

Get **Stay** Focused![®]

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A REPLICABLE PROGRAM MODEL

Get **Stay** **Focused!**[®]

A 60-minute overview exploring the GFSF program model and how it builds the intrinsic motivation to succeed in ALL students through a 10-year Skills-Based Education Plan.

During their transitional years, students make three important choices:



During the transitional years between high school and college, students make three important choices:



Think about the students you know.



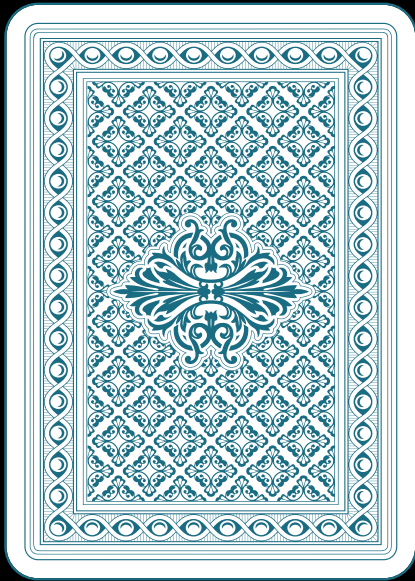
TURN TO THE PERSON NEXT TO YOU and discuss:
In what order do most people make these choices?

Most students make their choice of **college** first.



Then, hopefully, within the first year (or two), they choose a **major**, and, for too many students, **career** choice comes last after graduation.

In what order **should** these elements be considered to render success?



1

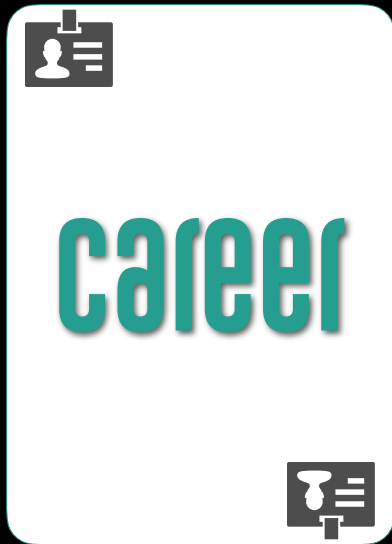


2



3

In what order **should** these elements be considered to render success?



1



2



3

career

determines

major

which determines an appropriate

college

It's time to flip the college decision-making paradigm!



**FLIPPING
THE COLLEGE
DECISION-MAKING
PARADIGM**

Let's

BEGIN

with the

END IN

MIND



Activity ~ Pair Up

Decide who will be Chris Cash & who will be the academic coach.

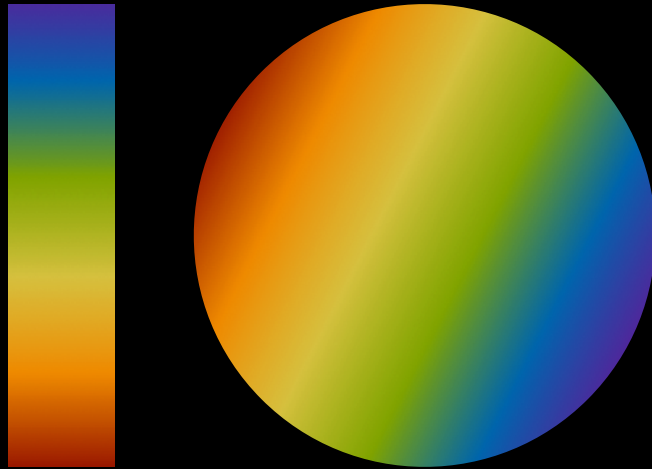
Chris comes to you for advice.

Chris is considering dropping out of school.

Academic Coach's task:

Convince Chris to stay.

The foundation of the GFSF program is every student having a 10-year Plan.



WHY A 10-YEAR PLAN?

Why a 10-year Plan?

10

KIDS
IN
PARENTS'
POCKETS
ERODING
RETIREMENT
SAVINGS



The logo features the text "My 10 year Plan.com" in a vibrant green, cursive font. The number "10" is rendered in a large, white, 3D-style font. A blue graduation cap with a tassel is positioned over the "10", with the tassel hanging down the left side of the "1". The entire graphic is set against a solid black background.

My 10 year Plan.com[®]

A 10-YEAR PLAN PROVIDES THE VISION THAT HELPS STUDENTS:

- Successfully complete high school, and then...
- Enter and complete post-secondary education and/or training...
- Make timely and successful transitions into an economically self-sufficient adulthood

HIGH SCHOOL



... POST-SECONDARY



... AND BEYOND



What is the GFSF program model and how does it work?





