

LAUNCHING A FRESHMAN TRANSITION
COURSE FOR ALL HIGH SCHOOL FRESHMEN

GET FOCUSED!

A BIT ABOUT MYSELF...

- ▶ Born in Santa Barbara, raised in Scotts Valley, CA (near Santa Cruz)
- ▶ Received my B.A. in History and Teaching Credential from Westmont College
- ▶ Carpinteria High School - 8 years
 - ▶ Social-Science, Get Focused, AVID, Coaching
 - ▶ Get Focused Lead Teacher & Stay Focused Coordinator (not suggested)
- ▶ Married, one kid on the way!

YOUR EXPERIENCE WITH GFSF

- ▶ Research/Info Gathering Phase
- ▶ We have a freshmen course
- ▶ We have a freshmen course and are looking into the follow-up modules
- ▶ We have the full initiative!

A BIT ABOUT YOU...

- ▶ Teachers
- ▶ Counselors
- ▶ Administrators
- ▶ High School Level
- ▶ Post-Secondary Level
- ▶ Corporate World

SESSION GOALS

- ▶ What is "Get Focused"?
- ▶ Learn the ins and outs of selecting and training your best faculty to teach the 9th grade course

**WHAT IS
“GET FOCUSED”?**

WHAT IS “GET FOCUSED”?

- ▶ Freshmen Transition course based on standards developed by George Washington University
- ▶ Taught using Academic Innovation’s *Career Choices Curriculum*
 - ▶ 3 Units
 - ▶ Who Am I?
 - ▶ What Do I Want?
 - ▶ How Do I Get It?
- ▶ Aligned with K-12 Common Core Standards

HOW IS THIS DIFFERENT FROM OTHER COURSES?

- ▶ Reaches ALL students!
- ▶ Individualized to each student
- ▶ In school we study the "3 R's"
 - ▶ Reading
 - ▶ 'Riting
 - ▶ 'Rthithmetic
 - ▶ **Get Focused uses all 3 of those skills but incorporates a 4th...**
 - ▶ REALITY!

WHY TAKE IT AS A FRESHMEN?

**WOULDN'T IT BE MORE BENEFICIAL
LATER?**

WHAT'S UP WITH DUAL-ENROLLMENT?

- ▶ If approved at your site...it's a city college course offered at the high school
- ▶ If successfully completed you will receive 3 units of college credit
 - ▶ Often their first exposure to college...if they can see success as a college student as a freshman, they are more likely to pursuit it further

Career Choices and Changes

A Workbook to Discover Who You Are, What You Want, and How to Get It

Your Path to Personal Success and Self-sufficiency

Mindy Bingham and Sandy Stryker

GET FOCUSED!

OVERVIEW OF
THE CURRICULUM

“MAGIC WAND” ACTIVITY:

IF YOU COULD WAVE A MAGIC WAND, WHAT CHARACTERISTICS, SKILLS, OR ABILITIES WOULD YOU MAKE SURE ALL HIGH SCHOOL STUDENTS GRADUATE WITH?

CAREER CHOICES
INSTRUCTOR'S GUIDE
5/13

WHO AM I?

