

# ASPIRE



## MIDDLE SCHOOL POCKET PLANNER

### MIDDLE SCHOOL

#### What Is Career and College Readiness?

You know how when you plan for a trip, you make sure you have everything you need? Well, getting career college ready is like that, but instead of packing clothes and snacks, you're getting ready with skills, knowledge, and experiences.

It's about learning all kinds of things in school and it's also about things like teamwork, problem-solving, and being responsible. These are skills that will help you succeed no matter what you choose to do in life.

### APPRENTICESHIPS

#### Options After High School- Apprenticeships 101

In an apprenticeship, you get to learn a job or a skill like welding, construction, or cybersecurity. What's unique about apprenticeships is that you learn a job by working with someone who's already really good at it and by taking some classes. It's a hands-on way of learning that's all about preparing you for your career.

And the cool thing is, while you're learning, you're also getting paid! So it's like getting paid to learn how to be a construction worker. Plus, at the end of the apprenticeship, you'll have some serious skills under your belt.

**About OSAC:** The Office of Student Access and Completion (OSAC) is an office of the Higher Education Coordinating Commission (HECC) committed to assisting Oregonians in their pursuit of higher education and a brighter future.

Each year, OSAC awards grants and scholarships of more than \$118 million to thousands of Oregon students. OSAC also administers the ASPIRE student mentoring program, the FAFSA Plus+ program, outreach services, and statewide publications.

**About ASPIRE:** The ASPIRE program helps educate Oregon students to become career and college ready. ASPIRE offers education, resources, and mentoring opportunities for all students. Student supports include 1:1 and group mentoring, activities or events that focus on career exploration, career and college research, admissions applications, scholarships, and financial aid.

Learn more about OSAC Grants at: [OregonStudentAid.Gov](https://OregonStudentAid.Gov)



### COLLEGE

#### Options After High School- College 101

You know how in high school, you have different classes for different subjects? Well, in college, it's like that too, but you get to pick the classes you want to take based on what you're interested in. And guess what? You're not just in classes all day. College is also about making new friends and trying new things.

Now, there are all kinds of colleges out there. Some might be close to your home, while others could be far away in another state. College has opportunities for everyone. Some programs are 6 - 9 months, others are 2 or 4 year programs. College is sort of like picking the right adventure that fits you best!

### MILITARY SERVICE

#### Options After High School- Military Service 101

When you join the military, you become a part of a big group of people who work together. Some people in the military work on land, some on the sea, and some even in the air! There are lots of different jobs you can do, like fixing machines, flying planes, or helping people in need during emergencies. In the United States we have six branches of service (Air Force, Army, Coast Guard, Marine Corps, Navy, and Space Force).

Military service is a big responsibility, but it can also be a really rewarding adventure.

# FOCUS

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## ☐ **Develop Good Habits**

Use a calendar to stay organized and get your assignments completed on time.

## **Challenge Yourself**

- ☐ If offered take advanced/honors courses or world language courses.

## **Take Classes To Explore**

- ☐ Elective and/or CTE courses will allow you to try new things and expand your interests.

## **Skill Building**

- ☐ Use classes, sports, activities and volunteering to build your leadership, collaboration, and teamwork skills.

# EXPLORE

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## ☐ **Explore Your Options**

Attend career and college fairs and presentations to learn about different options after high school.

## ☐ **Visit Campuses**

Visit college campuses or trade schools. You can go on virtual campus tours if in-person events aren't offered.

## ☐ **Consider potential career options**

Use your school's resources like Career Information Systems (CIS) or Career One Stop to learn about different careers.

## ☐ **Career Interviews**

Ask teachers, family, or other adults what they like and dislike about their job and how they got their job.

# ENGAGE

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## ☐ **Get Involved**

Participate in extracurricular activities, school clubs, sports, community service, and/or volunteer opportunities.

## ☐ **Peer Mentoring**

If offered, participate in peer mentoring with high school ASPIRE students.

## ☐ **ASPIRE Events**

Attend ASPIRE career and college events and family nights. Eighth graders make sure to attend high school orientation.

# PRACTICE

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## ☐ **Plan Ahead**

If you have identified a career path of interest, take classes that can prepare you for that career.

## ☐ **Volunteer**

Research volunteer organizations that can help you build skills that lead to a career.

## ☐ **Summer Break**

Participate in camps, summer programs and volunteer opportunities to help keep you engaged in learning.

# INVESTIGATE

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## ☐ **Paying for College**

Start learning about grants, scholarships, and other ways to help pay for college or career training after high school.

## ☐ **Saving Money**

Learn about how Embark, a 529 savings account, can help people save for college.

## ☐ **Admissions Requirements**

Learn about admission requirements or experience needed for career pathways after high school to ensure you will be able to meet them by graduation.

# CELEBRATE

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## ☐ **Reflection**

Take notice of how you are doing and celebrate your successes.

## ☐ **Positive Vibes Only**

Surround yourself with supportive and positive people that will help you meet your goals.

## ☐ **Self-Care**

Take time for self-care: Be active, stay connected with friends, family, and mentors, read or write for fun.