My 10 year Plan

USERNAME

PASSWORD

SIGN IN

[Click to Self-Register](#)
[Forgot Password?](#)
[Click for School Login?](#)



10-YEAR PLAN SUMMARY

provides a quick overview of a student's

- DREAMS
- GOALS
- PLANS

that can be accessed by or shared with

- Counselors
- Instructors
- Family, friends, & mentors

THE LIFESTYLE I WANT

RELATIONSHIPS

- I want to be **married** and **have 2 children**.
- *The people I would like to have as friends:* Interesting people who are passionate about a variety of pursuits and activities. People with high integrity and that you can count on.
- I would like to be able to spend at least **10 to 20 hours with family** and **1 to 10 hours with friends** each week.
- I envision myself **working 40 - 50 hours per week per week** at my chosen profession.

WORK

- *My mission:* To improve not only my but the lives of my co workers. To have time for fun with family and friends and have a semi flexible life
- *I want to be able to make this commitment to a larger goal or ideal:* To give my all to this process and still be able to keep my health and my relationships.

PERSONAL

- *My other priorities that will require my time and attention are:*
- On average, each week I'd like to spend **11 to 15 hours on recreation**, **1 to 5 hours on individual pursuits** and **6 to 10 hours contemplating and relaxing**.
- *I would like to have the following flexibility:* I need some flexibility so I can be creative. I am somewhat dependent and independent and want to be able to work in ways that make me most productive.
- *When it comes to "pace" I consider myself:* I am a high energy individual who likes to help others learn new things.
- *I plan to meet my spiritual needs by:* Yoga and meditation self spiritual things. I guess

MATERIAL ITEMS

- *I envision myself living:* Carpinteria, CA in a house
- *Once I'm working in my chosen field for a few years I would like to be making:* Enough to pay all my bills, have some savings, and travel when I want. Enough for fun and things I need.
- *The possessions that are most important to me are:* A nice home, a car that runs. My one extravagance is art.

THE BUDGET TO SUPPORT MY LIFESTYLE

My total monthly expenses, for the lifestyle I envision for myself and my family is **\$11,810.00** per month. Therefore, I (we) need to earn the following salaries (pre-tax) to support this lifestyle:

One Income Earner in the Family

I need to earn at least **\$141,720.00** per year, to support the lifestyle described in my budget narrative.

Two Income Earners in the Family

If I am married and we both work, on average we each need to earn at least **\$70,860.00** per year to support the lifestyle described in my budget narrative.

MY BUDGET NARRATIVE

Expand >

MY CAREER AND LIFESTYLE GOALS

>

STUDENTS CAN TAKE THEIR PLANS ON THE ROAD WITH THE MOBILE APP

- A different My10yearPlan.com® interface for **STUDENT** users
- A streamlined way of viewing and editing the 10-year Plan Summary
- An easy career way for students to share plans with mentors, advisors, parents, potential employers, etc.



What if **EVERY** student had an
online 10-year Plan

that could be used by **counselors for advisement**
& **instructors for academic coaching?**



The Whole-School Initiative

Let's see an example of
Academic Coaching with
the online 10-year Plan.

First, the advisor studies the student's 10-year Plan Summary Page.

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MY BUDGET NARRATIVE

Expand >

MY CAREER AND LIFESTYLE GOALS

>



The advisor states
the problem
as it relates to the
dreams, goals,
and hopes
articulated
in the student's
10-year Plan.





The advisor references some of the responses in the student's written **10-year Plan**, and that reinforces the need to **get focused, stay focused**, and bring their grade up.



Because the student has completed his freshman comprehensive guidance course, he is more **vested** in following his plan and **understands the consequences** of scaling back.

Students can move quickly to taking **ownership** of the solution.



The process culminates
with brainstorming
solutions and writing a
plan to remedy the
situation.

When remediation strategies
are based on a student's own
hopes, dreams, and goals,
you will have a more
motivated student.

Let's try the earlier activity again.

Look over Chris's

10-year Plan Summary page

and try the activity again.

Convince Chris to stay in school.

Chris Cash's 10-year Plan Summary

I am a student and expect to graduate in 2020.

MY 10-YEAR GOAL
My 10-year goal is to be able to establish myself financially, buy my first house, and begin the process of opening my own orthodontics practice.

MY MISSION IN LIFE
My mission in life is to have a successful career and be able to support a happy and healthy family.

MY DEFINITION OF SUCCESS
To be constantly trying to achieve your own personal goals and dreams, endlessly learning along the way.

MY CAREER CHOICE
Dentist

MY EDUCATION AND TRAINING GOALS
From my research this is the amount of education and/or training I need to complete to get an entry-level job in this field.

