



# POST-HIGH SCHOOL PLANNING

CLASS OF 2019

# AGENDA

- Words of Wisdom
- Know Yourself
- Identify Your Priorities
- Research Your Options
- Financial Aid/Scholarships

# KNOW YOURSELF

- Values
- Ambitions
- Academic strengths and areas of growth
- Stress management skills
- Managing peer pressure
- Interests and abilities
- Your standout talents

# MEASURE YOUR SUCCESS FACTORS

- Study habits
- Motivation
- Time management
- Course selection
- Achievements
- Commitment

# CHOOSING THE RIGHT FIT

Post high school planning can be a daunting task. Spend some time being introspective – identify your values, strengths, weaknesses, passions and goals.

- Where are you headed after graduation?
- How are you going to get there?
- Have you always known what you want to do?
- Are you still exploring?
- Do you want to travel or volunteer before pursuing post-secondary training or education opportunities?

Tips:

- Know the timeline for your plan—there are many deadlines to stay on top of

# WORDS OF WISDOM

- Relax, you will find a plan that is right for you
  - Pressure to perform academically at high levels and to enter selective schools takes an emotional toll on students
  - Broad range of excellent schools across the country
  - Many paths to professional success and personal fulfillment
  - Focus on whether a school or program is a good fit

Success isn't where you get in, it's what you do with your education

- *Where You Go Is Not Who You'll Be* by Frank Bruni, NYT columnist

Success in the New Economy <https://vimeo.com/67277269>



# RESEARCH YOUR OPTIONS

- Apprenticeships
- Military
- Private Career Schools
- Community College/Transfer
- Technical College
- Four-Year

# APPRENTICESHIPS

- Apprentices learn on the job
  - building up knowledge and skills
  - gaining qualifications
  - earning money all at the same time
- Apprenticeship programs provides
  - structured, supervised on-the-job training
  - training is supplemented by related classroom instruction by an educational institution



# APPRENTICESHIPS

- Requirements:

- 18 years old
- High School diploma or GED
- Aptitude test
- Physical ability – good physical condition
- Drug/alcohol free
- Valid Washington State Drivers License & reliable transportation

## Options Include:

- Agriculture, horticulture and related industries
- Automotive
- Building and Construction
- Business services
- Electrician
- Finance services
- Culinary
- Cosmetology
- Community services & health
- Light manufacturing
- Local government
- Metals and Engineering
- Process manufacturing
- Property services
- Public services
- Retail
- Seafood
- Sport and recreation
- Telecommunications
- Tourism
- Transport and distribution
- Utilities and energy

# GAP YEAR/SERVICE LEARNING

Need to take some time to think about what your future holds and how you want to invest your time and money in a specific education or training program? Maybe taking a gap year is for you

## Benefits

- Opportunity to travel, volunteer, work abroad, real-life experience
- Start post high school training college more mature, focused and attuned to your goals
- Increasingly popular choice

## Organizations

- [AGA \(American Gap Association\)](#) Non-profit accreditation and standards-setting organization for Gap Years
- [Global Citizen Year](#) International immersion program
  - Live with a family, have a local job, language immersion
- [GAP Year Fairs in United States](#) – Seattle Feb 16, 2017

## Service Learning

- [AFS Intercultural Programs USA](#)
- [AmeriCorps](#)
- [AmeriCorps Vista](#) [Habitat for Humanity](#)
- [Peace Corps](#)
- [Rotary International](#)
- [YFU USA](#)

# MILITARY

## **Air Force – Army – Navy – Marines Coast Guard – National Guard**

- Enlistment: You sign up with the branch of the military you want and enter the service right away. You start with “boot camp” and then they typically train you for a specific job.
- ROTC (Reserve Officers’ Training Corps): You join the military and are allowed to attend a 4-year university. You have the college experience with limited military commitment. After graduation from college, there is a 4-year commitment to the military. Graduates enter active service as an officer which has better benefits and pay, not to mention a college degree the military paid for.
- Elite military universities that are very competitive to get into. It varies from ROTC in that you live a military life-style while attending college.

