Freshman Calendar
Countdown to Your Future

ICAN®
Succeed. In *Education*. In *Career*. In *Life*.

Presented By IOWA
www.uiowa.edu

August

- ❑ Schedule a **FREE** planning session with an ICAN Advisor at ICANsucceed.org/apt. Virtual appointments are available using Zoom.
- ❑ Check out an ICAN Freshman Transition event at your school or stream online by visiting ICANsucceed.org/videos.
- ❑ Prepare for the future with the ICAN Tip of the Week; sign up at ICANsucceed.org/signup.
- ❑ Stay organized with a planner or planning app.
- ❑ Ask your parents and other adults what they like and dislike about their careers. Find out what type of training or education is required for each job.

September

- ❑ Now is a great time to get involved in extracurricular activities and meet new people. Colleges, as well as scholarship organizations consider a student's involvement in school and community activities. Keep track of your participation with an activities resume, a great resource for scholarship and admission applications. Download a template at ICANsucceed.org/materials.
- ❑ Consider attending the Golden Circle College & Career Fair. For event details visit ICANsucceed.org/goldencircle.

October

- ❑ Think about what you like to do, what you're good at and what you value most. Talk to your counselor about assessments to help you identify a potential career. Visit ICANsucceed.org/interests and take an assessment to find career pathways to explore. Pathways identify careers based on interests and skills identified through a career assessment.
- ❑ Discover different education and training options. Visit CollegeRaptor.com to explore four-year options. Visit ICANsucceed.org/CTEoptions to learn about Iowa's technical and two-year programs. Visit ICANsucceed.org/careertraining to learn about apprenticeships.

November

- ❑ Talk to your parents about your plans for the future. Discuss your personal and academic strengths and your plan to reach your goals.
- ❑ Work with your school counselor and discuss courses that are recommended for your career pathway. If you are college-bound, optimum preparation includes four years of English, math, science, social studies, and world language.
- ❑ Read in your free time to develop a strong vocabulary, which is an important component in college entrance exams.

December

- ❑ Volunteer in your community. Some scholarships are awarded based on community service.
- ❑ How are your computer skills? Become proficient in common computer applications such as Word®, Excel® and PowerPoint® and learn how to use the Internet as a research tool.
- ❑ Is there a college you've always dreamed of attending? What about a trade that fascinates you? Research careers online and identify three that interest you. Find three college majors or training programs that meet the education and training requirements of each career.

January

- ❑ Become familiar with the types of college financial aid, including grants, scholarships, work-study, and loans. Grants and scholarships don't have to be paid back. Work-study enables students to earn money by working on campus. Loans must be repaid. Visit ICANsucceed.org/payforcollege to learn more.
- ❑ Compare career pathways and explore skill-building at ICANsucceed.org/career-planning.
- ❑ Saving money is the best way to prepare for the cost of education and training. Talk to your parents about a college savings plan to help cover college costs.

February

- ❑ 72% of the fastest-growing jobs require education or training beyond high school. Research careers to learn more about your options. Which jobs are in demand? What type of education or training is required? Work with ICAN on a plan. Call (877) 272-4692 or visit ICANsucceed.org/apt to schedule, virtual appointments are available.
- ❑ Seek advice from your school counselor to help you select your classes for 10th grade. Choose your courses wisely. Do your classes align with the pathway recommendations? Which classes should you take to best prepare for your pathway? Is there a job shadow opportunity?

March

- ❑ Begin looking at potential job shadow opportunities to explore a career pathway during your summer break or as part of your course schedule for sophomore year.
- ❑ Make the most of your summer. Search for summer camps in your area of interest (e.g., sports, music, drama, or academics).
- ❑ Remember your Freshman grades are the foundation of your GPA, which can impact college admission and scholarships. Finish the year strong.
- ❑ Consider attending the ICAN Future Ready Career & College Fair in Cedar Rapids. For details visit ICANsucceed.org/futurereadyfair.

April

- ❑ Do you have friends or family who are high school seniors? Talk to them about their plans. Ask them how they made their decisions and what was involved in the process.
- ❑ Attend a game, play, concert or other cultural event on a local college campus to get exposure to the campus environment. Can't get to campus? Take a virtual tour of schools that interest you.
- ❑ Build relationships with teachers, counselors, coaches, and community members. Some could write letters of recommendation when it's time to submit scholarship and/or college applications.

May

- ❑ Learn about the world of work through job shadowing, volunteering, or interning this summer.
- ❑ Start a summer reading list. Reading helps your mind to stay sharp and on track for next year.
- ❑ If you're an athlete hoping to play sports in college, plan ahead. Learn about college athletic requirements at ICANsucceed.org/collegeathletes.

June

- ❑ Will you be attending summer camp on a college campus? If so, while you're there, think about whether you'd like to attend that college.
- ❑ Create an activities resume to track activities from freshman year. Download the template at ICANsucceed.org/activitiesresume.
- ❑ Talk to family members, friends, teachers, counselors, and coaches about how they picked their career and their planning experiences.

July

- ❑ Review your career assessment results and make a list of colleges you're interested in researching based on your results. Visit ICANsucceed.org/colleges.
- ❑ Participate in hobbies and activities related to your career interests.
- ❑ Don't be afraid to change your career goals as you learn more about yourself and the world of work.

