The Guidance Department is able to provide the following services:

- Access to skills training and resources
- Assistance developing personal and employment goals
- Access to resources that will aid in achieving career and educational goals
- Information on admissions & the financial aid process
- Career planning
- Individual case management
- Higher education planning
- Access to other resources and services in the community
- Personal, academic or vocational counseling to students, as requested by staff.
- Preparation for post-secondary education or entry into the workforce for seniors and transitioning juniors.
- Assistance with college placement, including filling out applications, applying for scholarships and grants, etc.
- Graduation Planning Individual Planning

Who's who? Meet the Support Team!

Jessica Matos, SAC

Ashley Monteiro, SAC



Grades/Transcript Request

Want to know when grades are coming out? Please refer to school calendar, posted on our school's homepage.

Request school transcript. If you attended high school elsewhere than at RPA/Durfee, you will need to have your academic record sent to the school directly. Submitting your record promptly is extremely important and will allow proper class placement.

Need your transcript? Please complete a transcript request form located in the front office. After completing your form, place it in the transcript request box. All transcript requests will be processed within one/two days. If you have any questions, please feel free to visit the guidance office.

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Grade Point Average Computation

The grade point average (GPA) is calculated at the end of the school year (the annual GPA). A cumulative GPA is calculated beginning with the end of the ninth grade year. A calculation is also made at the end of each term of the senior year. This cumulative GPA reflects all of the term grades issued up to the time of the calculation.

Monitoring Student Progress

A variety of strategies will be provided in order to meet the needs of our students. These strategies include regular 1:1 meetings with your guidance counselor, teacher meetings with support staff to identify student barriers as well as academic needs. Students are encouraged to set up an appointment with their teachers for additional instructional support. The Guidance Department/School Adjustment Counselors have a list of outside resources that can provide students with tutoring in math, science and English. Please visit Mr. Dussault, Ms. Doyle, Ms. Monteiro or Ms. Matos with questions on support services offerings.

(PSAT) Testing

This test is only offered in October, and will be taken by ***all students identified by the RPA Guidance Department***. It should also be taken by ***all*** college-bound juniors because ***the PSAT is the only means of entry into the National Merit Scholarship Competition, and only junior year scores can be used to qualify eligible candidates for this prestigious national academic competition***. The PSAT assesses critical reading (passage-based reading, sentence completions), math reasoning (numbers and operation; algebra and algebraic functions; of geometry and measurement; data analysis; statistics; probability), and writing skills (sentence error identification, sentence and paragraph improvements) that are important for success in college. By taking the PSAT, students will familiarize themselves with the format of the SAT Reasoning Test. They will also be provided with much needed feedback regarding their academic abilities when compared with other college-bound students.

SAT Reasoning Test

The SAT Reasoning Test is a three-hour and forty-five minute test, which measures critical reading, writing and mathematical reasoning skills that students have developed over time and that are essential for academic success. The essay is always the first section of the SAT, and the 10-minute multiple-choice section will always be the final section. The remaining 25-minute sections can appear in any order, as can the two 20-minute sections. Test takers sitting next to each other in the same testing session may have test books with entirely different sections.

Each section of the SAT is scored on a 200 to 800 point scale, and the writing section will contain two sub-scores. One 25-minute section of the test is un-scored and can be in any of the test areas. This un-scored section does not count toward the final score, but is used to try out new questions for future editions of the SAT and to ensure that scores on new editions of the SAT are comparable to scores on earlier editions of the test.

Students may want to consult materials that are available in the high school Guidance Offices for additional information regarding the SAT Reasoning Test or go to www.collegeboard.com, where they will be able to find study guides and practice tests.

Testing Registration

The following tests require the completion of online registration that are available in the Guidance Offices: SAT Reasoning Test and SAT Subject Tests. Please see Mr. Dussault or Ms. Doyle for more information

SAT Testing Registration

The Guidance Department will host several registration sessions. Please see the guidance calendar for the testing registration schedule. Students may register on the following website: <http://www.collegeboard.org>

High School Code Numbers

All RPA schools are assigned a six-digit number that is required for SAT test registration, some financial aid documents, and on many college applications. The RPA/Durfee school code used for registration can be received at the Guidance Office, along with any necessary waiver forms.