▶ Chapter 1

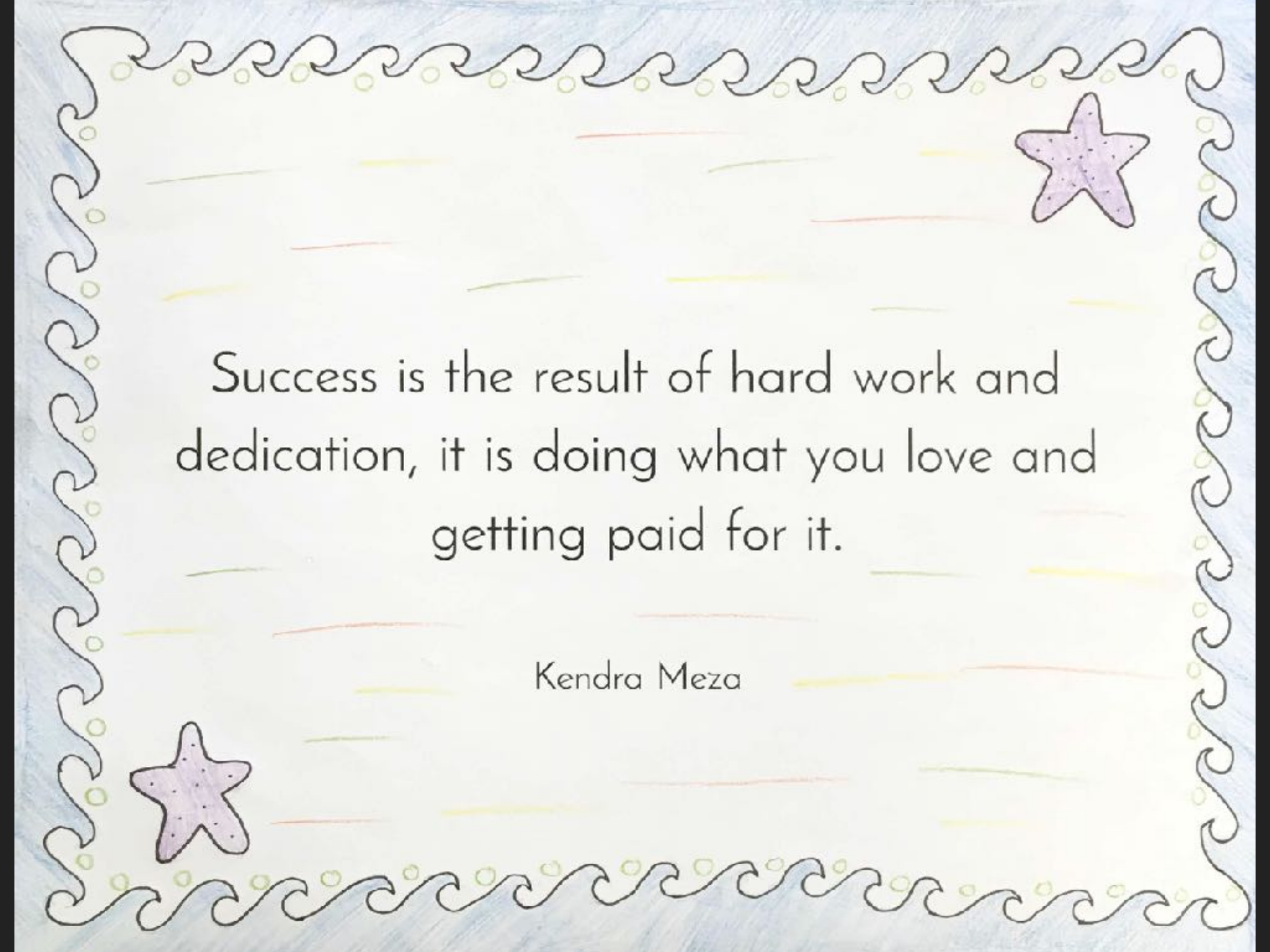
- ▶ Envisioning Your Future
- ▶ Defining Success

▶ Chapter 2

- ▶ Creating a Personal Profile
 - ▶ Passions
 - ▶ Values
 - ▶ Strengths
 - ▶ Personality Traits
 - ▶ Skills
 - ▶ Roles
 - ▶ Occupations & Vocations