# MILITARY

- Meet the recruiter (check with Ms. Kristjanson)
- Take the ASVAB
- Get the best job after reading all the job descriptions
- Swear in
- Boot camp
- You are in!

Go online to [www.military.com](http://www.military.com) to learn about different programs

**Don't sign anything until you are 100% committed!**

# PRIVATE CAREER SCHOOLS

- Licenses and regulates around 325 private career schools in Washington
- Help students look for a licensed schools based on their interests
- Reviews 6,000 Washington programs
- Maintains lists of licensed, private career schools
- Links to federal aid
- Links to career resources to help you plan

**Workforce Training & Education Coordinating Board**

# PRIVATE CAREER SCHOOL

## Sample Private Career Schools

- Aviation
- Computing
- Film
- NASCAR
- Massage
- Professional Gaming
- Truck Driving
- Pilates
- Culinary
- Helicopter
- Dental
- Bartending
- Beauty School
- Art School
- Floral Design
- Welding
- Fashion
- Yoga

# WORKING DIRECTLY AFTER GRADUATION

Wages (starting at minimum wage and based on 40 hours/week, 160 hours/month):

\$10.00/hr \$400/week -- \$ 1,600/month

\$17.00/hr \$680/week -- \$ 2,720/month

\$25.00/hr \$1,000/week - \$ 4,000 month

\$45.00/hr \$1,800/week - \$ 7,200 month

\$125.00/hr \$5,000/wk -- \$ 20,000 month

– Note taxes will be taken out of gross pay

# WORKING DIRECTLY AFTER GRADUATION

Working directly after high school is always an option. If you plan on living on your own, here's an idea of what you will need to live on:

## Monthly Expenses:

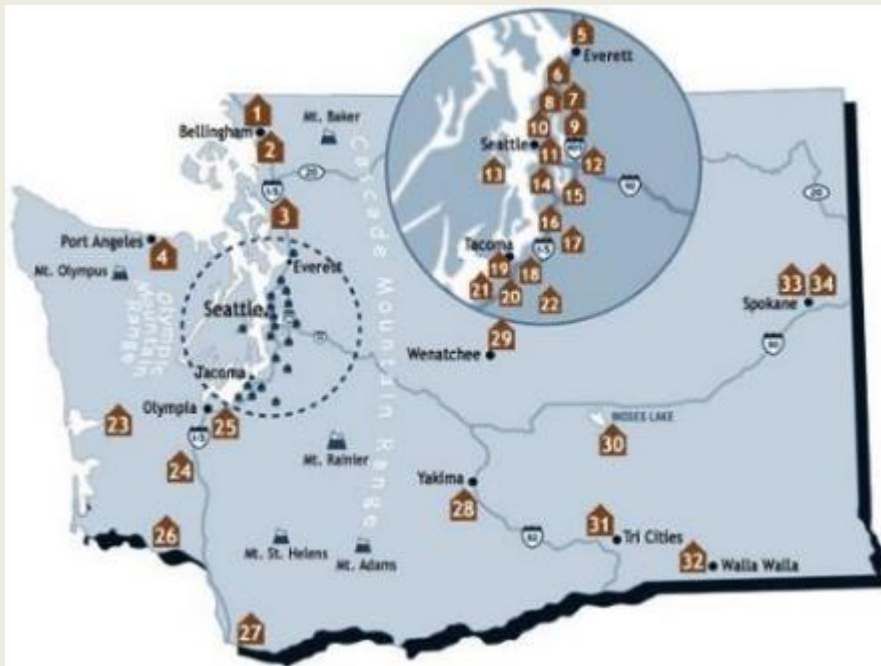
Federal Taxes (15%)	\$ 240
Rent	\$ 700
Food	\$ 300
Utilities	\$ 55
Water, Sewer, Garbage	\$ 45
Cell	\$ 70
Car Insurance	\$ 200
Gas	\$ 150
Car Payment	(Gift from Mom & Dad)
Gifts – Birthday, Holiday	(Homemade)
Pets/Vet	
Medical Expenses	(Under parents coverage)
Dental Expenses	(No coverage)
Internet Service	\$ 65
<b>Total Expenses:</b>	<b>\$1,825</b>



# TWO-YEAR & TECHNICAL COLLEGES

Two year and Technical Colleges are excellent options for students who know what program they wish to pursue, are still unsure of their career direction, or who want to save money. They are also a great option for those choosing a technical degree to prepare them for their chosen career.