COLLEGE AND CAREER PLANNING

Things You Should Do!

- *Become familiar with guidance office resources.
- *If you are considering a particular college, get a catalog and plan your high.
- ✓ Begin researching your career choices and the educational requirements of your career interests.
- ✓ Develop good study habits.
- ✓ Participate in various college tour field trips, college fairs and in-house college & career activities offered at RPA.
- ✓ Take the PSAT test
- ✓ Participate in RPA school events structured to develop your leadership skills.

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- ✓ Work with Mr. Dussault, the guidance counselors, in order to continue with college and career exploration activities. They can help you learn more about the college and career exploration websites available in your high school guidance office.

COLLEGE AND CAREER PLANNING CONTINUES HERE!

- *Attend Resiliency Preparatory Schools' Fall COLLEGE AND CAREER FAIR!
- *Apply to colleges as early as possible.
- * Plan to attend one of the advertised financial aid seminars. These seminars will help with your college planning. Refer to the guidance calendar for dates.
- *Visit the guidance office to review the guidance scholarship handbook.
- *Develop a resume whether you are planning to request recommendation letters for college admissions or for full time employment. All RPA students are required to have a resume/cover letter.

COLLEGE ADMISSIONS CONSIDER THESE TIPS...

Consider the following tips offered by college admission experts as you begin the college search:

- * Be realistic in identifying schools that typically admit students with grades and test scores similar to yours.
- * Remember that many state university systems have higher entrance requirements for out-of-state applicants.
- * Do not choose a school simply because your friends are going there or because your parents attended that school. Your choice must fit your personal needs.
- * The college must be a place where you feel comfortable and can achieve.

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Begin your college search early and take the needed time to be thorough in sorting through possible options. Be sure you use all of the available resources in the Guidance Office. Remember that visiting prospective colleges is a critical factor in this process.

Do not be afraid to investigate schools that are unfamiliar to you. They may have just what you need.

COLLEGE RESOURCE MATERIAL

The Guidance Office at RPA maintains an extensive library of college reference materials. In addition, we have a list of related internet sites, and a collection of books that will be of assistance when searching for both college and career information. Don't delay! Get started with your college search today.



Balancing High School & Work

Are you excited that you're old enough to secure a part-time job and earn your own money? As you begin exploring the possibility of entering the work world, think about whether getting a job is the right decision for you. To start, ask yourself the following questions:

- Am I an organized person?

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- What kind of study habits do I have?
- Do I make good use of my available time?
- Will I be able to manage my schedule effectively if I take on a part-time job?

Working takes a lot of time and energy, so you need to make sure that you can handle both employment and your current commitments.

IMPORTANT CONSIDERATION

If you are considering working part-time, schedule a meeting with your school counselor to discuss this move. Talk to your counselor about why you want to work and what type of position you're seeking. Simply explaining your goals to someone else can help you make decisions and figure out your priorities. When students who are thinking about working come see Mr. Dussault or Ms. Doyle in the guidance department

Additional Tips

Although working and going to school is challenging, it can be a rewarding experience if you use some foresight. If you do decide to take on a part-time job, check out the tips below on how to handle the situation and make the most of your time:

- To avoid time conflicts, try to plan your class and work schedules as far ahead of time as possible.
- Use your time efficiently. You can use 10 minutes waiting in a line to go over a few pages of assigned reading. If your job has a lot of downtime and your boss has no objection, perhaps you can use slow periods to do schoolwork.
- Be flexible and willing to make sacrifices. You may have to cut down on some things you'd like to do because of your school and work commitments.
- Start slowly. Don't commit to working a lot of hours immediately.
- If you commute to your job on public transportation, bring your schoolwork with you so you can work along the way.
- If you have too much on your plate, admit it. Then cut back as needed.
- Schedule relaxation time. Everyone needs some downtime to stay happy and fulfilled

Time Management Tips

It's 10 P.M.—Do You Know Where Your Homework Is?

Does it seem like there's never enough time in the day to get everything done? Feel like you're always running late? Here are some tips for taking control of your time and organizing your life.

1. Make a "To Do" List Every

Put things that are most important at the top and do them first. If it's easier, use a planner to track all of your tasks. And don't forget to reward yourself for your accomplishments.

