

GET
FOCUSED

STAY
FOCUSED

Middle School:

- ✓ Participate in a transition program to prepare for high school and the Freshman Transition course
- ✓ Learn career exploration strategies using online resources from the U.S. Department of Labor
- ✓ Learn study skills and expectations for high school

In 9th Grade:

- ✓ Take the Freshman Transition course (dual credit optional)
- ✓ Work through a process that answers the questions:
 - ✓ Who Am I?
 - ✓ What Do I Want?
 - ✓ How Do I Get It?
- ✓ Create an online 10-year Plan as the culminating project of that comprehensive guidance course

In 10th Grade: Developing Attitudes & Aptitudes that Promote College & Career Readiness

- ✓ Research high-demand/higher-wage careers
- ✓ Determine appropriate post-secondary options/pathways
- ✓ Learn about college access and affordability
- ✓ Continue to envision a productive future through autobiographical writing
- ✓ Update 10-year Plan

In 11th Grade: Determining Your Informed Major & Post-Secondary Education Path

- ✓ Research STEM-related careers
- ✓ Reaffirm or change chosen career path
- ✓ Choose a major/program of study to match chosen career
- ✓ Identify colleges/post-secondary options that offer your major/program of study
- ✓ Prepare for college applications
- ✓ Update 10-year Plan

In 12th Grade: Preparing to Act on Your 10-Year Career & Education Plan

- ✓ Apply to college/post-secondary training
- ✓ Apply for scholarships and financial aid
- ✓ Update resume, cover letter, and portfolio
- ✓ Mock interview and job applications
- ✓ Outline a Skills-based Education Plan
- ✓ Update 10-year Plan

End of High School:

- ✓ College Ready: No need for remedial coursework upon entering college
- ✓ Enter college/post-secondary training with an informed declared major
- ✓ Graduate with a portable, online 10-year Plan and a Skills-based Education Plan
- ✓ Ideally, graduate with at least 12 college units and portable, online 10-year Plan

Attending College/Post-secondary Training:

- ✓ Enter with a 10-year Plan or take a Student Success course to create a 10-year Plan
- ✓ Use 10-year Plan in meetings with advisors and counselors

End of College/Post-secondary Training:

- ✓ Certificate or degree completion and/or transfer to a 4-year college or university

Goal for End of Post-Secondary Education & Training

- ✓ Have the skills to be competitive and find work in chosen career field

1

2

3

4

5

6

7

8

9



What is a 10-year Plan?

- a career plan?
- an education plan?
- an action plan?
- a life plan?

Yes! And the process behind the 10-year Plan is what makes the *Get Focused... Stay Focused!*™ program such a unique and effective college- and career-readiness model.

The Freshman Transition Standards (FTS) from George Washington University support national counseling standards in the areas of personal/social development, career planning, and academic achievement. In a class delivering the FTS, students **get focused** as they work through a process that helps them articulate:

- ✓ Who they are
- ✓ What they want their adult life to look like
- ✓ An action plan for getting the post-secondary education/training they need to achieve the future they envision



The 10-year Plan helps students **get focused** and provides a vehicle to **stay focused** on their articulated career and life goals. The process of planning, refining, and updating their vision of the future over the course of several years equips students with critical skills as they meet the challenges of their "decade of transition"

- ✓ from middle school student
- ✓ to high school graduate
- ✓ to post-secondary learner and completer
- ✓ to productive, working adult



My10yearPlan.com® is a registered trademark of Academic Innovations, LLC

WWW.GETFOCUSEDSTAYFOCUSED.ORG