What is a 10-year Plan?

- a career 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. Who

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

Students examine lifestyle scenarios that fit their own personal definition of success My MISSION in life

The

I want

My training &

EDUCATION

PLAN

LIFESTYLE

What Do I Want?

Am I?

My definition of **SUCCESS**

ME: My passions, áptitudes & personality

START HERE My Path to Personal Success & Self-sufficiency

My career &

lifestyle

GOALS

As students discover who they are, they start building a dynamic skills inventory that will eventually be the basis of a skills-based education plan

Students create a meaningful plan online where it is easily updated and shared with counselors, mentors, employers, and friends

> Taking their goals, their level of commitment, and all they now know about themselves into account, students develop a skills-based education plan for their chosen career path

The **BUDGET** to support my lifestyle

My current

CAREER

CHOICE

The WORK that match my personality

How Do I

Get It?

Му RESEARCH Students begin to quantify the financial and emotional costs of the future they envision for themselves

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Students identify and research career paths that match their lifestyle goals/commitment to education and training

MY 10-YEAR PL

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