2. Use Spare Minutes Wisely.

Get some reading done on the bus ride home from school, for example, and you'll kill two birds with one stone.

3. Its Okay to Say "No."

If your boss asks you to work on a Thursday night and you have school-work to do the next morning, realize that it's okay to say no. Keep your short- and long-term priorities in mind.

4. Find the Right Time.

You'll work more efficiently if you figure out when you do your best work. For example, if your brain handles math better in the afternoon, don't wait to do it until late at night.

5. Get a Good Night's Sleep.

Running on empty stomach makes the day seem longer and your tasks seem more difficult.

6. Communicate Your Schedule to Others.

If phone calls are proving to be a distraction, tell your friends that you take social calls when you're done with your school-work. It may sound silly, but it helps.

8. Become a Taskmaster.

Figure out how much free time you have each week. Give yourself a time budget and plan your activities accordingly.

9. Don't Waste Time Agonizing.

Have you ever wasted an entire evening by worrying about something that you're supposed to be doing? Was it worth it? Instead of agonizing and procrastinating, just do it.

10. Keep Things in Perspective.

Setting goals that are unrealistic sets you up for failure. While it's good to set high goals for yourself, be sure not to overdo it. Set goals that are difficult yet reachable.

Consider these tips, but personalize your habits so that they suit you. If you set priorities that fit your lifestyle, you'll have a better chance of achieving your goals.

Guidance Calendar 2015-2016

IMPORTANT DATES TO REMEMBER:

PSAT:

The fall 2016 testing schedule includes:

- **Primary: Wednesday Oct. 19**
- **Saturday: Oct. 15**
- **Alternate: Wednesday Nov. 2**

SAT TEST

2016-17 SAT Dates

Deadlines expire at 11:59 p.m. Eastern Time, U.S.

<u>SAT Date</u>	<u>Registration Deadline</u>	<u>Late Registration Deadline</u>		<u>Deadline for Changes</u>
		<u>Mail</u>	<u>Phone Online</u>	
<u>Oct. 1, 2016</u>	<u>Sept. 1, 2016</u>	<u>Sept. 13, 2016</u>	<u>Sept. 20, 2016</u>	<u>Sept. 20, 2016</u>
<u>Nov. 5, 2016</u>	<u>Oct. 7, 2016</u>	<u>Oct. 18, 2016</u>	<u>Oct. 25, 2016</u>	<u>Oct. 25, 2016</u>

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<u>Dec. 3, 2016</u>	<u>Nov. 3, 2016</u>	<u>Nov. 15, 2016</u>	<u>Nov. 22, 2016</u>	<u>Nov. 22, 2016</u>
<u>Jan. 21, 2017</u>	<u>Dec. 21, 2016</u>	<u>Jan. 3, 2017</u>	<u>Jan. 10, 2017</u>	<u>Jan. 10, 2017</u>
<u>March 11, 2017</u>	<u>Feb. 10, 2017</u>	<u>Feb. 21, 2017</u>	<u>Feb. 28, 2017</u>	<u>Feb. 28, 2017</u>
<u>May 6, 2017</u>	<u>Apr. 7, 2017</u>	<u>Apr. 18, 2017</u>	<u>Apr. 25, 2017</u>	<u>Apr. 25, 2017</u>
<u>June 3, 2017</u>	<u>May 9, 2017</u>	<u>May 16, 2017</u>	<u>May 24, 2017</u>	<u>May 24, 2017</u>

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FOR SENIORS:

SEPTEMBER

Career Inventory/College Career Assessment
All Students Receive Graduation Plan
Guidance Newsletter
Senior Meeting

OCTOBER- COLLEGE MONTH!

College and Career Fair
After School College/Career Workshops (Seniors Only)
Students Complete 5 College Applications (During Elective Time)
College & Career Activities Topics
Recruit Guest Speakers/College Graduates
Ongoing: College Theme via Announcements
School-Wide College Bound Wear
Senior College Field Trips
SAT Registration See dates above
PSAT Schedule date above
Alumni Speakers College graduates
Students Complete Resume/Cover Letters (Elective Time)

NOVEMBER:

Optimal time for filing FAFSA-(Free Application for Federal Student Aid)
Guidance Class: Common application
Guidance Class: Guidance Assessment!

