High school students have many questions about the college application process, what it takes to be a successful college student, and how to begin thinking about their careers.

In College and Career Preparation I, students obtain a deeper understanding of what it means to be ready for college. Students are informed about the importance of high school performance in college admissions and how to prepare for college testing. They know the types of schools and degrees they may choose to pursue after high school and gain wide exposure to the financial resources available that make college attainable.

Career readiness is also a focus. Students connect the link between interests, college majors, and future careers by analyzing career clusters. Students come away from this course understanding how smart preparation and skill development in high school can lead into expansive career opportunities after they have completed their education and are ready for the working world.

Students who complete College and Career Preparation I have the basic skills and foundation of knowledge to progress into College and Career Preparation II, the capstone course that provides hands-on information about the transition from high school to college and career.

This course is built to the American School Counselors Association National Standards for school counseling programs.

Length: One Semester

UNIT 1: PREPARE FOR COLLEGE IN HIGH SCHOOL

LESSON 1: THE VALUE OF EDUCATION

Discuss: Get Acquainted
Get to know your classmates and discuss your school and career interests.
Duration: 0 hrs 45 mins Scoring: 10 points

Study: The Value of a High School Degree
Learn about the value of your high school degree and how it can help you continue your education at college or get a job immediately after high school.
Duration: 1 hr Scoring: 0 points

Study: The Value of a College Degree
Learn about the expanded personal and career options you will have after earning a college degree.
Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Study: The Value of Careers
Learn the difference between a job and a career, and how to find a career that is personally fulfilling.
Duration: 0 hrs 45 mins Scoring: 0 points

Study: The Value of Financial Stability
Evaluate the benefits of a high school degree and a college degree and learn about the career and financial opportunities each offers.
Duration: 1 hr Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points
LESSON 2: HIGH SCHOOL RECORDS

Study: High School Requirements
Learn about your high school’s graduation requirements.
Duration: 0 hrs 45 mins Scoring: 0 points

Study: High School Grades
Learn about the meaning of grade point average, class rank, and test scores, as well as how these numbers influence your collegiate opportunities.
Duration: 0 hrs 45 mins Scoring: 0 points

Study: High School Transcripts
Learn how your grades, your attendance, and other elements of your high school career are notated on your high school transcript.
Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Journal: Thinking about College
Think about the value of an education and the effect it will have on your future.
Duration: 0 hrs 45 mins Scoring: 10 points

LESSON 3: HIGH SCHOOL PORTFOLIO

Study: High School Rigorous Coursework
Learn to identify the differences between core and elective classes and between electives and accelerated classes.
Duration: 0 hrs 45 mins Scoring: 0 points

Study: You Can Learn Just as Much after School
Discover what extracurricular activities and community service options are available and how they affect your acceptance into college. If you work, learn how your after-school job can help pave your road into college.
Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Practice: Discovering More Resources
Use the Internet to find other resources and activities — even jobs.
Duration: 0 hrs 45 mins Scoring: 10 points

LESSON 4: HABITS OF A SUCCESSFUL HIGH SCHOOL STUDENT

Study: Study Tips
Learn tips on how to maximize your study time for the best results in your classes.
Duration: 1 hr Scoring: 0 points

Study: Smart Homework Habits
Learn successful habits to use when completing your homework so that you retain the information you are learning.
Duration: 1 hr Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Practice: Homework on Homework
Write an essay in which you explain why good studying and homework habits are vital.
LESSON 5: PREPARE FOR COLLEGE IN HIGH SCHOOL WRAP-UP

Review: Prepare for College in High School
Prepare for the unit test by reviewing key concepts and skills.
Duration: 1 hr Scoring: 0 points

Test (CS): Prepare for College in High School
Take a computer-scored test to assess what you have learned in this unit.
Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Prepare for College in High School
Take a teacher-scored test to assess what you have learned in this unit.
Duration: 0 hrs 30 mins Scoring: 20 points

