

The research is clear:



## To increase College Completion...

*"Research from the Institute for Higher Education Leadership and Policy shows that students who entered a program [of study/major] in their first year were twice as likely to complete a certificate, degree or transfer as students who entered a program after their first year."*

*Advancing Student Success in the California Community Colleges:  
Recommendations of the California Community Colleges Student Success Task Force*

*"All or most students would complete a student success course in their first term and enter a structured program of study as soon as possible."*

*American Association of Community Colleges, April 2012. Reclaiming the American Dream:  
A report from the 21st-Century Commission on the Future of Community Colleges*

*"Every student who enrolls to pursue a certificate, degree, or transfer objective, and in many cases even those seeking career advancement, needs a Student Education Plan...that can get them from their starting point to attainment of their educational goal."*

*Advancing Student Success in the California Community Colleges:  
Recommendations of the California Community Colleges Student Success Task Force*



# Every Matriculating Student Needs an Education Plan

The **Get Focused...Stay Focused!® Initiative** developed with Santa Barbara City College supports these recommendations and uniquely expands on this vision.

All high school students who complete the **Get Focused...Stay Focused!®** program:

- ▶ **Arrive at college** with complete online 10-year Career & Education Plans
- ▶ **Have plans that are meaningful and, as a result, motivational** because they are well thought out, personalized, and consistently updated over four years
- ▶ Gain the **skills necessary to become self-sufficient researchers and planners of their futures**, a vital strategy for success in college settings where the counselor-to-student ratios range from 1:500 to 1:1800

By integrating a sequence of the *Get Focused...Stay Focused!®* freshman course followed by integration of the three hybrid modules into academic courses, you'll assure that students have:

- ➔ **researched and chosen** an appropriate career path (program of study),
- ➔ an **informed** declared major,
- ➔ and a **meaningful** 10-year Career and Education Plan.



For details about the *Get Focused...Stay Focused!®* program, visit [www.getfocusedstayfocused.org](http://www.getfocusedstayfocused.org)

# Easy to Implement • Cost Effective • Proven

*“Expanding student development efforts beyond its campus to local high schools, Santa Barbara City College has created the largest dual enrollment program—which allows high school students to take community college courses—among California’s 112 community colleges. SBCC is also helping high-school students, many of whom may not be financially or academically prepared, develop long-term educational plans through college readiness and career counseling programs.”*



Excerpted from the March 19, 2013 news release announcing Santa Barbara City College as the co-awardee of the Aspen Institute’s Prize for Community College Excellence

Since 2009, Santa Barbara City College has collaborated with the Carpinteria and Santa Barbara School Districts to deliver a successful **Dual Enrollment Freshman Transition (DEFT)\*** course on high school campuses. Today, the student-centered 10-year Plan developed in this course is a graduation requirement for the Santa Barbara high schools. It was determined that to most effectively impact student success, structured annual updates to each student’s online 10-year Plans were desirable and, in 2012, the expansion of efforts to the 10th, 11th, and 12th grades began.

This past fall, the first cohort of DEFT students to graduate brought their 10-year Plans to SBCC. Students’ plans will be used for academic coaching and counseling, to inform student education plans (SEPS), and to help students stay on track for timely completion of a degree, certificate, or transfer to a university.

*\* For details about this course: [www.whatworkscareerchoices.com/deft.html](http://www.whatworkscareerchoices.com/deft.html)*

Modeled after **The George Washington University Freshman Transition Initiative’s Standards for a Freshman Transition Course** and 10-step Plan for implementing successful, systemic redesign, this systematic approach to assuring student success is being adopted by colleges and secondary schools across the country.

The *Get Focused...Stay Focused!*<sup>®</sup> Initiative was designed to provide every student with the necessary information and experiences to develop college and career readiness skills and to facilitate the development of an online 10-year Career and Education Plan. In addition, the course content: builds the **skills students need to succeed** in life; aligns with the new **Common Core State Standards**; and meets the recommendations of the **California Community College’s Student Success Task Force** and the **American Association of Community Colleges**.

