

ASPIRE Middle School Resource List

This document is a collection of tools, activities, and information that you can use to support your ASPIRE program.

ASPIRE Resources

- **ASPIRE Career College Readiness (CCR) Inventory-** The ASPIRE CCR Inventory Tool is designed to help ASPIRE middle school sites set goals and plan CCR events and activities. [Download a copy here.](#)
- **ASPIRE Year-at-a-Glance: MS Coordinators-** Looking at the arch of a year we suggest key programming for a middle school program year. [Download a copy here.](#)
- **ASPIRE Middle School Mini Lessons-** These five activities are specifically designed to support middle school students in career exploration and understanding postsecondary options. Each lesson is short, flexible and includes description of game, worksheets, and handouts. [Download copies on our website.](#)
- **ASPIRE Middle School Tracker-** The Middle School Tracker is a document that helps record student GPA, goals, needs, and common activities for students in 5-8th grade. You can [download a print copy](#), a [fillable PDF copy](#), or [order print copies for free](#).
- **ASPIRE Middle School Pocket Planner -** Checklists and resources for students, parents and caregivers, and mentors. Request on the [ASPIRE Publications page](#).
- **ASPIRE Conversation Card Deck-** Designed to help middle and high school students explore their career aspirations. Questions aim to stimulate thought, discussion, and self-reflection regarding interests and career goals. Request copies of decks on the [ASPIRE Publications page](#).
- **ASPIRE Middle School Future Forward Family Night -** A resource-rich presentation to add to your career night event for families and caregivers. [Request a copy.](#)
- **Middle School Future Forward with optional activities -** Designed for use in classrooms to encourage awareness and exploration of high school and beyond. [Request a copy.](#)
- **Career and College Week Planner-** Document with ideas for career/college week - activities, presentations, teacher/staff participation, dress-up day ideas, and competitions between classes. [Download copies on our website.](#)
- **Are You Ready for High School?-** This activity helps students learn more about high school by interviewing adults in their lives. By listening to the answers and stories from adults it helps students contextualize high school options and begin thinking about their time in high school. [Download copies on our website.](#)
- **Celebrate Successes Throughout MS-** Resource list of celebrations that can help middle school students build confidence, find motivation, and feel valued, setting a solid foundation for their future academic and personal endeavors. [Download copies from our website.](#)

Oregon Department of Education (ODE) Resources

- **Oregon Career Connected Learning-** Oregon Department of Education's Career Connected Learning provides information and resources on applied learning strategies to support students toward college and career readiness. Learn more [here](#).

- **Career Connect Oregon Resource Hub-** Helps Oregon students create a vision for their future. Includes sections for [educators](#), [students](#), [families/caregivers](#), and industry partners.
- **Oregon CIS Jr for Middle School-** CIS Jr helps each student build a personal educational plan and create a career profile that can be augmented during high school to support a lifetime of career decisions. More information on CIS and license [here](#). Check out the [training calendar and sign](#) up to discover how you can use Oregon CIS with your students. Ask your Administrator if the district has access.
- **Career Journeys & Toolkit-** This collection of videos and a toolkit seeks to help middle and high school students from across the state of Oregon—and beyond—to dream big. It's all about exposing students to in-demand career pathways through “near-peer mentoring” by young professionals. Learn more [here](#).
- **C3 | Career College Collaborative-** CCR lessons for [grades 6–8](#) and will help practitioners guide students on a journey to develop a plan for their future and focus on making the most out of high school. Also check out [Career Journey maps](#) based on 16 Career Clusters for Oregon provide example jobs, example general job specifications, example job descriptions, suggested development, links to additional resources.
- **Oregon Employability Skills-** Designed to equip students with the practical skills and mindsets necessary to transition from school to the workforce and beyond. The curriculum focuses on a range of crucial employability skills by providing discussion prompts, videos, lessons, and handouts. Students can earn mini certifications. Find more information [here](#).

Additional Resources

- **American School Counselor Association-** MS Conversations. This document connects ASCA Student Standards with questions to help spark conversations with students. [Download the guide](#).
- **YouScience.com-** YouScience is a program that provides career guidance using students' aptitudes. Check with your Administrator to see if your district has access.
- **Oregon Goes to College-** This [middle school checklist](#) is designed to help students learn to prepare for college while they are in middle school. For other resources use [this search](#) to select middle school resources that helps meet your needs.
- **ECMC Believing the College Dream-** ECMC Believing the College Dream helps you motivate students to dream big and gives them practical skills to make their dreams happen. [Learn more here](#).
We have the individual lesson plans available on our website [here](#).
- **Oregon College Savings Plan (OCSP)-** OCSP is a 529 College Savings Plan designed to help people in (and outside of) Oregon save for a student's education. See how [gifting](#) and [bottledrop](#) can help families and caregivers save. [Video on bottle drop](#). Request a presentation or brochures in English and Spanish [here](#).

If you have questions about these resources or need help strategizing about using any of these resources, please contact your ASPIRE Access Specialist.