Visit **www.ICANsucceed.org/apt** or call **(877) 272-4692** to schedule an appointment. Virtual appointments available.

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Sophomore Calendar
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August

- ❑ Visit an ICAN Center and work on your career and college plan with a Student Success Advisor. Call (877) 272-4692 or visit ICANsucceed.org/apt.
- ❑ Prepare for life after high school with the ICAN Tip of the Week; sign up at ICANsucceed.org/signup.
- ❑ Plan to attend a college fair this fall. Visit ICANsucceed.org/collegefairs and pick a fair.
- ❑ Get involved! Find an activity at your school or in your community that you enjoy.
- ❑ Attend an ICAN career and college planning night this fall. Visit ICANsucceed.org/events for events near you or available to stream online.

September

- ❑ Attend the Golden Circle College & Career Fair, Iowa's largest. Talk with apprenticeship and military programs, colleges from across the country, and employers. For event details visit ICANsucceed.org/goldencircle.
- ❑ Talk to your school counselor about taking the PreACT® or the PSAT/NMSQT® (Preliminary SAT/National Merit Scholarship Qualifying Test) as practice for the actual college entrance exams.
- ❑ Meet with college representatives or career speakers visiting your high school to learn more about your options.
- ❑ Explore careers and sign up for a job shadow.

October

- ❑ Compare several careers and consider the required education or training, tasks that have to be performed, starting salary, and the characteristics that appeal to you most. Visit ICANsucceed.org/careers for links to career research tools.
- ❑ If interested, research military education benefits. Visit ICANsucceed.org/militaryoptions.
- ❑ Find a mentor who can assist you through high school and the planning process, such as a teacher, parent, family member, or family friend.

November

- ❑ Talk to your school counselor about college admission requirements and make sure you take the right classes. Ask about adding a job shadow to your schedule for next semester.
- ❑ Education after high school doesn't have to include a four-year degree. Find out more about apprenticeships, certificate programs, two-year degrees, and other programs at ICANsucceed.org/careertraining.
- ❑ Talk to family members, friends, teachers, counselors, and coaches about how they picked their career and their planning experiences.

December

- ❑ College can be affordable! Don't let the "sticker price" scare you. With financial aid and planning you can help ensure your out-of-pocket costs are manageable. Schedule an advising session with ICAN by visiting ICANsucceed.org/apt. Talk with a Student Success Advisor about your future and develop a plan and a budget for success.
- ❑ Keep a record of your extracurricular involvement in an activities resume — a concise summary of your achievements, talents and interests. Download our template ICANsucceed.org/activitiesresume.
- ❑ Spend winter break volunteering in your community.

January

- ❑ Visit ICANsucceed.org/careercoach and take or update your career assessment. Use the results to help plan your high school courses and activities.
- ❑ Meet with your school counselor to ensure your junior classes meet your career pathway recommendations.
- ❑ Visit ICANsucceed.org/financial-aid for information on tuition and other fees at colleges and universities, as well as ways to cover costs. Become familiar with the types of financial aid available for college. Financial aid includes grants, scholarships, work-study and loans.

February

- ❑ Attend an ICAN career and college planning night this semester. Visit ICANsucceed.org/events for events near you or available to stream online.
- ❑ Begin thinking about potential careers. Which pathways match your skills and interests? MyACT is an online tool that can help you research your options. Visit MyACT.org.
- ❑ Check with your school counselor to see if AP® (Advanced Placement) classes will fit into your schedule. Challenging courses in high school can better prepare you for your next steps.

March

- ❑ Attend the ICAN Future Ready Career & College Fair, Eastern Iowa's largest. Find your career pathway, talk with employers, colleges & universities from across the country. For event details visit ICANsucceed.org/futurereadyfair.
- ❑ Do you know people who work in a job related to your career interest? Talk to them about the educational/training requirements and daily work.
- ❑ If your family is planning a summer vacation, try to visit a few college campuses along the way.
- ❑ Review your financial plan for college and make sure it aligns with your career assessment and salary options. Visit MyACT.org.

April

- ❑ Saving money is the best way to prepare for the cost of a college education. Check out ICANsucceed.org/payforcollege for information on paying for college.
- ❑ Get a taste of a future career through job shadowing, volunteer work, or an internship.
- ❑ Talk with your parents about your college and career goals and how to attain them, including a plan to cover college costs. Start analyzing your Return on College Investment at studentloan.org/ROCItool. The ROCI tool helps compare careers and costs in the current job market so you know how much to invest for each career that interests you.

May

- ❑ Check the status of your college savings plans and keep putting money away for college.
- ❑ Ask your school counselor if there are any summer camp programs you could attend to help get you ahead.
- ❑ Look for a summer job that's related to your interests. Be sure to save some of your summer earnings for college.

June

- ❑ Start a summer reading list. Try reading books that will help increase your vocabulary.
- ❑ Participate in hobbies and activities that enable you to explore your career interests.
- ❑ If you're an athlete hoping to play sports in college, plan ahead. Learn about the requirements of college athletics at ICANsucceed.org/collegeathletes.

July

- ❑ Are you attending summer camp on a college campus? If so, take a look around to see if you could imagine attending that college.
- ❑ Talk to your parents about college expenses and create a plan to cover them.
- ❑ Stay in touch with teachers, school counselors, coaches, and community members. Later you may ask them to write letters of recommendation for scholarship and/or college admission applications.

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