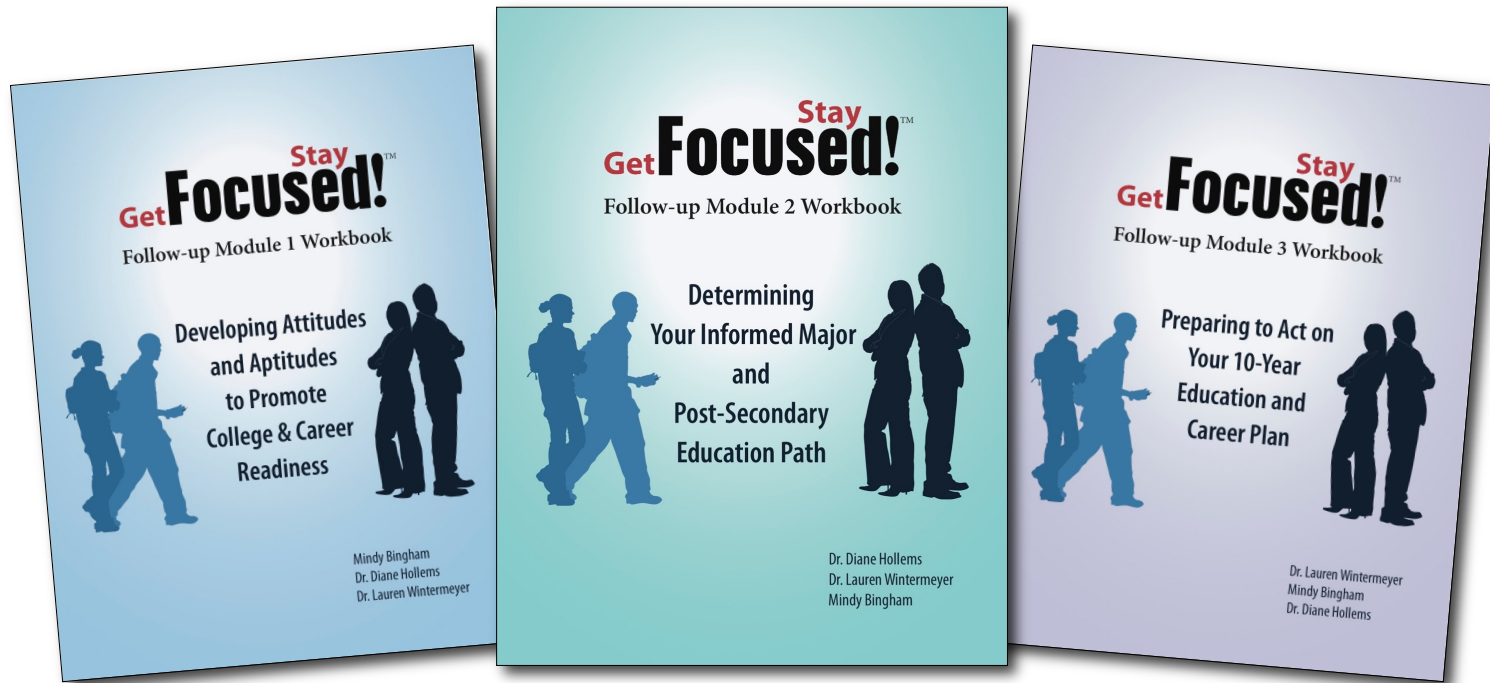


# *Get Focused...* *Stay Focused!*<sup>®</sup> Follow-up Modules



# Follow-up Module 1

## 10th grade

*Developing Attitudes  
and Aptitudes to  
Promote*

*College and Career  
Readiness*

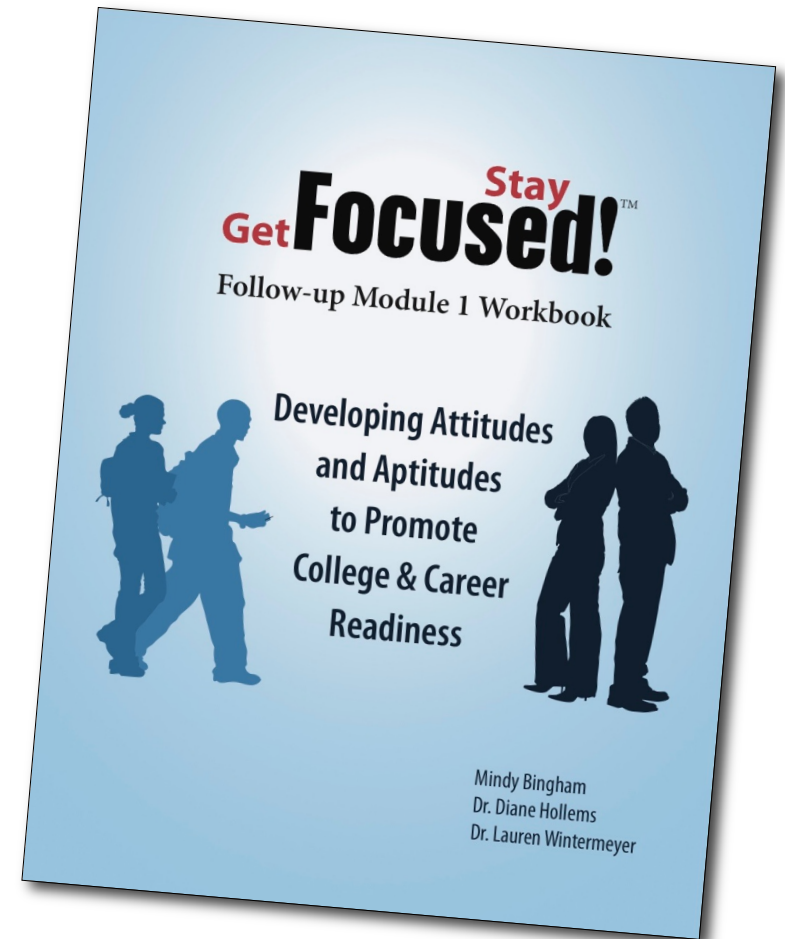


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# Implementation of Modules

- Advisory/Extended Learning (all teachers)
- Advisory/Extended Learning (master teachers)
- Core Subjects (English and History)
- Junior Seminar
- Focused Friday

# Materials:

- GFSF! Instructional Manual
- Module 1

# Module Design Overview

Each module has  
16 lessons

This equals 1 unit  
*optional*  
dual credit.  
Turn to 6/20.

The *Get Focused...Stay Focused!*™ Initiative begins with the development of a 10-year Plan in a *Career Choices* course that addresses the Standards for a Freshman Transition Course. That initial experience is followed by the systematic updating and expanding of the 10-year Plan in an academic setting to support mastery of the Common Core State Standards for English Language Arts and promote college and career readiness.

Lessons	Module 1 <i>Developing Attitudes &amp; Aptitudes that Promote College &amp; Career Readiness</i>	Module 2 <i>Determining Your Informed Major &amp; Post-Secondary Education Path</i>	Module 3 <i>Preparing to Act on Your 10-Year Education &amp; Career Plan</i>
1	Reviewing Your 10-Year Plan & Analyzing How You've Changed	Reviewing Your 10-Year Plan & Analyzing How You've Changed	Updating Your 10-Year Plan & Your Education Plan