## ***Get Focused...Stay Focused!*<sup>®</sup> Initiative Goals**

### **for high school students**

- ✓ Increase engagement, academic achievement, and attendance of ALL students
- ✓ Reduce suspension, expulsion, and dropout rates
- ✓ Increase the percentage of students that graduate from high school and continue their education/training

### **for college students**

- ✓ Enter a post-secondary institution college- and career-ready—without the need for remediation
- ✓ Enter college with an informed major and researched Education Plan
- ✓ Have the motivation and information necessary to complete their post-secondary studies in an expedient manner

To learn more about the *Get Focused...Stay Focused!*<sup>®</sup> high school/college collaboration, watch a webinar by Dr. Lauren Wintermeyer at [www.getfocusedstayfocused.org/pastwebinars.php](http://www.getfocusedstayfocused.org/pastwebinars.php)

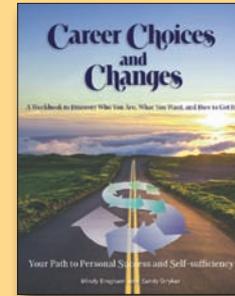
# The Tools for a Successful Launch from the First Day of Class



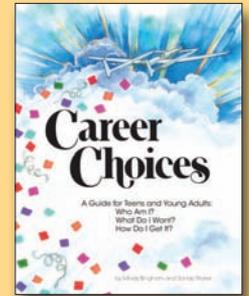
My10yearPlan.com®

## GET FOCUSED...

The process starts with all students developing a meaningful and quantitative online 10-year Plan in a Freshman Transition or Student Success course their freshman year of high school or college. In high school, the online 10-year Plan is then systematically updated in the 10th, 11th, and 12th grades. This plan is used for academic coaching and advisory efforts throughout high school and into college. The planning process provides the impetus to motivate students to stay in school (high school and college) and achieve a self-sufficient and productive life.



College Version  
388 pages

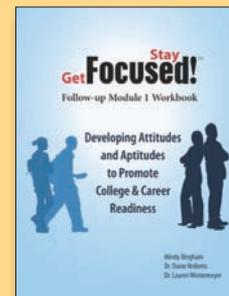


High School Version  
288 pages

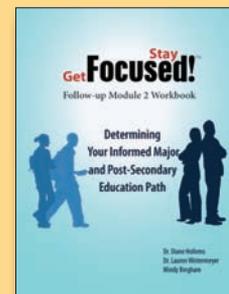
## ...STAY FOCUSED!

Once students complete their online 10-year Plans in the 9th grade, targeted classroom-based lessons in the 10th, 11th, and 12th grades ensure students stay focused on their goals. These three 16-lesson modules provide students with a “touch-point” at each grade of high school to help them transition seamlessly to their post-secondary goal.

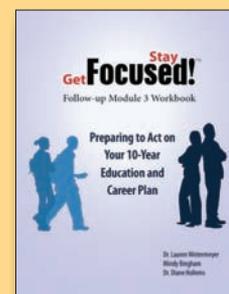
Each workbook comes with access to the online, interactive *Get Focused...Stay Focused!*® area of My10yearPlan.com®. Students begin their work in their consumable workbook and then complete their work online. This sophisticated hybrid course will provide the technological skills to assure students are ready to take advantage of a variety of technology advancements in learning.



Follow-up Module #1:  
Developing Attitudes & Aptitudes that Promote College & Career Readiness



Follow-up Module #2:  
Determining Your Informed Major & Post-secondary Education Path



Follow-up Module #3:  
Preparing to Act on Your 10-year Education & Career Plan

## Real-world lessons to help instructors meet the Common Core State Standards

Course materials meet the Common Core State Standards for English Language Arts, **providing capacity-building for instructors** as they transition to new requirements and teaching methods that are shown to promote student learning.

For details and pricing about the curriculum used in the *Get Focused...Stay Focused!*® Initiative, visit [www.academicinnovations.com/gfsf](http://www.academicinnovations.com/gfsf)

Do you want ALL of your students college and career ready?

Take a look at the *Get Focused...Stay Focused!*<sup>®</sup> Initiative developed by Santa Barbara City College\*

# A Proven High School/College Collaboration Model

The *Get Focused...Stay Focused!*<sup>®</sup> Initiative assures that your entering students have:

- ✓ **researched and chosen** an appropriate career path (program of study),
- ✓ an **informed** declared major,
- ✓ and a **meaningful** 10-year Career and Education Plan.

\* Developed through the collaborative efforts of Santa Barbara City College, the Carpinteria and Santa Barbara School Districts, The George Washington University's Freshman Transition Initiative, and Academic Innovations

**Get Focused!** Stay<sup>®</sup>

*Academic Innovations* LLC

59 South 100 East  
Saint George, UT 84770

Call (800) 967-8016 for details or  
visit [www.getfocusedstayfocused.org](http://www.getfocusedstayfocused.org)

- ✓ Solid implementation of **Common Core & the College and Career Readiness Standards**
- ✓ **Contextualized lesson development** — breaking down the “silos” that separate academic disciplines
- ✓ Real-world learning experiences that **prepare students with transferable job skills**
- ✓ The message that students must prepare for college-level work to **reduce the need for remediation**

[www.getfocusedstayfocused.org](http://www.getfocusedstayfocused.org)