

Winston Career Academy
Career Technical Education Student Counseling- Career Objective Form
Fall Semester of 2026

Student Name: _____

Current Grade: _____

CTE Department: _____

Home High School: _____

Today's Date: _____

Career Interest – 1st Choice: _____

Career Interest – 2nd Choice: _____

What are your plans immediately after high school graduation? Check all that apply.

_____ work _____ where _____

_____ college _____ what college(s) are you interested in: _____

_____ military _____ what branch are you interested in: _____

Short-Term Goals: (within one year or less)

Plan to achieve the above short term goal(s)

1. _____
2. _____
3. _____
4. _____
5. _____

Long – Term Goals: (within 5 years or more)

Plan to achieve the above long term goal(s)

1. _____
2. _____
3. _____
4. _____
5. _____

Are you interested in receiving articulation credit in your CTE department for exemption of college courses at local community colleges? _____ yes _____ no

Articulation Credit is available in the programs of:

Automotive Service Technology

Business/Office Administration

Cosmetology/Barbering

Electrical Systems Technology

Welding Technology

Health Science

I have reviewed and understand the above information, as it was explained to me with good understanding by

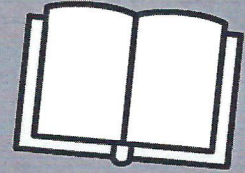
Ms. Flanagan, Counselor

Student Signature

Date

Homework Tips **for Students**

To succeed in school, you need to get your homework done correctly and on time. Using the following tips will help you make the most of your study time and get better grades.



Create a study plan

Before you begin studying, decide exactly what you want to get done and the order in which you're going to do it. Be specific, and start with the things that are the most important.

Have a good place to study

Your study area should be quiet, comfortable, well-lit, and have a surface for writing. Equip your study area with the supplies you need.

Avoid procrastination

Procrastinating wastes time and energy. If you have a hard time getting started on your studying, begin with something you can finish quickly or with a subject you like.

Break tasks into manageable chunks

Break down large assignments or projects into smaller, manageable tasks. Focus on completing one task at a time to avoid feeling overwhelmed.

Change it up

Alternate types of work. For example: 1) read short story; 2) do math problems; 3) read history.

With lots of homework, you need good time-management skills. Check out this short video to learn more.



VIDEO

Use a planner

Use a planner to keep track of your assignments, deadlines, and upcoming tests. Check off tasks as you complete them.

Focus on your work

Silence your phone and eliminate distractions. If needed, use app and website blockers to limit distractions while you're working.

Take breaks

After studying for 30 minutes, take a short break. Get up and stretch or get a snack. Resist the temptation to text a friend or go online. Save those things for later.

Reward yourself

Use rewards to encourage yourself to get your studying done. For example, you could reward yourself with phone, TV, or video game time once you finish your homework.

Stay positive and persistent

Maintain a positive mindset and approach your homework with enthusiasm. Be persistent in your efforts and keep pushing forward, even when facing challenges.

Review and revise

Set aside time to review your completed assignments. Check for errors, make necessary revisions, and use feedback from peers and teachers to improve your future work.

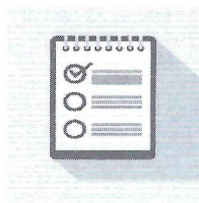
Ask for help if needed

If you're struggling with a particular assignment, don't hesitate to ask for help from a parent, teacher, classmate, or tutor. Understanding the material is crucial for completing homework well.

HOW TO BUILD AN IMPRESSIVE HIGH SCHOOL RECORD

Your high school record is your opportunity to show college admissions officers and future employers who you are, what you have learned, and what makes you unique.

Here are some tips for building a high school record you can be proud of.



TAKE THE RIGHT CLASSES

Choose courses that will help you develop your skills in your areas of interest, and if you plan to further your education, be sure to take the courses you need for college.

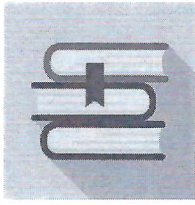
Most four-year colleges recommend that students take the following courses in high school.