DECEMBER

Guidance Class: Evaluations of Individual Student Planning.
Guidance Class: Circle of Progress
Seniors School-wide Community Meeting!
Guidance Class: Final Assessment.
WINTER RECESS - NO SCHOOL.

JANUARY

Group meeting-Guidance Department SAT registration for March test & STUDENT PORTFOLIO INFO SESSION/CHECK-IN/COLLEGE READINESS WORKSHOP.

FEBRUARY

Continue working on transition plans and future planning

MARCH

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Deadline for filing FAFSA (SENIORS).
College Tours!

APRIL

On the Spot Admission Event (Life After Resiliency Part #2)

MAY

School Prom!

Senior Gallery (Gallery Walk)

JUNE

Last day for seniors

4-Marking term ends for seniors.

Senior Luncheon

Senior Trip

Graduation!

FINANCIAL AID RESOURCE

www.FinAid.org

Free Scholarships. Search other type of aid loans.

www.StudentAid.ed.gov.

A guide to federal student aid:

Grants, loans and work-study.

Available in Spanish & English.

www.fafsa.ed.gov

Official website: Federal Student Aid application.

www.student.gov

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Education planning.

Campus life information.

Career development.

Military services.

www.usnews.com/edu/college.com

America's Best Colleges information.

Compare aid packages.

www.nasfaa.org

How aid is calculated.

What additional financial aid is available to you?

www.collegezone.com

College awareness.

Scholarship search.

www.collegeanswer.com

Grants, internships, scholarships, loans, work-study & college advice.

MCAS Testing Dates

All test dates and retest dates are listed on our school's calendar, which is found at the calendar link on our school's homepage.

MCAS Support Services

Bristol Community College offers free MCAS preparation programs to RPA students who have not passed the MCAS.

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Approaches to help you do your best on the SAT Subject Tests.

1. **Know when.** Take the Subject Tests when the content is fresh in your mind. That is often at the end of the course for subjects like biology, chemistry, and world history. It could also be after you have studied a subject for several years (a language, for example). Your teacher or counselor can help you decide.
2. **Know what to expect.** Become familiar with the organization of the tests you are interested in, the types of test questions, and test day procedures.
3. **Know the test directions.** For every five minutes spent reading directions, you will have five fewer minutes available to answer questions. Learn directions now.
4. **Do the easier questions first.** The easier questions are usually at the beginning of a grouping of questions. You can earn as many points for easy questions as you can for hard questions.
5. **Know how the tests are scored.** You get one point for each right answer and lose a fraction of a point for each wrong answer. You neither gain nor lose points for omitting an answer.
6. **Guess smart.** If you can rule out one or more answer choices for a multiple-choice question as definitely wrong, your chances of guessing correctly among the remaining choices improve. If you have no clue as to the correct answer, random guessing is not to your advantage. You should omit questions only when you really have no idea how to answer them.
7. **Use the test book for scratch work** to cross off answers you know are wrong, and to mark questions you did not answer. Be sure to mark your answers on the separate answer sheet because you won't receive credit for any answers you marked in the test book.
8. **Don't make extra marks on the answer sheet.** The answer sheet is machine scored, and the machine can't tell an answer from a doodle.
9. **Get familiar with the SAT Subject Tests answer sheet.** A copy appears in the back of *Real SAT Subject Tests*. Your school library should have a copy of this publication.
10. You may use a calculator on the Mathematics Level 1 and Mathematics Level 2 tests only.

ON-LINE COLLEGE EXPLORATION WEBSITES

www.collegeboard.com

This site will permit you to register for the SAT, link to college, financial aid and scholarship sites and explore career options. Check out the SAT question of the day!

www.princetonreview.com

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This site will assist students in locating internships, information on choosing a major/career, and interviews with people from a range of college majors and career areas.

www.usnews.com

The U.S. News site provides a college search/comparison tool and permits a student to search for scholarship and financial aid opportunities. A career component is included in this site.

www.collegeguide.org

This site provides access to the common application, provides a college and scholarship search and provides several articles related to college admissions.

www.collegeview.com

This site includes a free online college search service as well as several other features.

www.embark.com

This site provides information about choosing a major/career, internships and interviews with people from a range of college majors and career areas.



