



# PATHWAYS DIRECTED STUDY OVERVIEW

## What is a Directed Study?

A Directed Study is an elective course a student customizes to suit his/her interests to meet learning goals on his/her own terms. Directed studies provide opportunities for students to explore interests deeper and make important decisions about how and where to direct their talents in the future.

A Directed Study can be taken within, or in addition to, their traditional course load. Each student will work with a staff advisor and Pathways Coordinator to determine learning objectives and connect to micro internships within the community.

## Why is a Directed Study beneficial?

A Directed Study provides opportunities for curious learners to explore various professions and careers, while still earning high school credit. Real work experiences and interaction with professionals in the field are sometimes the only way a person will discover whether or not a career is the right fit. Through trial and error, students can begin to discover whether or not they want to pursue careers related to their passions.

## Who is eligible?

Any senior or junior who meets some or all of the criteria below, and whose [application](#) has been accepted.

## Who should apply?

1. Students who want to take a course that is not offered at the high school or doesn't fit into their schedule.
2. Students who have exhausted the course offerings available in a program of study.
3. Students who want to participate in a unique experience not offered as part of the traditional curriculum.
4. Students who want to work in depth on a project/experience or work on something at their own pace.
5. Students who want to gain real world experiences that will help them determine what they will do after graduation.

## Things to consider before applying for a Directed Study?

- *Have you met, or on track to meet, all of your required credits to graduate?*
- *Do you have any history of pursuing your own interests without needing support or someone to direct you?*
- *Do you think you can learn well independently and be self-directed to accomplish your goals?*
- *Are you able to devote the necessary time to meeting your objectives?*
- *Is this something you're passionate about doing?*

## How am I graded?

- Students may choose Pass/Fail or a letter grade.
- There are four components to your grade:
  - [YouScience](#) inventory and [workbook](#) must be completed by the end of the third week.
  - [Action Plan](#) must be approved by the Advisor by the end of the third week.
  - [Journal](#) that contains a log of experiences, research and reflections during the course.
  - [Capstone](#) must be presented and approved by the Advisor by the end of the quarter.

## Requirements of the Directed Study (assuming this takes place on a 3-block period schedule)

- A faculty member/mentor who will serve as the administrator of the course.
- First 3 wks
  1. Meet with your Advisor during the first week to discuss the requirements of the course and get any questions answered.
  2. Complete the [YouScience](#) career planning assessment and [workbook](#) (you will get an access code from a Pathways Coordinator).
  3. Complete an [Action Plan](#) in which you design and outline the experiences and learning objectives for the course.
  4. Meet with your Advisor and present your Action Plan for approval.
- Next 6 wks
  1. Complete a minimum of one of the following:
    - a. One Introductory Experiences
    - b. One Experiential Experience
    - c. One Developmental Experiences

**Note: Check with your Pathways Coordinators for events, experiences and contacts that may be available to help you in your planning.**
  2. Schedule a consultation session with your advisor during week 5 to discuss progress and feedback on what is needed to earn credit for the course.
  3. Complete the [Capstone](#), summarizing what was gained from the experience and describing the post-secondary options you plan to pursue.
  4. Present your Capstone to your Advisor and submit your documents for course credit.

## Apply for a Directed Study

[Use this link](#) to submit your application. You will be directed to make a copy of the form that you will then be able to edit with your information.

# Definitions

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**Advisor:** Staff member who advises and supports the student in his/her Directed Study and gives final approval for credit. The Advisor is NOT your teacher and is only required to advise you during consultation meetings at the beginning, middle and end of your experience. You are responsible for planning and executing your experiences and will be given credit for the course if you meet the criteria. Advisors receive a stipend for approximately 5 hours of work.

**YouScience workbook:** [YouScience](#) is a career inventory tool that consists of 10 brain games that students complete. The profile created from their results helps students discover what they are good at and matches those aptitudes to careers. The [workbook](#) is designed to help students record and reflect on the YouScience profile created for them, and is required before creating their Action Plan.

**Action Plan:** Student-created plan for the experiences he/she will undertake. The student must complete the [Action Plan](#) and get approval from the [Advisor](#) within the first 3 weeks.

**Journal:** Record of experiences, learnings and reflections during the course. Your Journal will provide contact information and dates in which you participated in various experiences so that the Advisor can verify that you participated in those experiences.

**Introductory Experiences:** Group experiences such as tours of businesses, guest speakers and career fairs sponsored by SAHS in which students can participate as a member of the student body. Typically, these activities will be less personalized and offer less individualized learning opportunities unless the student takes initiative to engage with facilitators.

**Experiential Experiences:** Personalized experiences that are short in duration and require little preparation and commitment, such as informational interviews, job shadowing or mentorships. These require a little more effort on the student's part but they get a more customized, personalized experience than Tier 1 Experiences.

**Developmental Experiences:** Real world experiences that specifically address interests and professions the student is interested in pursuing. These are more rigorous and require more planning than Tier 2 Experiences, but do not need to be highly intensive. Examples may include a class project working alongside an industry expert, volunteering with a community organization, or a micro internship with a company. The student chooses the level of rigor and commitment, as long as an industry partner agrees.

**Informational Interview:** An interview with a professional in a career field the student is exploring. Lasts between 30-60 minutes. Interview tips and the reflection form required can be found [here](#).

**Job shadow:** Follow a professional in a career field of interest for 1-2 days.

**Club:** Join an [SAHS sponsored club](#) or find a local club in your community to gain experiences and network with people who share similar interests and/or work in a related career field.

**Micro internship:** An unpaid work experience in which a student works for an organization or with a community expert on a project(s) related to their interests, and that relates to a career the student is exploring. May be between 1-6 weeks in duration and objectives must be explained in detail within the Action Plan.

**Mentorship:** Connect with an adult you trust (a professional in a career field of interest, parent of a friend, young alumni, etc.) and hold regular meetings as often as you would like. Monthly meetings are typical, but during the Directed Study, it is recommended that you meet more regularly to share what you are learning, gain feedback and advice.

**Capstone:** This is the final summary of what you accomplished during the Directed Study, what you have learned, and more importantly, how this course has influenced your post-secondary plans. The [Capstone](#) must be presented in person to your Advisor, signed and submitted to a Pathways Coordinator for approval in order to receive credit for the course.