- ▶ 4 years of English
- ▶ 3–4 years of math (including Algebra I, Geometry, and Algebra II)
- ▶ 3–4 years of science
- ▶ 2–3 years of one world language
- ▶ 3 years of social studies
- ▶ 1 year of fine or performing arts

Competitive schools and programs consider the above to be the minimum requirements. They recommend that students challenge themselves by taking advanced, honors, and AP (Advanced Placement) or IB (International Baccalaureate) courses whenever possible.

For more information on strengthening your college applications, watch this quick video.





GET GOOD GRADES

Getting good grades in your classes shows others that you are a hard worker and that education is important to you.

For college-bound students, grades are especially important. Colleges consider the grades earned in college prep courses to be the most important criteria for college admissions. The stronger your courses and the higher your grades, the more college choices you will have.

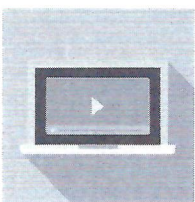


GET INVOLVED

Colleges, scholarship committees, and many employers are looking for students who are engaged and active in their school and community.

They are also looking for students who have leadership abilities and an interest in community service.

Getting involved in activities also helps you make new friends, expand your horizons, and develop your talents and skills—and it's fun!



HAVE A CLEAN DIGITAL FOOTPRINT

Many college admissions officers and employers check the social media of their applicants.

To the casual observer, your online posts lack context and largely speak for themselves, so choose what you post carefully. Use social media to support others and to highlight your positive activities and accomplishments. Avoid posting anything racy, rude, or controversial—don't give anyone a reason to disqualify you for a position or opportunity.



Mental Health Help & Resources

We all go through difficult times in our lives. If you are struggling or going through a tough time now, just know that help is available!

You don't need to go it alone

There are many people who care about you and want to help you—you just need to reach out and talk to them. Talk to a parent or relative, your school counselor, a trusted teacher, or your doctor. If you reach out for help, you *will* feel better.

Know that you are strong

Reaching out for help is *not* a sign of weakness. It is a sign of strength and perseverance.

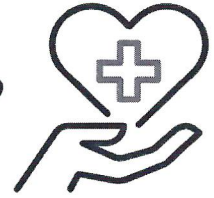
That said, asking for help is not always easy. Here is some advice on how to reach out when you're unable to cope on your own.

- ▶ **Decide who can best help you.** Sometimes you just need someone to talk to, and other times you may need more advanced mental health care. Whether it's a parent, friend, counselor, or other professional, think about who is in the best position to help you feel better.
- ▶ **Be direct.** When you need help, get right to the point. A good place to start is, "I'm having trouble with something and I'm hoping you can help me."

Know that difficult times will pass and that things will get better.

Helpful Resources

No matter what you're going through, you don't have to go it alone. Here is a list of valuable mental health resources.



- ▶ **National Crisis Text Line:** Text HOME to 741741 to text with someone who can help. You can also chat online at crisistextline.org.
- ▶ **Suicide & Crisis Lifeline:** Call or text 988 for help and support. (Call 911 if you feel you are in imminent danger of harming yourself and need help immediately.)
- ▶ **Activeminds.org** can help you connect with a mental health professional in your area.
- ▶ **Go Ask Alice!:** Supported by a team of healthcare providers and other experts from Columbia University, this site is a safe place for you to ask questions about mental health, sexual health, and other topics. Visit goaskalice.columbia.edu.
- ▶ **Substance Abuse and Mental Health Services Administration** (samhsa.gov): If you or someone in your family is dealing with addiction and/or mental illness, this website can connect you with providers and treatment centers.
- ▶ **National Eating Disorders Association:** Visit nationaleatingdisorders.org for information and treatment options, or text NEDA to 741741.

When reaching out for help, be patient and persistent *and don't give up!*

For tips on how you can improve your mental health, watch this short video.



VIDEO