UNIT 2: COLLEGE KNOWLEDGE

LESSON 1: TYPES OF COLLEGES

Study: Two-Year and Four-Year Colleges
Learn what it is like to be a college student and what the college’s campus culture might be like.
Duration: 0 hrs 45 mins Scoring: 0 points

Study: Vocational School
Learn what it is like to be a student at a vocational school.
Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Practice: Look into Some Colleges
Use the Internet to learn more about the colleges, schools, and programs that are available.
Duration: 0 hrs 45 mins Scoring: 10 points

LESSON 2: TYPES OF COLLEGIATE ACADEMIC PROGRAMS AND DEGREES

Study: Bachelor’s and Associate’s Degrees
Learn what coursework you will need to earn a bachelor’s or associate’s degree, as well as how to transfer from a community college to a four-year college.
Duration: 1 hr Scoring: 0 points

Study: Certification Programs and Apprenticeships
Identify examples of programs that provide you with certificates for vocational careers and job opportunities. Learn about the courses you can take to earn certificates and how to secure apprenticeships.
Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Journal: Programs and Degrees
Now that you have a better idea of what college programs and degrees are available, talk to your peers about which ones have sparked your interest.
Duration: 0 hrs 45 mins Scoring: 10 points

LESSON 3: ACADEMIC REQUIREMENTS AND PERFORMANCE SCORES

Study: College Entrance Requirements
Learn how to become eligible to attend college, as well as how your grade point average, test scores, and class rank determine
your eligibility.
Duration: 1 hr Scoring: 0 points

**Quiz: Assess Your Learning**
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

**Practice: Planning to Learn More**
Write an action plan that takes into account what you’ve learned about getting into college.
Duration: 1 hr Scoring: 20 points

**LESSON 4: COLLEGE KNOWLEDGE WRAP-UP**

**Review: College Knowledge**
Prepare for the unit test by reviewing key concepts and skills.
Duration: 1 hr Scoring: 0 points

**Test (CS): College Knowledge**
Take a computer-scored test to assess what you have learned in this unit.
Duration: 0 hrs 30 mins Scoring: 40 points

**Test (TS): College Knowledge**
Take a teacher-scored test to assess what you have learned in this unit.
Duration: 0 hrs 30 mins Scoring: 20 points

**UNIT 3: TESTING AND ASSESSMENTS**

**LESSON 1: THE ASPIRE TEST**

**Study: The Aspire Test**
Learn the purpose of the Aspire test, its content, and how it is scored.
Duration: 1 hr Scoring: 0 points

**Study: Preparing for the ACT, College, and a Career**
Learn how to prepare for the ACT and discover information about college requirements and career paths.
Duration: 1 hr Scoring: 0 points

**Quiz: Assess Your Learning**
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

**Journal: Standardized Tests**
Write your thoughts about what taking standardized tests means to you and what your concerns are about taking them.
Duration: 0 hrs 45 mins Scoring: 10 points

**LESSON 2: THE PSAT**

**Study: The PSAT**
Learn the purpose of the PSAT, its content, and how it is scored.
Duration: 1 hr Scoring: 0 points

**Quiz: Assess Your Learning**
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

**Practice: Taking the PSAT**
Learn more about how pretests will help you prepare for the SAT and reach your goals for after high school.
Duration: 1 hr Scoring: 20 points

**LESSON 3: TEST-TAKING SKILLS**
Study: Test-Taking Skills
Learn test-taking skills for each of the college assessments so that your knowledge is reflected in your scores.
Duration: 1 hr Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Discuss: Talk to the Test
Talk to your classmates about preparing for and taking the tests you've been learning about.
Duration: 0 hrs 45 mins Scoring: 10 points

LESSON 4: TESTING AND ASSESSMENTS WRAP-UP

Review: Testing and Assessments
Prepare for the unit test by reviewing key concepts and skills.
Duration: 1 hr Scoring: 0 points

Test (CS): Testing and Assessments
Take a computer-scored test to assess what you have learned in this unit.
Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Testing and Assessments
Take a teacher-scored test to assess what you have learned in this unit.
Duration: 0 hrs 30 mins Scoring: 20 points

UNIT 4: FINANCIAL AID

LESSON 1: HOW WILL I AFFORD COLLEGE?