PROJECTS

- ▶ Success Poster
- ▶ Values Presentation
- ▶ Personal Profile Collage

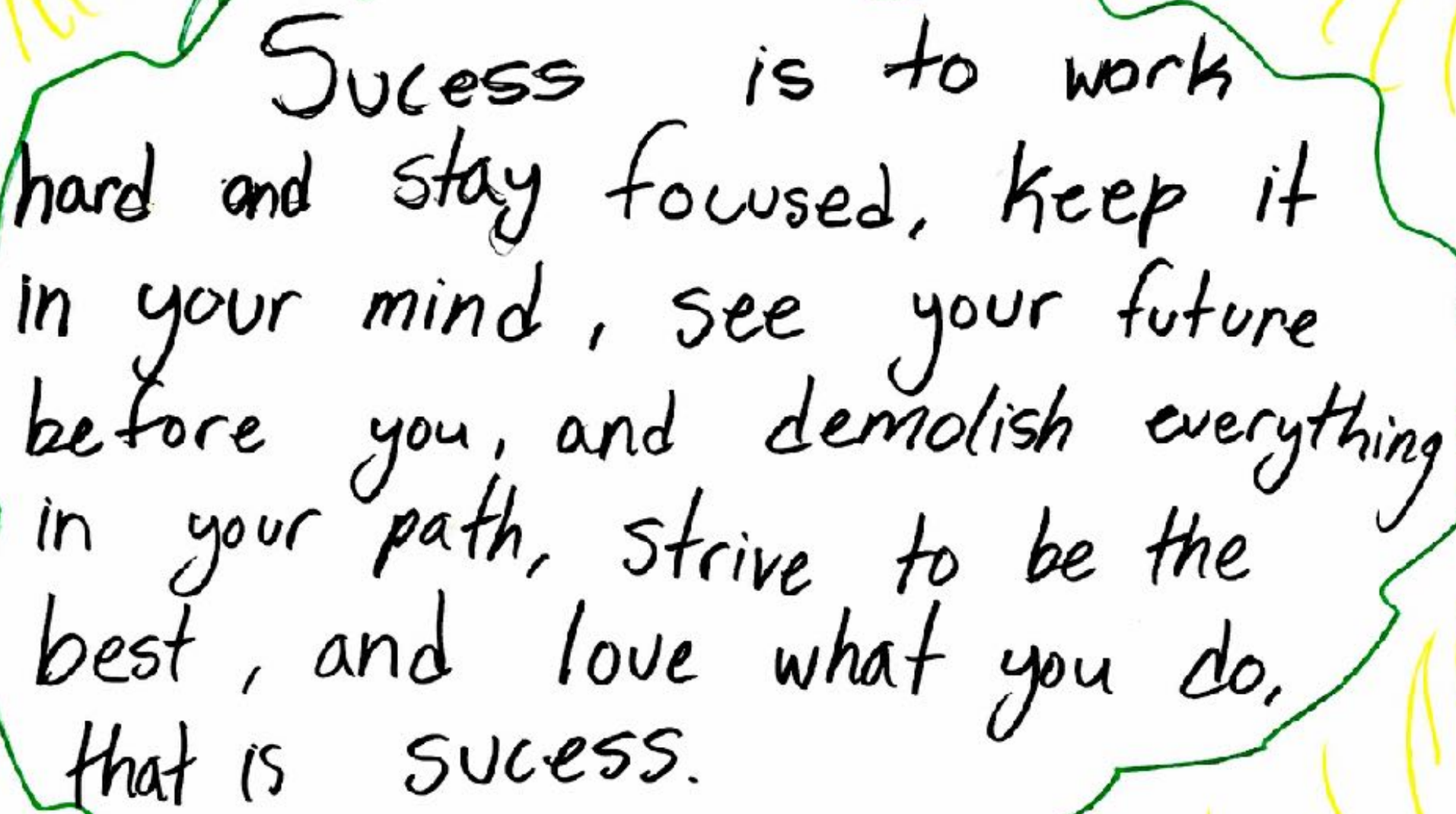


Success is the result of hard work and dedication, it is doing what you love and getting paid for it.

Kendra Meza



SUCCESS is
being able to
do your best
at
something you **love**
that
provides for your family.



Success is to work hard and stay focused, keep it in your mind, see your future before you, and demolish everything in your path, strive to be the best, and love what you do, that is success.

- Liam Slade

A value is someone or something you cherish and is greatly important to you.

2

Friendship &
Companionship



Therapist

1

Helping Others



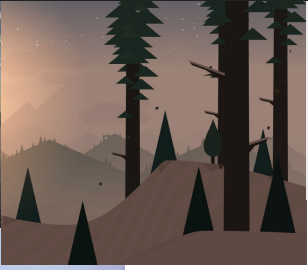
Doctor

3

Independence &
Freedom



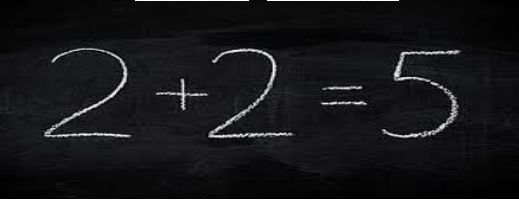
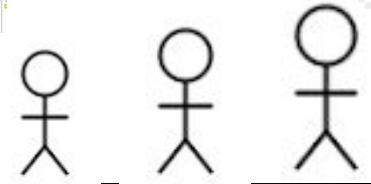
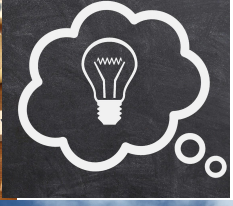
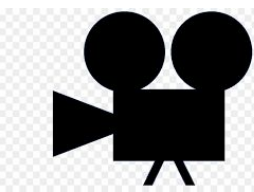
Entrepreneur



F.R.I.E.N.D.S



Kate Cooney



WHAT DO I WANT?