2	Updating the 10-Year Plan to Bring into Perspective Who You are Today	Revisiting Keystone Topics: My Skills Inventory & Counseling with Your 10-year Plan	Building a Skills-based Education Plan: A Road Map for Self-directed Learners
3	Which Careers Will Have the Highest Demand in the Next Decade?	Learn about STEM-related Careers on the Department of Labor Web Sites	Back-up Plans: Critical to Navigating Your Education & Career
4	Creating a Career Interest Survey for a High-Demand Career of Interest	Create a Career Interest Survey for a STEM Career & Reaffirm or Change Your Chosen Career Path	Time to Take Action: Developing Your Action Plan Checklists
5	Write an Education Plan for a High-Demand Career	Your Education Plan & Transferable Skills	Developing Your College Planning Timeline & Action Plan
6	Developing a Course Schedule for a High-Demand Career	Choosing a Major to Match Your Chosen Career	Seeking Letters of Recommendation
7	Write the Autobiographical Statement for Your 25 <sup>th</sup> High School Reunion	Choosing a College to Match Your Chosen Career	Finalizing Your Application Essay
8	<i>Lesson 7 continued</i> Presentation of autobiographical statements in class	Examining Colleges that Offer Your Chosen Major & are Close to Home	Research Scholarships Online
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16	Update Your Online 10-year Plan to Guide You in Making the Best Life Choices	Updating My 10-year Plan and Portfolio	Your Portfolio for Success: Updating Your 10-year Plan, Now and in the Future