*CONNECT TO
YOUR FUTURE*

www.nces.ed.gov/ipeds/cool

College Opportunities On-Line (COOL) links to over 9,000 colleges and universities, which allows students to search for a school by name, location, and program.

www.universities.com

Links to over 3,000 colleges. Wow!

www.yahoo.com

Easy links to colleges, contact info, departments, and student clubs.

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RESOURCES

Name: _____

Career Exploration Directions and Graphic Organizer:

You will taking 3 different online tests about your interests, values, and personality, which will provide you with information about the types of careers you would find enjoyable and successful. After taking each test, fill out the provided graphic organizer to analyze and report your test results.

Interest Profiler:

1. Go to <http://www.cacareerzone.org/assessments> and click on “Interest Profiler.”
2. Complete the assessment. There are 180 statements in which you must select LIKE, ? or DISLIKE. After responding to all 180 statements, press “Summary.” Then, write down your scores below.

Your top three interest areas in order of importance are:

Your other interest areas of importance are:

3. After writing down the interest areas, click on “View Occupations.” You will be given a list of occupations that fit your areas of interest. Out of the listed jobs, click on 4 of your top choices. Then click on “Compare Selected.”
4. On the next screen, click on “View Occupation” for each career choice. Write down your top 4 career choices, and in the descriptions page, write down the “Preparation Required” and the “Wage.”

<i>Occupation Choice</i>	<i>Preparation Required</i>	<i>Wage (average annual)</i>
1.		
2.		

3.		
4.		

Work Importance Profiler:

1. Go to <http://www.cacareerzone.org/assessments> and click on “Work Importance Profiler.”
2. Complete the assessment. You will be ordering the given statements in each table with 1 being the most important to you and 5 being the least. Use your mouse to click and drag statements into the right order. There are 21 tables to answer. After the 21 statements, you will be given an additional 21 statements. For each of the work statements, choose Yes if you feel the statements is important to you, otherwise choose No.
3. After completing the assessment, click on “View Summary” to get your results.
4. Write down your top two work values:

1.
2.

5. On the next screen, click on “View Occupation” for each career choice. Write down your top 4 career choices, and in the descriptions page, write down the “Preparation Required” and the “Wage.”

<i>Occupation Choice</i>	<i>Preparation Required</i>	<i>Wage (average annual)</i>
1.		
2.		
3.		
4.		

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Jung Typology Test (Personality Test):

1. Go to: <http://www.humanmetrics.com/cgi-win/jtypes1.htm> to take the personality test.
2. You will be presented with 64 statements. When responding to the statements, please choose the response you agree with most. If you are not sure how to answer, make your choice based on your most typical response or feeling in the given situation. To get a reliable result, please respond to all questions. When you are done with answering, press the “Score It!” button at the bottom of the screen.
3. Write down your personality type and the percentages for each type:

Letter:	%:	Letter:	%:	Letter:	%:	Letter:	%:
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4. On the results page, click on “Type Description,” below.
Write down one statement from the description and whether you agree or disagree with it:

5. On the right hand side of the description page, click on “Career Choices,” and write down 4 recommended careers for your personality type:

1.
2.
3.
4.

6. Then, click again on the right side where it says, “Famous (4 letters),” and write down the names of 4 famous people who have the same personality as you.

1.
2.
3.
4.

Self-Analysis after Completing Tests:

- 1. Which recommended career choices do you agree with?*
- 2. Which recommended career choices did you not agree with?*
- 3. After analyzing the results from the three tests, which career field would you want to explore further?*

Applying for College- The Process!

