

Forest Park Jr/Sr High School: College & Career Readiness

Career Resource Highlight:

Naviance, a college and career resource available to all students at Forest Park has a great tool for career exploration called *Roadtrip Nation*. This is an interactive digital career exploration tool that enables students to discover new pathways, interests, and opportunities for their future. Students can watch more than 8,800 full length video interviews chronicling the diverse personal stories of 1,081 leaders across the nation who have turned their interests into their life's work. Today's youth is very motivated by visual learning and these videos are a unique way to navigate life's many opportunities. A student can "find their road" by using a variety of search options – by interest, by playlist, by theme, and by leaders. *Roadtrip Nation* is interactive in such a way that different search options filter out which videos would be most relevant to the student's interests and career options. Forest Park students can access *Roadtrip Nation* by logging into *Naviance* and clicking on the Careers tab.



Students Benefit From Direct Career Experiences

Career development activities are becoming increasingly important to high school students who want to get into competitive colleges or find future employment in their desired field. Career exploration should begin at an early age. Students as young as elementary school begin exploring options through their first hand experiences. Elementary school students may ask family members about their jobs or they may watch people at work through their own experiences such as doctors appointments, watching construction workers down the road, seeing their teachers every day, or seeing different jobs through various forms of media. As students progress throughout their education, their ideology of potential careers widen immensely and they start to discover more options and opportunities available to them outside of what they witness during their daily lives.

The discussion of career options begins at Forest Park as early as junior high, but as students progress throughout high school, the most valuable advice a student can hear is the necessity of obtaining first hand experience in a potential career path. One way to do this is through an internship. Forest Park students are given the opportunity to have a variety of

experiences through an internship throughout their time as an upperclassmen. Some of our students do this through Cooperative Education, where students are matched with a job of interest and spend part of their school day as an intern. Other students are able to participate in shared programs through the Patoka Valley Career & Technical Cooperative. Many of these programs include a component where students are able to experience work directly within their desired field of interest. Students at FP are even required as an underclassmen to complete a job shadow experience to learn more from someone in their field of interest. These types of experiences allow students to learn about themselves. Finding out what a student likes and dislikes will help when it comes time to making decisions regarding their post secondary plans. These experiences will also help create connections. Getting acquainted with people from various background and building relationships is a great way for high school students to build a baseline for their future. Lastly, these experiences allow students to briefly step into real life and get a feel for what their day to day experiences may be in their chosen career path.

First Semester Reflection:

It has been a great first semester for me here at Forest Park. When I started this new role in August, I was eager to get to know the students and begin walking along side them as they continue their post secondary planning and exploration. It has been a pleasant surprise to receive such a welcome from students and families. The students, especially our junior and senior students, have shown an incredible desire for knowledge. Many students and families have sought guidance regarding what opportunities are available and whether or not those experiences would be a good fit. As I continue into second semester, my hope is to continue more conversations and provide more career exploration experiences, especially for our younger students. It is highly encouraged for parents and families to reach out with any questions or concerns about their student and their post secondary options. You can email me at: kerri.dilger@sedubois.k12.in.us or call the guidance office any time. Students are also always welcome to stop by during the school day. Wishing you all a wonderful holiday break and I look forward to the start of the new year here at Forest Park!

-Kerri Dilger, College & Career Counselor



College & Career Student Spotlight

Forest Park Senior Liseth Trejos-Avila

Meet Senior Student Liseth Trejos-Avila!

Post Secondary Plans: Liseth plans to go to Indiana University Bloomington to major in Accounting. She is excited about the reputation of the Kelley School of Business. She also loves their campus and has attended many football games there. Her stepfather played football for Indiana University and she's looking forward to attending games as a college student.

Future Outlook: In 10 years time, Liseth sees herself working for a small accounting firm, possibly still living in Bloomington or moving to a larger city.

High School Influence: Liseth has always loved math class. She notes that her math teachers have been extremely supportive of her throughout high school. She especially recalls Mrs. Begle, who went the extra mile making sure Liseth always performed to her highest potential in geometry.

On the Job Experience: Liseth is currently employed at Freedom Bank where she works 5 days per week as a bank teller. She said that this experience has helped encourage her love of accounting and has influenced her career path.

Advice for Younger Students: Liseth suggests that students try out as many elective classes as they can. One of her favorite classes in high school was Child Development. Even though she doesn't plan to pursue a career in that path, she learned a lot of about childcare and taking care of babies. She hopes that one day she'll use these skills later in life if she chooses to have a family of her own. She also mentioned that many electives throughout high school have taught her skills she will use later in life, such as responsibility.

Career Advanced Partnership

On Tuesday, December 14th, juniors and seniors learned about the Career Advanced Partnership (CAP) available to them. Vincennes University Jasper Campus partners with local manufacturing companies by enhancing their associate degree program in technical maintenance. Students in this program are provided with a paid local internship while they are enrolled at VUJ full time. Graduates of this program are in high demand at many of our local industries. Students selected for this program will gain an Associate in Science Career – Technical degree, two years of part time paid work experience, mentoring by experienced technicians, and financial support for tuition and fees. Students work 2 days a week at a manufacturing partner and attend classes 3 days a week at VUJ. For more information about the CAP program or other programs that offer internship experiences, students are welcome to visit Mrs. Dilger in the guidance office.