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Career Exploration & Maximize College Resumes (MS, HS)

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Career Exploration & Maximize College Resumes

College and post-high school plans are 4 – 7 years away!

Why do I need to think about this now?

Everything you do in MS is part of your journey to HS and beyond.

You are building your college/post-HS resume now based on YOUR:

- ✓ ***Personality***
- ✓ ***Interests, Talents, & Abilities***
- ✓ ***Hobbies***
- ✓ ***Classes – core & electives***
- ✓ ***Activities (in school & out of school)***
- ✓ ***Volunteer/Community Service***
- ✓ ***Character – EQ – Leadership***
- ✓ ***Career ideas & plans***

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START WITH WHO YOU ARE

Make a list, write in a journal, do a survey, talk with family and friends...

1. What is my PERSONALITY?

Examples: Extrovert, Introvert, Ambivert, Organized, Social, Thinker, Analyzer, Talker, Builder, Listener, Motivator, Planner, Leader,...

2. What do I LIKE to do? My INTERESTS?

Examples: Music, Art, Write, Read, Dance, Photography, Science, Sports, Be Outside, Build, Experiment, Video Games, Organize, Persuade, Motivate, Tutor, Teach, Coach, Computers, Mathematics, Code, ...

3. What am I GOOD at doing? My STRENGTHS?

Examples: Academics, Skills, Abilities – Identify all of them...

WHICH INTERESTS ARE ALSO STRENGTHS?

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ACADEMICS ARE ALWAYS MOST IMPORTANT TO A COLLEGE & EMPLOYER

1. The **CORE CLASSES & GRADES** are what colleges, universities, & employers look at **FIRST: Mathematics, English, Science, Social Studies, & Foreign Language**
2. Many of you are taking **classes** for **HIGH SCHOOL CREDIT** while in **MS**.

Algebra I, Geometry, Foreign Language, Art/Fine Arts, Speech, etc.

3. The grades you make will NOT be part of your HS GPA, BUT
4. Colleges will still SEE these COURSES and the GRADES you make!
5. The GRADES you make in these classes in MIDDLE SCHOOL determine which level you move to in HIGH SCHOOL.
6. It's always smart to work with a TUTOR if you need academic help!

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ELECTIVES SUPPORT YOUR ACADEMICS

Make choices that interest you & develop your FUTURE RESUME

1. **Explore** electives that ALIGN with your INTERESTS and will DEVELOP your STRENGTHS & SKILLS.

Examples: -Art –Music –Theatre –Athletics –Debate –CTE (Career & Technical Education): Architecture, Culinary Arts, PLTW Gateway – Design, Computer Science, Robotics, are just a few. (see pages 15-21 of SBISD Course Catalog)

2. **REMINDER:** You need a MINIMUM of 2 years of the SAME FOREIGN LANGUAGE to graduate from High School **AND** selective COLLEGES prefer/expect a minimum of 3 YEARS for ADMISSION.

3. Middle School & 9th Grade is the time to EXPLORE options.
Grades 10-12: Focus & **dive deep** into 2-3 areas of INTEREST & SKILL.

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EXTRA-CURRICULAR ACTIVITIES

Come in a **VARIETY** of Opportunities & Build Your College Resume

1. **School** sponsored clubs, organizations, teams
2. **Hobbies** that you develop on your own outside of school
Real Examples: Make jewelry, build furniture, code, make signs, bake cupcakes for groups, social media (be sure content is appropriate)
3. **Out of School** activities/organizations: Examples: Athletics, dance, piano, church/religious groups, Scouts – stay with this!!
4. **Part-time Work/Job:** Shows college/employer responsibility.
Examples: Baby/Kid Sitting (get your Red Cross training); Pet Walking/Sitting; When old enough-retail, restaurant; Tutor; Selling your own designs

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COMMUNITY SERVICE – VOLUNTEER

How Do You Give Back & Make the World a Better Place?

- ❖ **Colleges & Employers** want to know where and how you use your gifts, talents, time, & heart to serve others.
- ❖ **Where can I serve?** School sponsored groups, church/religious organizations, community agencies, through one or more of your Extra-Curricular Activities, on your own!
- ❖ **Be creative. What works with your *Interests, Talents, & Time*?**
Examples: Animals. Young children. Older adults. Writing notes/send cards. Clean up parks/beaches/bayou. Build/Repair homes. Teach others computer/smart phone.
- ❖ **Keep track of HOURS in MS and HS.** You will list your HS VOLUNTEER HOURS on college applications!

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CHARACTER – EQ – LEADERSHIP

Character: “A set of beliefs or attitudes that define what sort of person you are...character consists of learned behavior.” Ron Kurtus, author, scientist

EQ-Emotional Intelligence: “The ability to understand, use, and manage your own emotions in positive ways to communicate effectively, empathize with others, and defuse conflict.” HelpGuide.org

Leadership: “...through the contribution of your interests, abilities, and involvement, others find success or achievement, and you then emerge as an influencer or leader.” Wendy Andreen, PhD, author, consultant

You will be rated on these qualities on your college applications and letters of recommendation from teachers & your HS counselor!

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EXPLORE CAREER OPTIONS EARLY & OFTEN

NAVIANCE: <https://www.springbranchisd.com/studentsfamilies/naviance>

Connect your INTERESTS & TALENTS/ABILITIES with CAREER CLUSTERS. Use CAREER ASSESSMENTS. Explore CAREERS.

O*NET ONLINE: <https://www.onetonline.org/>

U.S. Dept. of Labor's comprehensive site: Click on **Find Occupations** – See Job categories/titles, descriptions, education requirements, outlook for jobs!

Shadow, Talk to Parents & Adults, YouTube Videos of Careers, Career Fairs

Keep a notebook, journal, folder on your computer – Track your INTERESTS, what you LIKE to do, what you are GOOD at doing, & research CAREERS.

Knowing CAREER options will help you select College Majors, Minors, Career Paths!



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Middle School through High School

Get to Know YOURSELF

Discover & Develop your INTERESTS, GIFTS, TALENTS, SKILLS

Earn Strong Grades in your ACADEMICS!

Get DEEPLY INVOLVED in 2 -3 ACTIVITIES

Demonstrate your INFLUENCE – LEADERSHIP

Be KIND, HELP OTHERS, VOLUNTEER

Explore & Discover College Majors & CAREERS

***“Learn what you are and be such.” –Pindar, Ancient
Greek Poet***