

What is a 10-year Plan?

- a career plan?
- an education plan?
- an action plan?
- a life plan?

Yes! And the process behind the 10-year Plan is what makes the *Get Focused... Stay Focused!*™ program such a unique and effective college- and career-readiness model.

The Freshman Transition Standards (FTS) from George Washington University support national counseling standards in the areas of personal/social development, career planning, and academic achievement. In a class delivering the FTS, students **get focused** as they work through a process that helps them articulate:

- ✓ Who they are
- ✓ What they want their adult life to look like
- ✓ An action plan for getting the post-secondary education/training they need to achieve the future they envision



The 10-year Plan helps students **get focused** and provides a vehicle to **stay focused** on their articulated career and life goals. The process of planning, refining, and updating their vision of the future over the course of several years equips students with critical skills as they meet the challenges of their “decade of transition”

- ✓ from middle school student
- ✓ to high school graduate
- ✓ to post-secondary learner and completer
- ✓ to productive, working adult



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