Learn more about the *Get Focused...Stay Focused!*™ Initiative and follow-up modules at [www.getfocusedstayfocused.org](http://www.getfocusedstayfocused.org)

# Module Design Overview

- Designed to be integrated into an academic course
- Lessons meet the Common Core State Standards for English Language Arts



# Module Design Overview

- Each of the three modules **starts** and **finishes** with **structured** activities for updating students' 10-year Plans



# IN THE LAB...

- ✦ **BEGIN EACH CLASS BY:**

- ✦ **GIVING AN INTRODUCTION AND STATE THE OBJECTIVE OF THE DAY**

- ✦ **GUIDE THE STUDENTS THROUGH THE INSTRUCTIONS**

- ✦ **POST THE WEBSITES**

**THAT THE STUDENTS WILL USE IN A COMMON PLACE EACH DAY**

- ✦ **GOAL: HAVE A CHECK-IN WITH EACH STUDENT EACH DAY**



# Tips and Tricks

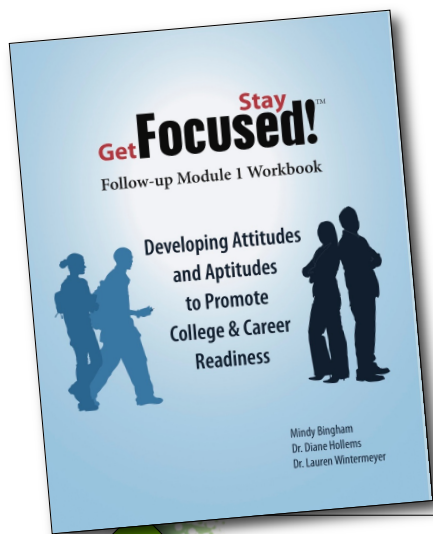
- Workbook can be used as a rough draft and for taking notes
  - online should be their final draft
- Keep track of FAQs for next session and/or year
- use class roster to record what students' ideal careers



# MODULE 1

## LESSONS 1-2

Students begin the module by reviewing their online 10-year Plans from their freshman course



**START** [My10yearPLAN.com](http://My10yearPLAN.com)<sup>®</sup>  
Online 10-year Plan & Portfolio



# Lessons 3-6

Researching High Demand Careers

High-Demand Careers  
More Opportunities Just Ahead



Your Chosen  
Career



# Researching High-demand Careers

*Moving from the ideal to the real*

## LESSONS 3-6

Lessons in this module provide an overview of the process for:

- Identifying careers that will be in the highest demand in the next decade
- Creating a Career Interest Survey for a high-demand career of interest
- Writing an Education Plan for a high-demand career path
- Developing a course schedule for a high-demand career path

# Tips: 3-6

- Lesson 3:
  - Prior knowledge questions: What are high demand careers?
  - Career Family Tree
  - Anticipatory Set: Create a list of obsolete careers/Images of past career to jog their memory or new careers
    - Milk Man, Switchboard Operator
  - Group activity: 4 groups based on education level. Present which careers are in the highest demand - Top 10 for each
- Lesson 4: work together to do the *Career Interest Survey*
- Lesson 5: write an education plan together using local colleges' websites/general education packet