▶ Chapter 3

- ▶ Creating a balanced lifestyle

▶ Chapter 4 - Budgeting

- ▶ Housing
- ▶ Transportation
- ▶ Clothing
- ▶ Food
- ▶ Sundries
- ▶ Entertainment & Recreation
- ▶ Vacations
- ▶ Child Care
- ▶ Health Care
- ▶ Furnishings
- ▶ Savings
- ▶ Miscellaneous

▶ Chapter 5 - Your Ideal Career

- ▶ Physical Setting
- ▶ Working Conditions
- ▶ Work Relationships
- ▶ Psychological Rewards
- ▶ Missing Career & Family
- ▶ Financial Rewards
- ▶ Job Skills

▶ Chapter 6

- ▶ Career Research (3)

▶ Chapter 7

- ▶ Career Comparison & Decision Making

PROJECTS

- ▶ Vacations Project
- ▶ Budget Print-Out
- ▶ Ideal Career Poster or Presentation





Zoologist and



Wildlife Biologist

Rewards & Sacrifices:

The rewards would be that I would get to help other and the community, have adventure, knowledge, and truth. The sacrifices are that the pay is not the best and there aren't many job openings.



Why?

This job fits for me because I like to help others and helping the environment. My passions include traveling, soccer, and hands on activities. My skills are, speaking, coordination and decision making. My strengths include, being adventurous, amiable, calm, expressive, outgoing, and competitive. My work behavioral style consists of being influential. I believe these are great qualities to have for this particular career.

Tasks

- Study animals in their natural habitat.
- Study the effect of the industry on animals.
- Estimate wildlife populations.
- Organize and conduct environmental studies.
- Plan for wildlife populations.
- Give and make presentations to schools.
- Study characteristics of animals such as interrelationship and classification.
- Inform and respond to the public regarding wildlife.
- Create programs that prevent wildlife diseases.
- Check and ensure for environmental laws, and notify law enforcement when violations occur.

Job Skills:

This job requires patience and ready to get your hands dirty, which fits into adventure. This also calls for great speaking skills and coordination.

Education:

This career requires at least a bachelor's degree which you can get at a college or university. But if you want to be more of medical help to the animals you would need a PhD degree which you can only get at a university. A great place I can get this education would be UCSB because it has a great biology program.



Growth:

The predicted growth is slower than average, it is predicted to grow about 2% - 4% because there aren't many job openings.

Salary:

The salary for a beginner in this field would earn around \$41,980 per year and a mid-career salary would be around \$59,470 per year. If I live with a spouse I will be able to live my ideal lifestyle, but if I don't this money won't be enough to support a family.

Job Environment:

This job would most likely be outdoors. I would be working with mainly other people or in small groups. Sometimes if I would give talks to schools, I would be working with children.

Preparation:

I can prepare for this job by volunteering and taking certain science classes. For example, I can take AP Biology when I'm a junior or senior and volunteer at a local zoo or sea center throughout my high school years. There are community service options, such as doing my hours at the Suisun. Barbara Zar

Mixing Career & Family:

This career fits with my vision because I want to live in a place where I can work but still have fun. This career will have flexibility when I'm with family, because I can always bring my family along for certain missions.



Dance Teacher

(Arts Audio/Video Technology and Communications)

Tasks:

- Train, exercise, and attend dance classes to maintain high levels of technical proficiency, physical ability, and physical fitness.
- Study and practice dance moves required in roles
- Harmonize body movements to rhythm of musical accompaniment.
- Collaborate with choreographers to refine or modify dance steps.
- Perform classical, modern, or acrobatic dances in productions, expressing stories, rhythm, and sound with their bodies.
- Collaborate with choreographers to refine or modify dance steps.
- Coordinate dancing with that of partners or dance ensembles.
- Attend costume fittings, photography sessions, and makeup calls associated with dance performances.
- Audition for dance roles or for membership in dance companies.
- Develop self-understanding of physical capabilities and limitations, and choose dance styles accordingly.
- Monitor the field of dance to remain aware of current trends and innovations.
- Teach dance students.
- Devise and choreograph dance for self or others.

Reasons for Selecting this Career:

- I would find this job particularly satisfying because I would get paid for doing and teaching something that I love to do.
- This job is compatible with my work behavioral style because my style of work is influencing and I can influence many dancers by being a dance teacher and good role model.
- My passions fit this job well because I am passionate about dance and staying healthy.
- Some of my values include creativity, friendship and companionship, recognition, and helping others. These values all somehow connect to this career.
- My skills that can be demonstrated in this job are monitoring, learning strategies, instructing, active listening, and coordination.
- Some of my personality and strengths are being expressive, caring, influencing, respectful, analytical, calm, curious, and responsible. All of these attributes can contribute to being a dance teacher.