- 1. Register for the SATs and take the test www.collegeboard.org*
 - We will be coming into all English classes the week of 9/21 to guide all students through the registration process*
 - To prepare, you should have an email account, your social security number, and an electronic photo of only yourself (may use phone camera and then email it, head and shoulders only with no hats)*
- 2. The COMMON APP www.commonapp.org*
 - We will be teaching all seniors how to complete the Common App in their English classes in the beginning of October.*
 - You will be able to apply to over 600 different colleges with the Common App!*
 - For an overview of the Common App, visit:
<https://www.youtube.com/watch?v=JdBpfrjpZt0>*
 - We will also be teaching you how to write a college application essay, which is a requirement for many college admissions applications.*
 - To prepare, read the 2015-2016 Common App essay questions on the back of this sheet and begin brainstorming and choosing which prompt you like best.*
 - You will also need a recommendation from a teacher, so begin asking for letters of recommendation from teachers or school staff who know you well.*

3. Complete a FAFSA <https://fafsa.ed.gov>

· We will be assisting all seniors in completing a Free Application for Federal Student Aid (FAFSA)

· The FAFSA can apply you for financial aid to help pay for college

· Visit <https://fafsa.ed.gov/FAFSA/app/f4cForm?execution=e1s1> for the FAFSA4caster which will help give you an idea about how much aid you can receive and if you are eligible, prior to filling out a full application

· To prepare, begin gathering the following:

1. Your Social Security Number

2. Your Alien Registration Number (if you are not a U.S. citizen)

3. Your most recent federal income tax returns, W-2s, and other records of money earned.

(Note: You may be able to transfer your federal tax return information into your FAFSA using the IRS Data Retrieval Tool.)

4. Bank statements and records of investments (if applicable)

5. Records of untaxed income (if applicable)

6. An FSA ID to sign electronically- obtain this prior to filling out your FAFSA at

<https://fsaid.ed.gov/npas/index.htm>

7. If you are a **dependent student**, then you will also need most of the above information for your parent(s)

We will also be meeting with all seniors individually to discuss post-graduation transition plans during the month of October!

Common Application Essay Prompts for 2016-2017

These prompts are designed to elicit information that will strengthen the other components of the application. The personal essay has a 650 word limit.

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it.

If this sounds like you, then please share your story.

2. The lessons we take from failure can be fundamental to later success.

Recount an incident or time when you experienced failure. How did it affect you, and what did you learn from the experience?

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3. Reflect on a time when you challenged a belief or idea. What prompted you to act? Would you make the same decision again?

4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma - anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.

5. Discuss an accomplishment or event, formal or informal, that marked your transition from childhood to adulthood within your culture, community, or family.

Name: _____

YouCanGo! Webquest

Explore the website: www.youcango.collegeboard.org and complete the following webquest questions with information found from the website.

1. List the five reasons to attend college:

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

2. How can a college degree can affect your yearly earnings?

3. How will a college degree affect your chance of being unemployed?

4. How can a college degree affect how often you'll read to your children?

5. Click on "Student Stories." Pick 5 students, and listen to their stories. Write down their names, year in college, major, and current job or income. Then write one important piece of advice you gained from listening to the students' story.

Student 1: Name: _____

Year in College: _____

Major: _____

Current job/income: _____

One piece of advice from this student was:

Student 2: Name: _____

Year in College: _____

Major: _____

Current job/income: _____

One piece of advice from this student was:

Student 3: Name: _____

Year in College: _____

Major: _____

Current job/income: _____

One piece of advice from this student was:

Student 4: Name: _____

Year in College: _____

Major: _____

Current job/income: _____

One piece of advice from this student was:

Student 5: Name: _____

Year in College: _____

Major: _____

Current job/income: _____

One piece of advice from this student was:

6. Click on "Nearby Colleges." Enter your zip code (02720) to search. List 3 2-year colleges and 3 4-year colleges nearby.

2-year colleges: 1. _____ 4-year colleges: 1. _____

2. _____ 2.

3. _____ 3.

7. Last Step! Click on "Your Pledge." Fill out the pledge form in all 3 areas. Then, click on preview and share. At the preview and share page, click on "Email," and email it to Mrs. Doyle at JJDOYLE@fallriverschools.org

Year by Year Preparation Checklist for Students

PRE-HIGH SCHOOL

- Take challenging classes in English, mathematics, science, history, geography, the arts, and a foreign language.
- Develop strong study skills..
- Start thinking about which high school classes will best prepare you for college.
- If you have an opportunity to choose among high schools or among different programs within one high school, investigate the options and determine which ones will help you to further your academic and career interests and open doors to many future options.
- Start saving for college if you haven't already.
- Investigate different ways to save money - buying a U.S. Savings Bond or opening a savings account in a bank, investing in mutual funds, etc.
- Find a mentor who will support your positive goals and help you with questions about plans for your future.