Study: Scholarships
Learn about the different types of scholarships available and how your skills and personal traits can help you secure them.
Duration: 0 hrs 45 mins Scoring: 0 points

Study: Grants
Learn the ins and outs of grants, which are funds you don't have to pay back and are based on your family and financial background.
Duration: 0 hrs 45 mins Scoring: 0 points

Study: Loans and Work-Study
Learn about different loan options for college, as very few students can pay for college with only the money in their bank accounts.
Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Practice: Helpful Resources
Use the Internet to learn more information about scholarships, grants, and loans.
Duration: 0 hrs 45 mins Scoring: 10 points

LESSON 2: COST OF COLLEGE

Study: College Costs and Savings
Learn about the cost of attending various institutions and how to get the degree you want without breaking the bank.
Duration: 1 hr Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Discuss: Dollars and Sense
Talk about college costs with your peers and think about how you will afford to attend.
Duration: 0 hrs 45 mins Scoring: 10 points

LESSON 3: SAVING FOR COLLEGE
Study: 529 Plans and Other Early Tuition Options
Learn ways to set aside college funds years in advance and even pay for college now at today’s lower tuition rates.
Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Practice: Planning to Pay
Create a plan that will allow you to pay for your education.
Duration: 1 hr Scoring: 20 points

LESSON 4: FINANCIAL AID WRAP-UP
Review: Financial Aid
Prepare for the unit test by reviewing key concepts and skills.
Duration: 1 hr Scoring: 0 points

Test (CS): Financial Aid
Take a computer-scored test to assess what you have learned in this unit.
Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Financial Aid
Take a teacher-scored test to assess what you have learned in this unit.
Duration: 0 hrs 30 mins Scoring: 20 points

UNIT 5: CAREER OPPORTUNITIES
LESSON 1: CAREER CLUSTERS
Study: The 16 Clusters
Learn about the 16 career areas, or clusters, and how they relate to your interests and potential college majors.
Duration: 1 hr 30 mins Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Journal: Relating to the Clusters
Write about how the career clusters apply to you.
Duration: 0 hrs 45 mins Scoring: 10 points

LESSON 2: BASIC ACADEMIC SKILLS
Study: Applying Your Knowledge
Learn how you will apply what you learn in high school and college to the work world.
Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Discuss: What Do You Know?
Talk with your classmates about applying skills and knowledge from school to the work you will do in the future.
Duration: 0 hrs 45 mins Scoring: 10 points

LESSON 3: TALENTS AND HOBBIES
Study: Make What You Like What You Do
Learn to highlight your talents and strengths and how they can be used in your future career(s).
Duration: 0 hrs 45 mins Scoring: 0 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hrs 20 mins Scoring: 20 points

Practice: Making a Career for Myself
Write an essay about how you will apply your skills, knowledge, strengths, and talents to the job that’s right for you.
Duration: 1 hr Scoring: 20 points

LESSON 4: CAREER OPPORTUNITIES WRAP-UP
Review: Career Opportunities
Prepare for the unit test by reviewing key concepts and skills.
Duration: 1 hr Scoring: 0 points

Test (CS): Career Opportunities
Take a computer-scored test to assess what you have learned in this unit.
Duration: 0 hrs 30 mins Scoring: 40 points

Test (TS): Career Opportunities
Take a teacher-scored test to assess what you have learned in this unit.
Duration: 0 hrs 30 mins Scoring: 20 points

UNIT 6: WRAP-UP
LESSON 1: WRAP-UP
Review: Review for the Exam
Prepare for the semester exam by reviewing key concepts covered in this semester.
Duration: 3 hrs Scoring: 0 points

Exam: Exam
Take a computer-scored exam to demonstrate your mastery of concepts and skills covered in this semester.
Duration: 1 hr Scoring: 80 points

Final Exam: Final Exam
Take a teacher-scored exam to demonstrate your mastery of concepts and skills covered in this semester.
Duration: 1 hr Scoring: 40 points

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