# 34 TWO-YEAR & TECHNICAL COLLEGES



- 29 two year colleges
- 5 technical colleges
- Diversity of age, culture, socioeconomic status
- Flexible: evening, weekend, online, hybrid
- Student life, clubs, leadership, honor society, athletics

Bates	Clark	Green River	Pierce, Puyallup	Seattle, South	Tacoma
Bellevue	Clover Park	Highline	Pierce, Ft. Steilacoom	Shoreline	Walla Walla
Bellingham	Columbia Basin	Lake Washington	Renton	Skagit Valley	Wenatchee Valley
Big Bend	Edmonds	Lower Columbia	Seattle, North	South Puget Sound	Whatcom
Cascadia	Everett	Olympic	Seattle, Central	Spokane	Yakima Valley
Centralia	Grays Harbor	Peninsula		Spokane Falls	

# TOP TEN REASONS

## To Attend a Two Year College or Technical College

10. Job Opportunities! 2/3 of the 22 million new jobs will require less than a bachelor's degree.
9. Close! We have 2-year colleges and a technical college just minutes away.
8. Strong Track Record! 41% of all four-year college students start here.
7. Easy Transfer! Transferring from a 2-year college to a 4-year public university in Washington is fairly easy.
6. Helps You Plan! Two year colleges help you identify areas of career interest and help you identify goals.
5. Great Teachers and Small Classes! Faculty is known to have excellent teachers who are very accessible when/if students need help.
4. Campus is Small! Two year colleges are easier to navigate and less stressful.
3. Offers Multiple Degree Options! This is especially important if you change your mind
2. Everyone is Welcome! ACT/SAT is not required and there is no minimum GPA.
1. Low Cost! Annual tuition and fees are less than half the cost of a 4-year school.

# WASHINGTON TWO-YEAR COLLEGES

Two-Year Colleges offer:

- certificate programs
- professional technical degrees
- academic transfer degrees (AA/AS or transfer partnership)
- limited number of Bachelor Degrees

# TRANSFER STUDENT FACTS

- Of all 4 year college and university graduates from the state of Washington, 41% began their studies at one of our 2 year colleges. At Bellevue College 46.8% are on the transfer path.
- College-ready 2 year college students reach junior status at the same rate as freshmen who directly enter public universities.
- Of students who enrolled at two-year colleges right after high school, 76% were on the transfer path within two years, compared to 57% of students who delayed entering college.
- On average, students who transfer only take one additional course compared to students who start out at a university.

# TRANSFER INFORMATION

- Students earn an Associate in Arts (AA) or Associate in Arts & Sciences (AAS) degree which requires 90 college level credits.
- Earning an academic transfer degree at a 2 year college is basically the same thing as completing the first two years at a 4 year college or university.
- Upon completion of the AA degree, students apply to a 4 year college and enter as a junior.
- If you plan to earn a bachelor's degree, you can save money by completing your academic requirements at a 2 year college and then transferring to a 4 year college to complete your final 2 years.
- Once students earn their transfer degree/AA degree, 4 year colleges look at the 2 year GPA rather than the high school GPA. Additionally, students do not need to take the SAT or ACT.

# TECHNICAL PROGRAMS

- Students complete a series of required classes that prepares them for a specific profession.
- Can lead to a very good job
- Since students take only those classes needed for their degree, many students are able to finish their degree in two years. For instance, students are not required to complete all the core requirements such as social studies.