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HIGH SCHOOL

9th Grade

- *Take challenging classes in English, mathematics, science, history, geography, a foreign language, government, civics, economics, and the arts.*
- *Get to know your career counselor or guidance counselor and other college resources available in your school.*
- *Talk to adults in a variety of professions to determine what they like and dislike about their jobs and what kind of education is needed for each kind of job.*
- *Continue to save for college.*

10th Grade

- *Take challenging courses in English, mathematics, science, history, geography, a foreign language, government, civics, economics and the arts.*
- *Continue to talk to adults in a variety of professions to determine what they like and dislike about their jobs and what kind of education is needed for each kind of job.*
- *Become involved in school- or community-based extracurricular (before or after school) activities that interest you and enable you to explore career interests.*
- *Meet with your career counselor or guidance counselor to discuss [colleges](#) and their requirements.*
- *Take the [Preliminary Scholastic Assessment Test/ National Merit Scholarship Qualifying Test \(PSAT/NMSQT\)](#). You must register early. If you have difficulty paying the registration fee, see your guidance counselor about getting a fee waiver.*
- *Take advantage of opportunities to visit [colleges](#) and talk to students.*
- *Continue to save for college.*

11th Grade

- *Take challenging classes in English, mathematics, science, history, geography, a foreign language, government, civics, economics, and the arts.*
- *Meet with your career counselor or guidance counselor to discuss [colleges](#) and their requirements.*
- *Continue involvement in school- or community-based extracurricular activities.*
- *Decide which [colleges](#) most interest you. Write these schools to request information and an application for admission. Be sure to ask about special admissions requirements, [financial aid](#) and deadlines.*
- *Talk to college representatives at [college fairs](#).*
- *Take advantage of opportunities to visit [colleges](#) and talk to students.*

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- *Consider people to ask for recommendations - teachers, counselors, employers, etc.*
- *Investigate the availability of financial aid from federal, state, local, and private sources. Call the Student Aid Hotline at the U.S. Department of Education (1-800-4FED-AID) for a student guide to Federal financial aid. Talk to your guidance counselor for more information.*
- *If you are interested, learn more about AmeriCorps. For a term of service with AmeriCorps, members can earn an education award up to \$5,350 that can be used for student loan repayment and school tuition. Call 1-800-942-2677 or 202-606-5000 (TTY: 202-565-2799). Via the Internet, go to www.americorps.gov, E-mail to questions@americorps.gov.*
- *Investigate the availability of [scholarships](#) provided by organizations such as corporations, labor unions, professional associations, religious organizations, and credit unions.*
- *If applicable, go to the library and look for directories of [scholarships](#) for women, minorities, and disabled students.*
- *Register for and take the [SAT](#) Reasoning Test, the [ACT](#), [SAT](#) Subject Tests, or any other exams required for admission to [colleges](#) you might want to attend. If you have difficulty paying the registration fee, see your guidance counselor about getting a fee waiver.*
- *Continue to save for college.*

12th Grade

- *Take challenging classes in English, mathematics, science, history, geography, a foreign language, government, civics, economics, the arts, and advanced technologies.*
- *Meet with your counselor early in the year to discuss your plans.*
- *Complete all necessary financial aid forms. Make sure that you fill out at least one form that can be used for Federal Student Aid (FAFSA), the only application necessary for federal financial aid. Make copies of all forms you fill out in order to avoid having to look up information each time.*
- *Write [colleges](#) to request information and applications for admission. Be sure to ask about financial aid, admissions requirements, and deadlines.*
- *If possible, visit the [colleges](#) that most interest you.*
- *Register for and take the [SAT](#) Reasoning Test, [ACT](#), [SAT](#) Subject Tests or any other exams required for admission to the [colleges](#) to which you are applying. If you have difficulty paying the registration fee, see your guidance counselor about getting a fee waiver.*
- *Prepare your application carefully. Follow the instructions, and **PAY CLOSE ATTENTION TO DEADLINES**. Be sure to ask your counselor and teachers at least two weeks before your application deadlines to submit the necessary documents to [colleges](#) (your transcript, letters of recommendation, etc.).*

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