LESSONS 7-9

# Projecting into the Future

*Write an autobiographical statement for your 25th high school reunion*





# Tips: 7-9

- Anticipatory Set: Romy and Michelle's High School Reunion or Friends
- TED Talk: "Why Your Deeds Don't Define You"
- Aging a photo of yourself
- Continuation School: 10-year Reunion - Guest Speaker who broke out of the cycle

## LESSONS 10-15

# Initial Survey of Key Post-secondary Topics

- Review of post-secondary education and training options
- College affordability
- Are you college and career ready?

## LESSONS 10-11

# Review of Post-secondary Education and Training Options

2- or 4-year college degree?

Career or technical certification?

Internship, apprenticeship, or work experience?

Military or volunteer service?

- Which post-secondary options are a **good fit** for you?
- Researching post-secondary options

# Tips: 10-11

- Pair students with similar career goals.
- Invite current college students (alumni) who are pursuing various post-secondary options to serve on a panel for current students.
- Invite representatives from various post-secondary options to serve on a panel or as guest speakers.
- California Master Plan - least expensive education

## LESSONS 12-13

# College Affordability

- How to afford college --  
**regardless** of individual  
circumstance



# Tips: 12-13

- Classify list into three categories:
  - Merit
  - Work-related
  - Effort
- Teacher Interview: Which of the 30 ways did they use? Add any additional tips to the list.
- Calculator
- Local Scholarships/How much do colleges cost
- Refer back to average cost in the Freshmen Course p. 91

## LESSONS 14-15

# Are you college and career ready?

- Are you **prepared** to get into the college or job of your choice?
- Researching **admissions requirements** of the post-secondary schools you're considering

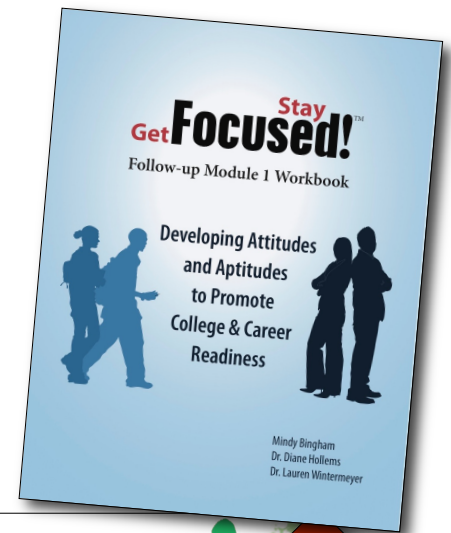
# Lesson 14

- Guest Speaker: give questions to the guest speaker
- Pair-Share: 5 items that they need to do



# LESSON 16

Students end the module by updating their online 10-year Plans using what they've learned



**My10yearPLAN.com**<sup>®</sup>  
Online 10-year Plan & Portfolio



Stay  
**Get Focused!** *Follow-up Module Implementation Plan*




Lesson	Time Required	Materials Needed	Identify any vocabulary or concepts that will need to be front-loaded	Enrichment Activities (five minutes or less)	Computer Lab? Y/N
Lesson 1					
Lesson 2					

# Keystone Lessons

## Get **Stay Focused!** Overview of the Modules

Lesson #	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
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The  denotes keystone lessons. In the event that it is not possible to cover all 16 lessons in the time available, the keystone activities should be given priority as you are planning.

Get Focused... Stay Focused™ Initiative  
www.getfocusedstayfocused.org

## Implementation Timeline Options for Delivering the Content in Each 16-Lesson Module



When using the 1-semester or full academic year models, instructors should make note of which lessons in each module work together. Refer to page 9/11 of your *Get Focused...Stay Focused!*™ Program and Instructional Manual for additional information.

Get **Stay Focused!**

# Write down...

- Lesson Objective
- Time Needed
- Computer Lab: Y/N
- Vocabulary
- Enrichment Ideas (5 minutes or less)