# COLLEGE CRITERIA

## The Big Three

- GPA / Rank
- Test Scores
- Completion and Rigor of Core Classes

## And Then There's

- Personal Statement / Essays
- Activities / Interests / Employment / Volunteer Commitments
- Leadership / Honors / Awards
- Recommendations
- Interviews (selective colleges)
- Special Considerations



# 3 TIER APPROACH

- Based on curriculum, GPA, test scores, and list of important school criteria, begin a list of schools for each:

Safety Schools—likely to be admitted

Match Schools—probably will be admitted

Reach Schools—long shot in being admitted

- With a target number of 4 to 6, finalize college list
- Students should apply to at least one in state college
- Focus on quality and fit—not quantity and ‘name brands’

# WHEN CHOOSING A COLLEGE...

- Academics
- Admission Requirements
- Costs
- College Characteristics
- Financial Aid
- Social Life

# ACT VS. SAT

	ACT	NEW SAT
<b>Fee</b>	Current testing fees & registration can be found online at <a href="http://www.act.org">www.act.org</a>	Current testing fees & registration can be found online at <a href="http://www.collegeboard.org">www.collegeboard.org</a>
<b>Content Covered</b>	<ul style="list-style-type: none"> <li>▪ Math</li> <li>▪ Reading</li> <li>▪ English</li> <li>▪ Science</li> <li>▪ Essay (Optional)</li> </ul>	<ul style="list-style-type: none"> <li>• Math</li> <li>• Reading</li> <li>• Writing and Language</li> <li>• Essay (Optional)</li> </ul>
<b>Purpose</b>	Colleges use ACT scores for admissions and merit-based scholarships.	Colleges use SAT scores for admissions and merit-based scholarships.
<b>Scoring Method/Scoring Scales</b>	Composite of 1-36 based on average scores from the 4 test sections 4 scores of 1-36 for each test Optional Writing Test score of 1-36 (not included in the overall)	Score is out of 1600: 800 for Math, 800 for Evidence-Based Reading and Writing Optional Essay receives a separate score Sub scores and insight scores available
<b>Test Style</b>	4 sections (English, Math, Reading, Science) plus an Optional Essay (or Writing Test)	4 sections (Evidence-Based Reading, Writing, Math without a calculator, Math with a calculator) plus an Optional Essay
<b>Registration/ Test Dates</b>	Six times per year. Check <a href="http://www.act.org">www.act.org</a> for more information	Seven times per year. Check <a href="http://www.collegeboard.org">www.collegeboard.org</a> for more information.

# FINANCIAL AID

- Check college website for information – use net price calculator
- Attend Financial Aid night at LWHS in the fall
- Complete the FAFSA (Free Application for Federal Student Aid) after 10/01/2018
- Complete the WASFA application
- Private/selective schools may also require the College Board's Financial Aid PROFILE
- Check WUE (Western Undergraduate Exchange) for tuition help for specific out of state schools

# SCHOLARSHIPS

- Visit College and Career Center in person or online at:  
<http://www.lwsd.org/school/lwhs/career-center/Pages/Scholarships.aspx>
- Research free scholarship search sites; pick up weekly Scholarship Bulletin
- Check out <http://www.thewashboard.org>
- Create a Senior Scholarship Application for local scholarships; deadline November 2018

**Apply, Apply, Apply!**

# COUNSELING & CAREER CENTER

## *Counselors*

- [Lenore Gallucci](#) A - COM
- [Cameron Miller](#) CON - FIC
- [Toby Doyle](#) FID – KAR
- [Taylor Reuhl](#) KAS - MUD
- [Sara Burdick](#) MUE - SHE
- [Marilyn Hargraves](#) SHI - Z

Career Specialist:

- [Melanie Kristjanson](#)

# RESOURCES

- Apprenticeships – <http://www.lni.wa.gov/TradesLicensing/Apprenticeship/default.asp>
- Cappex – [www.cappex.com](http://www.cappex.com)
- Career Cruising – access through Haiku <https://public.careercruising.com/en/>
- College Board – <https://bigfuture.collegeboard.org/>
- FAFSA – <https://fafsa.ed.gov>
- Military – [www.military.com](http://www.military.com)
- Workforce Training & Education Board – [www.wtb.wa.gov](http://www.wtb.wa.gov)
- The WashBoard – [www.theWashBoard.org](http://www.theWashBoard.org)
- Washington State Community and Technical Colleges – [www.sbctc.edu](http://www.sbctc.edu)
- Western Undergraduate Exchange (WUE) – [www.wue.wiche.edu](http://www.wue.wiche.edu)