

Sample pages from the 150-page manual:

*Get Focused...*

**Stay Focused!**

*Lesson Plans and Background Information for  
Updating the 10-Year Plan Throughout High School*

**Initiative Goals for High School Graduates:**

- ✓ College- and Career-Ready
- ✓ Informed Declared Major
- ✓ College or Post-Secondary Path
- ✓ 10-year Career & Education Plan

*The Get Focused...Stay Focused! initiative and the Progression of Education Model (PEM) is the result of a partnership between Santa Barbara City College and the Santa Barbara and Carpinteria School Districts.*



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*Get Focused...*

**Stay Focused!**

## **11<sup>th</sup> Grade Unit**

*Determining Your Informed Major  
and Post-Secondary Education Path*

**!6 Class sessions also meeting the English Common Core Standards**

Approved Course Syllabus: **11th Grade Unit** - 16 Class Sessions

**Determining Your Informed Major and Post-Secondary Education Path**

<b>Lesson #</b>	<b>Lesson Title</b>	<b>Learning Objective</b>
<b>1</b>	<b>Review the 10-year Plan</b>	Students will revisit the keystone topics of the 10-year Plan.
<b>2</b>	<b>Revisit the My 10-year Plan Summary Page</b>	Students will review their online 10-year plans, created in the 9th grade, to refresh their memories of their preliminary goals and life choices. This activity reinforces a habit for students of updating their 10-year plans throughout their lives.
<b>3</b>	<b>Learn about STEM-related Careers on the Department of Labor Website</b>	Students will gain an understanding of additional careers related to the science, technology, engineering, and math fields in order to broaden their knowledge of and perspectives on career possibilities.
<b>4</b>	<b>Create a Career Interest Survey for a STEM Career</b>	Students will gain an understanding of additional careers related to the science, technology, engineering, and math fields in order to broaden their knowledge of and perspectives on career possibilities.
<b>5</b>	<b>Reaffirm or Change Chosen Career Path</b>	Students will apply critical thinking skills in reassessing their chosen career path. They will also enhance their decision-making skills.
<b>6</b>	<b>Choose a Major to Match Your Chosen Career</b>	Students will further develop online research skills in addition to refining their critical thinking and decision-making skills. Students will leave lessons 6, 7, and 8 with a thorough understanding of which major and which post-secondary educational institution or option will best serve them.
<b>7</b>	<i>Lesson 6 Continued</i>	
<b>8</b>	<b>Find Colleges that Offer Your Major</b>	Students will further develop online research skills as well as refining their critical thinking and decision-making skills. Students will leave lessons 6, 7 and 8 with a thorough understanding of which major and which post-secondary educational institution or option will best serve them.
<b>9</b>	<b>Completing the College Comparison Spreadsheet</b>	Students will learn to effectively summarize and prioritize data prior to making college choices.

<b>10</b>	<b>Choosing Your College(s) and Getting Ready for the Application Process</b>	The student will understand the importance of making informed decisions.
<b>11</b>	<b>Writing the College Essay</b>	Students will refine their organizing and writing skills to produce a quality personal essay to submit with college applications.
<b>12</b>	<i>Lesson 11 Continued</i>	
<b>13</b>	<i>Lesson 11 Continued</i>	
<b>14</b>	<b>Creating a Timeline for Applying to College</b>	Students will learn to organize their tasks and time in order to successfully apply to the college(s) of their choice.
<b>15</b>	<i>Lesson 14 Continued</i>	
<b>16</b>	<b>Creating your My10yearPlan and Portfolio</b>	Students will gain an understanding of the importance of organizational skills and see the value of the goal-setting and decision-making processes.

