First Steps Toward College and Career





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Your Choices



Ask yourself what you want!

- ★ What do I want to study? Where do I want to study?
- ★ Do I want a big or small college?
- ★ What type of social life do I want in College?
- ★ Do I want to go straight into four year or two year?
- ★ Do I want to start my career straight out of high school?
- ★ Do I want to join the military?
- ★ Are you Social-Emotionally ready for High School?



PUSD Graduation Requirements

- 4 years **English**
- 3 years **Math**
- 3 years **Science**
- 3 years **Social Sciences**
- 2 years **Physical Education**
- 1 year **Visual/Performing Art**
- 1 year **World Language**
- 45 units **Electives**
- 1 Sem **Career Tech. Education**
- * **40 Hours of Community service**
- * **Senior Defense Portfolio**

Students must Receive a "D"or higher on their classes to gain credit. Students with an "F" will not receive credit for the class



Colleges and Universities

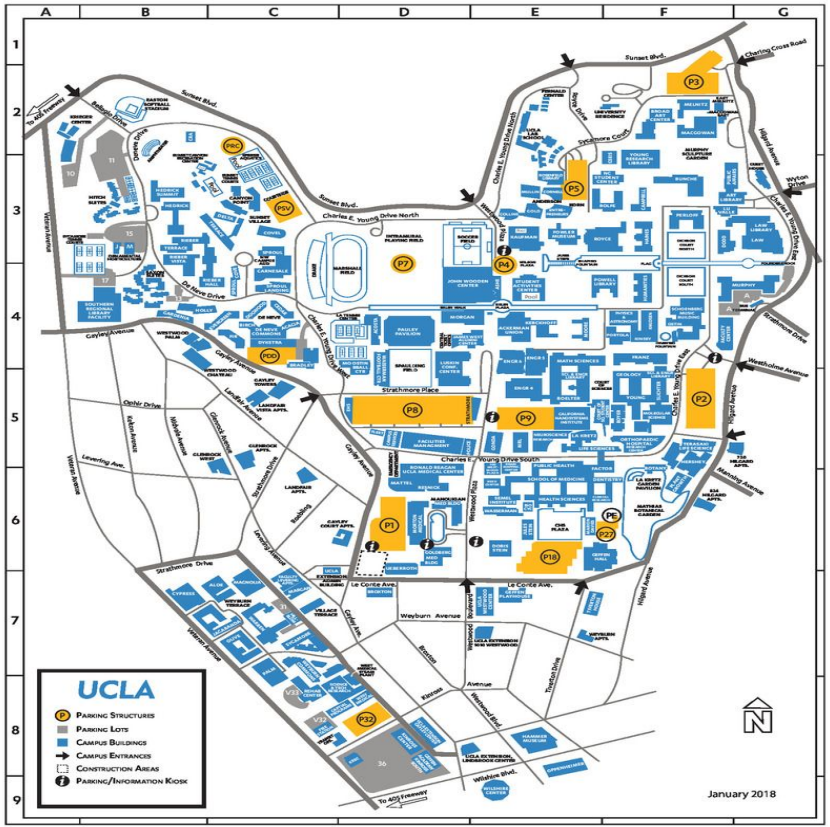
- **Two Year College (Community College)**
  - Associates degree or Certificate Program (May be less than two years)
  - Transfer to four year University
  - Some Community College are now offering Bachelor's Degrees
- **Trade Schools**
  - Different programs on Specific Career Pathways
- **Four Year Colleges and Universities**
  - Bachelor’s Degrees and other programs i.e. credentials, Masters, and Doctorate
    - Public (UC and CSU) and Private Institutions
    - Out of State Universities

