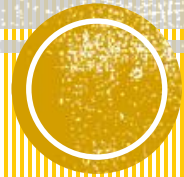


# NAVIGATING YOUR JUNIOR YEAR

AND BEYOND

Athens High School  
Junior Class Presentation 2022-2023



WHERE  
DO I  
START



# OBJECTIVES

- Begin thinking about your next step out of high school
- Understand the steps to get you there
- Get to know your counselor



# LAURA LOU SMITH- JUNIOR COUNSELOR



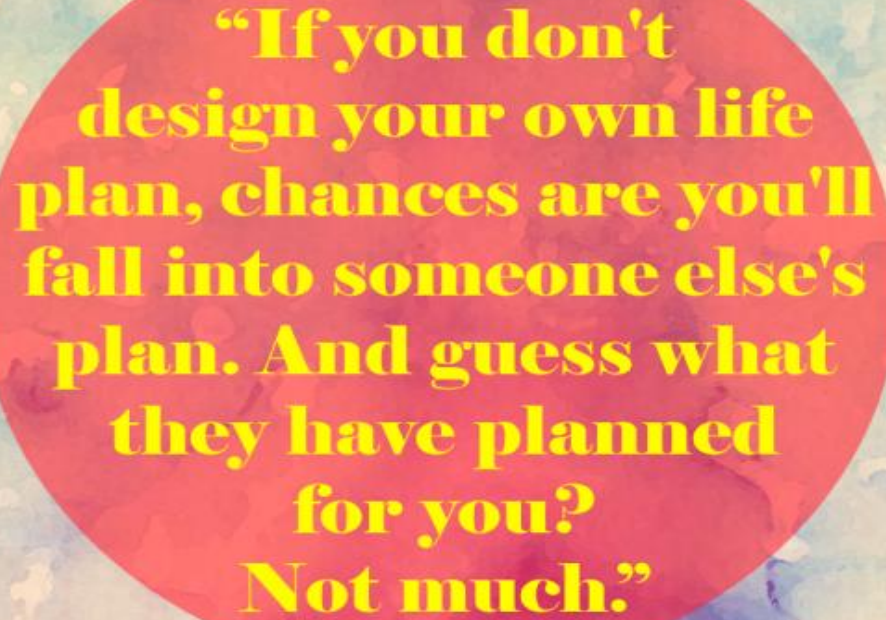
- Graduated from Athens High School
- Auburn University- Bachelor of Science in Fine Art
- University of Alabama in Birmingham (UAB)- Masters in School Counseling
- Married to Derrek Smith
- 2 kids- Mayme & Hank
- Moved back to Athens after 17 years away
- Love to spend time with friends & family, travel, cheer on my favorite teams, compete in almost anything.



# GETTING STARTED

Get to know yourself first....

1. What is **my** end goal?  
What are **my** career interests?
2. What type of education/training will it take to get **me** there?



**“If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much.”**

**Jim Rohn**

# EXPLORING YOUR OPTIONS

- **[www.kudernavigator.com](http://www.kudernavigator.com)**- take assessments to determine interests, skills & values. If you haven't already set up an account, come see me.
- **[www.bls.gov](http://www.bls.gov)**- Occupational Outlook Handbook offers insight into thousands of careers.
- **[www.alacareerinfo.org](http://www.alacareerinfo.org)**- Alabama's Hot 40 Jobs, info about preparing for college & financial aid
- **[www.majors.com](http://www.majors.com)**- find the best fit college majors, schools & career paths
- **ASVAB**- Military entrance examination. All juniors will take it whenever they have English. Career interest component used for research paper.

# 5 CHOICES POST HIGH SCHOOL

1

## ***Post -Secondary Education***

- 2-year and 4-year Colleges & Universities
- Technical and Professional Schools & Colleges

## ***Military***

- Army
- Navy
- Air Force
- Marine Corp
- Coast Guard
- Reserves

2





**3**

## ***Workforce***

- Full-time jobs
- Two or more part-time jobs

**4**

## ***Apprenticeships & Internships***

- Carefully monitored work experience with intentional learning goals

## ***Self Employment & Entrepreneurship***

- Start a business
- Buy a business

**5**

**WHAT CAN I DO NOW?**





# JUNIOR YEAR IS A PIVOTAL TIME

## 3 MAJOR FOCUSES

Here is what you need to  
know...

### 1. College Entrance Exams

- ACT & SAT are College Entrance Exams used to test your readiness for College
- ALL Juniors take the ACT with Writing in the Spring\*
- Both the SAT & ACT take place at least 6x per year
- Athens High is an ACT test center
- You must create an account and register for each test online- [actstudent.org](https://actstudent.org) & [collegeboard.com](https://collegeboard.com)
- PREPARE, PREPARE, PREPARE
- Materials available through ACT or in the Guidance Dept.
- Your Junior year is important in getting that score where you want it to be
- Some colleges are making it test optional for the 22-23 school year.



## 2. Grades & Resume

- Fall of your Senior year is when you will begin to apply to school
- All applications must include a transcript- which will only include grades through the end of your 11<sup>th</sup> grade year.
- Last chance to beef up your resume
- Schools will look for community service, extracurricular activities and job experience/responsibilities
- Quality over quantity

## 3. Research

- Use this time to research schools, careers and opportunities
- Job shadow
- Take college visits when you can



# OTHER IMPORTANT INFO:

Check your email  
for a quick  
Junior Survey  
coming soon.

Athens State College Fair- Tuesday,  
August 30th at 8:30 AM for all juniors  
and seniors. Forms required to load  
the bus.

Junior Newsletter- Once a month  
Junior Class Meeting- Once a quarter  
One on One Counselor Planning -  
once or twice within the school year

Be on the LOOK out  
for college & military  
reps on Tuesdays &  
Thursday in the  
lunchroom.

# WANT TO TAKE THE PSAT?

- The PSAT is a practice version of the SAT exam. You can only take the PSAT once per year, and many students take the test in both 10th and 11th grade. If you earn a high score on the PSAT your junior year, you could qualify to receive a National Merit Scholarship—\$180 million dollars in merit scholarships are awarded to students each year.
- The PSAT will be offered here on Tuesday, October 25th at 8:15 a.m. All 10th or 11th grade students are eligible to register to take the test. Students must SIGN UP and pay the \$18 test fee to Ms. Jackson in Guidance or online by Friday, September 30th.

# JUNIOR NEWSLETTER

Important dates,  
deadlines,  
scholarships &  
opportunities

What you  
should be  
doing NOW!

## Athens High School

### JUNIOR NEWSLETTER

#### Welcome Back to School!

Hello and welcome back! I hope that you had a relaxing summer vacation. My name is Laura Lou Smith and I am thrilled to begin serving as the counselor for 11th & 12th grade students. As an alumni of Athens High School, I was so excited to return "home". I have served as a school counselor for the last ten years in Birmingham, AL. My husband, Derrek, and I are so happy to begin raising our two young children here in Athens.

Most of you have been anxiously awaiting your senior year! It is *finally* here and it is your



# WELCOME

Athens High School's  
New Career Coach

**Missy Greenhaw**



**EVERYTHING  
YOU DO NOW  
IS FOR YOUR  
FUTURE.**

**THINK ABOUT  
THAT.**

