

# Academic and Career Exploration

## Senior Homeroom Lesson

December 12, 2018





# Objectives for Today

- Review what you have accomplished so far regarding post high school plans
  - Revisit the checklist/timeline reference document
- Continue to make yourselves aware of next steps regarding post high school plans
- Review some of the attached resources to personalize your next steps



# Return to the Senior Year Checklist/Timeline - ON AHS WEBSITE

1. Use this [LINK](#) to go to the Senior Year Reference Guide
2. Open up the timeline/checklist that best matches your post-high school plans
3. Reflect on what you **HAVE** done! Pat yourself on the back- you are getting there!
4. As a group, read the items under the November - April sections for 4-year plans



# WE LISTENED and COUNSELORS RESPONDED!

## In the past these have been Frequently Asked Questions about the process

1. Counseling staff have put together an FAQ [Document](#) with questions they receive each year.
2. Review with partner- FAQs are chunked by subject

# Choices for How to Use This Time

- Research Scholarship Opportunities in Career Cruising OR Review steps toward Military or Transition to workforce
- Watch informative videos - **PUT YOUR HEADPHONES IN ...**  
Explore based on your individual needs
  - COLLEGE BOUND:  
<https://bigfuture.collegeboard.org/get-started/video-gallery>
  - MILITARY BOUND: <https://todaysmilitary.com/videos>
  - CAREER BOUND: [Live Career](#): Alternatives to College after high school

# Areas of High Interest for 4-year & 2-year school plans

- **Research Scholarships and Grants**
  - Go to AHS website: [www.arrowheadschoools.org](http://www.arrowheadschoools.org)
  - Click on the “CC” (CareerCruising) icon at the top right side of the screen
  - Login: same as your google login
    - You must be using your Arrowhead Gmail account!
  - Password: same as your google password
  - Click on Financial Aid
  - Consider using a ONE WORD search associated with an area of study i.e., Engineering, Education, Nursing, Business, Science, Technology

# Resources for Managing Stress and Mindset during the Process

During the college application season, it is even more important than normal to manage your stress. You will likely be balancing application season with challenging classes, sports, clubs and work.

- We've been working on mindfulness this year. Here is a good, short article on how breathing can help you manage college application stress: [Mindfulness: Am I Breathing?](#) (College Essay Guy blog)
- Worried about getting in? Check out this article: [Stressed Out About Getting In? How to Cope!](#) (College Data.com)
- Four great tips on managing your mental health: [How to Slay College Application Season Stress](#) (College Vine blog)
- Are your parents stressing out with you? Read this article: [Managing the Emotional Side of College Admissions With Your Parents](#) (College Vine blog)
- What if you don't get in? Learn healthy ways to cope and regain your perspective:
  - [3 Healthy Ways to Overcome College Rejection](#), (US News and World Report)
  - [Dealing With a College Rejection Letter: What It Means to be Denied](#), (College Raptor.com)
  - [10 Ways to Recover From College Rejection \(That Won't Make You Roll Your Eyes\)](#) (Huffington Post.com)

## Closure

Between now and February, what is one action you will be taking to meet the goals of your Academic and Career Plan????

Next time we meet as a homeroom (for ACE), Seniors will have the time to fill out a graduate survey.