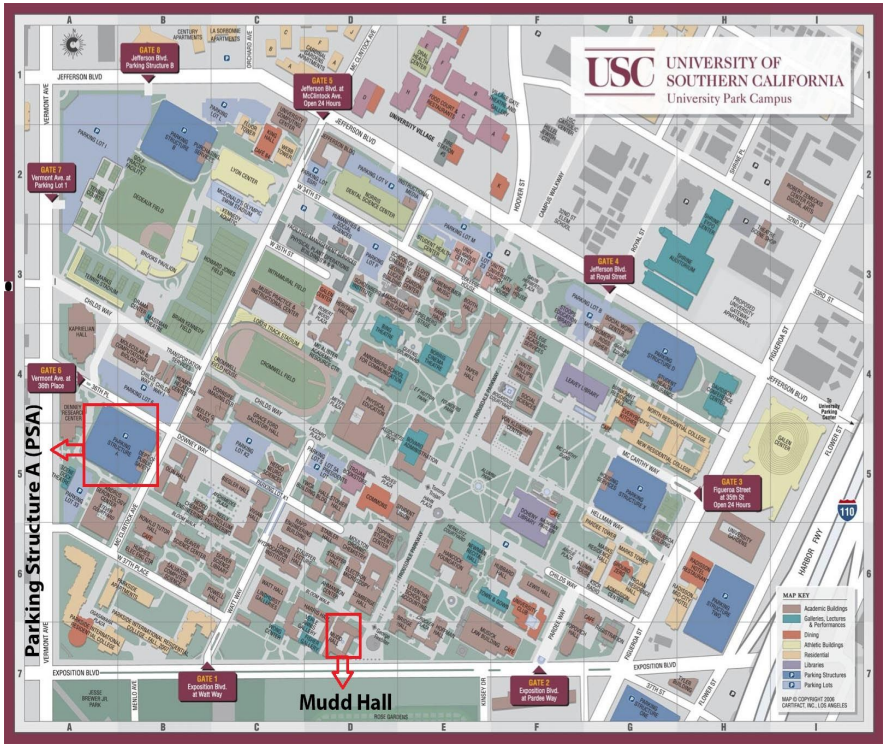
A-G Requirements

For UC and CSU schools as well as some CA private schools

- **A- Two years of History/Social Science**
- **B- Four years of English**
- **C- Three years of Math (Geometry/Math 2 must be one year)**
- **D- Two years of Lab Science (Three years recommended)**
- **E- Two years of Language other than English**
- **F- One year of Visual and Performing Arts**
- **G- One year of College Prep. Elective**

Size of School













Location



















PACIFIC OAKS
COLLEGE



PASADENA
CITY COLLEGE





ArtCenter



Career Pathways

- Know the difference between a Job and Career
  - Find your passion
  - Connect to what you want out of a Career
  - Think about where you will start and where you want to finish
- Find the resources you need to reach that Career
  - Education
  - Networking
  - Time
- Look into internships or apprenticeships
  - Trade Unions
  - Private Companies and Organizations



Military Service

- ★ Know the benefits of Service as well as the sacrifice of the service.
- ★ Talk this over with Recruiters, Family, and your counselor.
- ★ Gain the skills for future career path after service
- ★ Strive for Military colleges or colleges with ROTC programs





Your Social-Emotional Wellbeing



You Are Important!!

- ★ It is always okay to ask for help.
- ★ Journaling can be supportive tool to reflect
- ★ Find your support network: Family, Friends, and Teachers
- ★ Strive for your best and organize your goals
- ★ Take time to breathe
- ★ Find your way of destressing
  - Coloring, mindfulness, music, walking, talking with friends, exercising etc.

Fighting Test Anxiety

- De-Stress Fest
  - **Smell**: Cotton balls with aromatherapy oils on them.
  - **Touch**: Stress balls made from balloons and play sand or flour.
  - **See**: Glitter water bottles, coloring pages with positive quotes and/or encouraging poetry/short stories
  - **Taste**: Chocolates, gum or peppermints
  - **Hear**: Rain sticks made from paper towel rolls and rice beans or playing classical music while doing coloring pages.

Great apps to fight Anxiety

- **Breath2Relax:** Contains videos demonstrating relaxation breathing to reduce stress
- **Calm:** Contains tools to reduce anxiety to induce quality sleep
- **Happify:** Contains games and activities to reduce stress, strategies to build resiliency and ways to encourage positive self-talk

Your First Steps

Key Steps for you to do NOW!!

- ★ Getting familiar with Requirements
- ★ Know ways of paying for College/Career Training
- ★ Study Skills
- ★ Organization Skills
- ★ Note Taking
- ★ Explore your Interest

College Requirements

- A-G Requirements (for California Colleges)
- Keeping the best GPA up
- Getting involved in school and community, being leaders
- Taking **SAT** and/or the **ACT**
  - PSAT or Pre-ACT
- Taking rigorous classes i.e. IB, AP, or College Courses

Know How to Pay for College

- Financial Aid
  - **FAFSA -** Free Application for Federal Student Aid
  - **California Dream Act -** DACA and Undocumented Students
  - **Cal Grant -** State Student Aid by Merit and Need
- Types
  - Grants - Mostly Federal and State given money, no need to give back
  - Scholarships - Private/ Non Profit given money, no need to give back
  - Loans - Borrowed money, needs to be paid back
  - Savings - Your own or families money investment toward education
  - Military Service - Your service earns you money for education
- Make a plan with Family

Note Taking Skills

- Be a close listener
- Customize your notes to your liking
- Find a method you like i.e. Cornell note taking
- Organize notes
- Review them daily
- Take notes when reading through textbook
- USE YOUR NOTES

Study Skills

- Find a place to study
- Set goals, time for all classes (be specific)
- Find out what kind of learner you are: Visual, Auditory, Sensing
- Use all your tools and sources: textbooks, notes, friends, and teachers
- Make it part of your daily schedule

Organizational Skills

- Keep Track of your time, always leave time for your own
- Set short term goals and long term goals
- Use a planner for schedule and keeping up with assignments (calendar can also be helpful)
- Clean backpack → Clean Binder → Clean Notebook → Clean notes and homework
- Set time to organize

Exploring your Interest

Interest Profiler on californiacolleges.edu

➔ Start with signing up for

★ Answer questions by how you feel about the details

★ Don’t try to guess your path answer each question as it comes

★ At the end your “interest” will be highlighted

★ Connect to Careers with your interest

Steps to Assessment

1. Go to this link https://www.californiacolleges.edu/#/interest-profiler
2. Click on “Sign In or Create Account”
3. Under Student click “Create Account”
4. Fill in your information
5. Start Assessment

Assignment

- Please follow the instructions and answer all questions for one career of your choice.
- Do not forget the Picture or illustration of the job.