Education:

- This career requires a bachelor's degree in dance education.
- I can find this degree at USC, UC Irvine, Chapman, California State University, Dominican University of California, etc.

Salary:

- I could expect to earn about \$20,00 as a beginner in this field.
- I could expect to earn \$28,000 as a median salary in this field.
- I am not sure if this salary supports the lifestyle that I want.

Growth:

- The annual job growth is 5%-8% with the projected job openings of 4,800 in the next ten years.

Job Environment:

- I would be working indoors, in a dance studio, most of the time and in concert halls when I am working on a performance.
- I would be working with other dance students. They could be children or adults. It depends where I end up working.

Rewards and Sacrifices:

- Some rewards of working at this job is it furthers my mission in life and I am able to share my love of dance to others. The work values I would have are creativity, recognition, and helping others.

Mixing Career & Family:

- I am not sure if this career fits with the lifestyle that I envisioned because it just depends on where I end up working, how much money I earn, the size of my family, etc. However, I can picture myself in this career because I love to dance and I have always wanted to share my love of dance with others.

Preparing for this Career:

- I can continue to train hard in my dance classes, probably take some classes in L.A., do a summer dance intensive in N.Y.C., continue to audition for different opportunities, maybe get an internship at some job related in the dance field, community service opportunities in the dance field, go to college for dance, etc.
- I must take the classes that meet the A-G requirements so I can get into a four year college.

Job Skills:

- Some skills this job calls for are active listening, active learning, instructing, monitoring, and critical thinking.
- Some strengths this job calls for are stamina, dynamic strength, speed of limb movement, and dynamic flexibility.
- Some of the aptitudes I have are the ability to perform dances, have coordination, and the ability to visualize and choreograph dances.

Katie Cleek
Period 2

HOW DO I GET IT?

▶ Chapter 8

- ▶ Goal Setting

▶ Chapter 9

- ▶ Alternate Careers
- ▶ Roadblocks/Obstacles

▶ Chapter 10

- ▶ Skills Inventory

▶ Chapter 11

- ▶ Job Experience
- ▶ Cover Letters
- ▶ Resumés
- ▶ Interviews, etc.

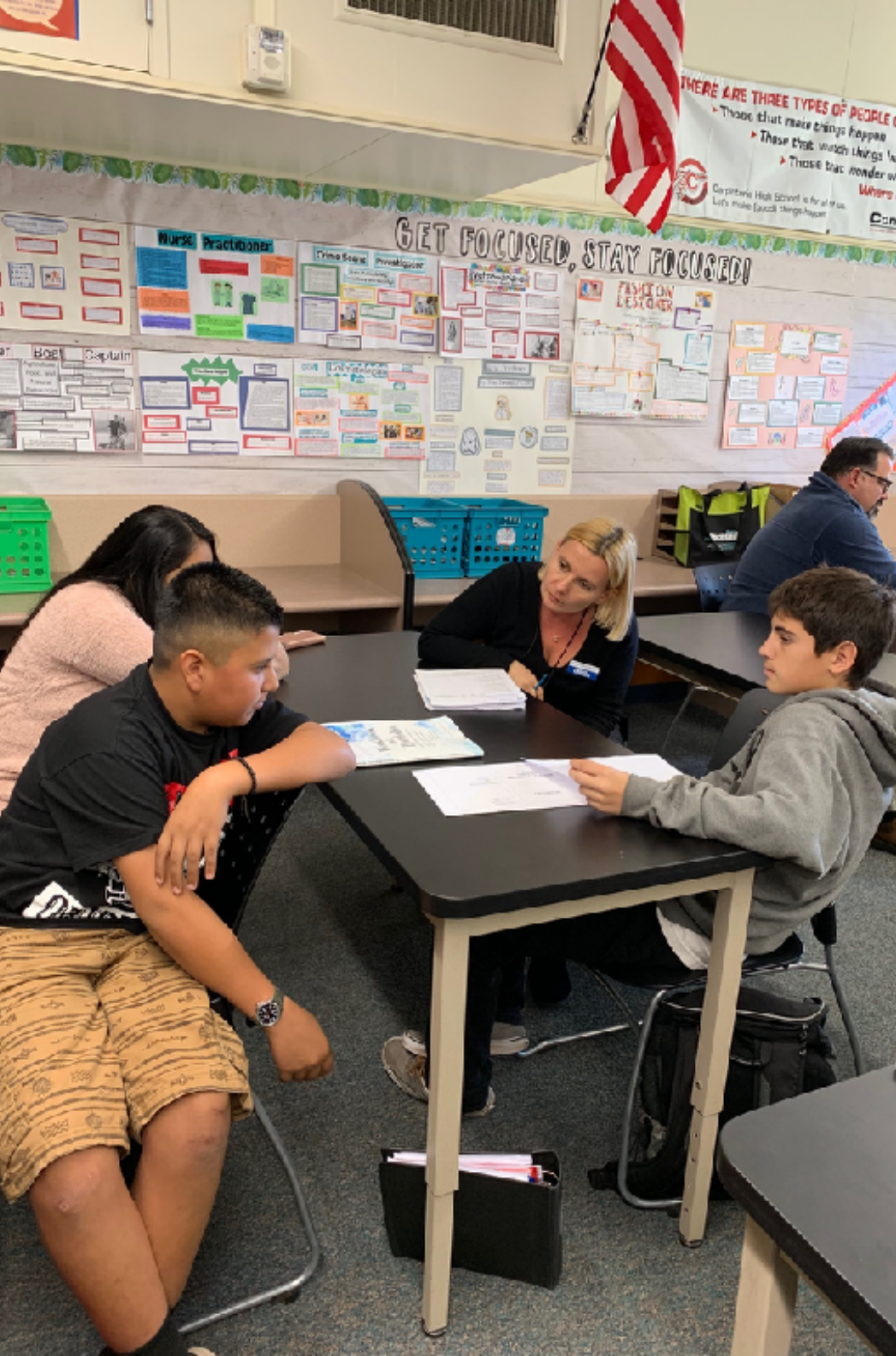
▶ Chapter 12

- ▶ Writing Your 10-Year Plans
- ▶ Education Plans
- ▶ Action Plans

PROJECTS

- ▶ Completed 10-Year Plan - Pg. 22-25
- ▶ Career Portfolio
- ▶ Mock Interviews





END RESULT:

**ALL STUDENTS HAVE A COMPREHENSIVE
10-YEAR POST-SECONDARY & CAREER PLAN**

SELECTING & TRAINING YOUR STAFF

10-STEP PLAN FOR IMPLEMENTATION - PG. 27

- ▶ Step 1: Gather Your Resources
- ▶ Step 2: Create A Vision
- ▶ Step 3: Form Your Team
- ▶ Step 4: Generation Community Buy-in
- ▶ Step 5: Identify A Curriculum
- ▶ Step 6: Recruit Teachers
- ▶ Step 7: Provide Professional Development
- ▶ Step 8: Make It School-wide!
- ▶ Step 9: Share All Students Plans
- ▶ Step 10: Recognize, Reward, Reflect!

GFSF LEADERSHIP TEAM ROLES

- ▶ GFSF District Coordinator (if multiple sites are implementing)

- ▶ **AT EACH SCHOOL SITE:**
 - ▶ GFSF "Site Coordinator" - Administrator
 - ▶ "Get Focused" Coordinator (Lead Teacher)
 - ▶ "Get Focused" Teachers
 - ▶ "Stay Focused" Coordinator
 - ▶ "Stay Focused" Teachers

SELECTING A TEACHER

- ▶ Enthusiastic - They should want to teach the course!
- ▶ Well Trained - PD, PD, PD!
 - ▶ GFSF Conference
 - ▶ 2-Day Institutes - Pg. 16
 - ▶ Arrange a regional training through your EC!
 - ▶ Site Visits
 - ▶ Sierra High School - 2/28 & 3/1
 - ▶ Carpinteria High School - Fall 2019
- ▶ Open - They must be willing to share about themselves!

DON'T REINVENT THE WHEEL!

- ▶ Essential Resources
 - ▶ Quick Start Checklist 1/16-18
 - ▶ Section 4 - Instructors Guide for Career Choices
 - ▶ Magic Wand Activity 5/13
 - ▶ Principal's Checklist 6/17-18
 - ▶ Lead Teacher's Checklist 6/19-21
 - ▶ Instructor's Checklist 7/6-8
 - ▶ Progression in Education Model (PEM) 6/28
 - ▶ Sample Parent Letters 13/3
 - ▶ Pre & Post Surveys 14/11-12