Education and Training	Duration
Bachelor Degree	4 Years
Masters Degree	2 Years

MY SKILLS INVENTORY

MY SKILLS INVENTORY		TRANSFERABLE SKILLS		
SKILLS I HAVE	HOW I USE THEM	CHOSEN CAREER	BACKUP 1 Financial Advisor	BACKUP 2 Pharmacist
Public Speaking	Public speaking is one of my strengths.		X	
Public Reading	I read any news, magazines, constantly make assignments, essays, research, and knowledge.	X	X	X
Public Writing	For the majority of my life I have had to write papers, essays.	X	X	X
Public Math	For the majority of my life I have had to do math.	X	X	X
Public Organization	I have an organized schedule as a student, to make sure I can take care of all my responsibilities.	X	X	X
Public Leadership	For the majority of my life I have had to lead a group of people.	X	X	X
Public Teamwork	For the majority of my life I have had to work with others on my projects.	X	X	X
Public Problem Solving	For the majority of my life I have had to solve problems that I have encountered.	X	X	X
Public Communication	For the majority of my life I have had to communicate with others in my life.	X	X	X
Public Time Management	For the majority of my life I have had to manage my time effectively.	X	X	X
Public Financial Literacy	For the majority of my life I have had to manage my money.	X	X	X
Public Leadership	For the majority of my life I have had to lead a group of people.	X	X	X
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What if **every** student had a **comprehensive and meaningful 10-year Plan** that you could access?

How much better could you **counsel and support** each student?

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MY SKILLS INVENTORY

MY SKILLS INVENTORY		TRANSFERABLE SKILLS		
SKILLS I HAVE	HOW I USE THEM	CHOSEN CAREER Dentist	BACKUP 1 Financial Advisor	BACKUP 2 Pharmacist
Ability to listen to my patients			X	
Public speaking	I will use my public speaking to constantly make appointments and give patient care knowledge.	X	X	X
Communication	For the most part I will be able to handle my patients well.	X	X	X
Interpersonal	For the most part I will be able to handle my patients well.	X	X	X
Computer/technology	I will use my knowledge of computer programs to manage my patients and my dental practice.	X	X	X
Productivity	For the most part I will be able to handle my patients well.	X	X	X
Database	For the most part I will be able to handle my patients well.	X	X	X
Administrative	For the most part I will be able to handle my patients well.	X	X	X
Digital camera	I will use my knowledge of digital cameras to take pictures of my patients' teeth.	X		
Computer skills	I will use my skill of using software to manage my patients.		X	
Interpersonal communication	For the most part I will be able to handle my patients well.	X		
Time management	For the most part I will be able to handle my patients well.	X	X	X
Fitness	I will use my fitness to stay healthy.	X		X
Flexibility	I will use my skill of flexibility to stress schedule and find ways to work around others.			X
Hard work	I will use my skill of hard work to ensure that I get all my work done within the day, and that I never have to bring work home.	X	X	X
Initiating	I will use my skill of initiating to help teach others.		X	
Keyboarding (at least 50 wpm)	I will use my skill of keyboarding to communicate efficiently and save time on emails and records.	X	X	X
Love of learning	I will use my love of learning to continue developing my knowledge.	X	X	X

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WHO ON YOUR CAMPUS
SHOULD BE INVOLVED?

ADMINISTRATORS

TEACHERS

WHO ON YOUR CAMPUS
SHOULD BE INVOLVED?

EVERYONE

OFFICE STAFF

STUDENTS

PARAPROFESSIONALS

GRADUATION COACHES

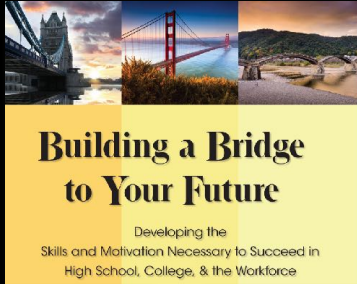
MENTORS

HOW DO YOU GET AVERAGE 14-YEAR-OLDS TO DEVELOP A MEANINGFUL 10-YEAR PLAN?

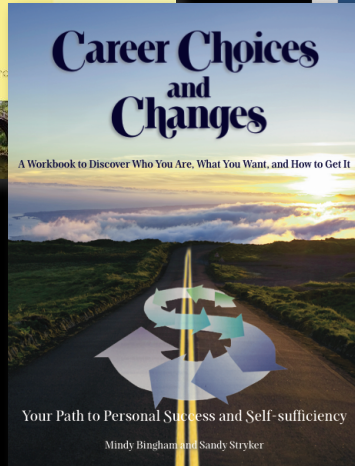
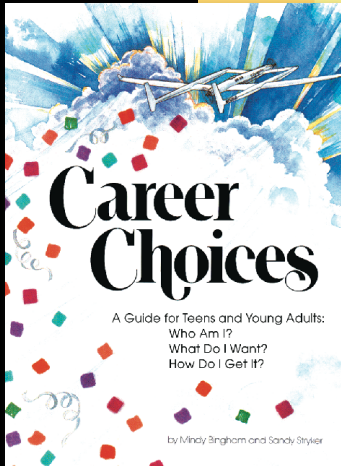


GET FOCUSED

Middle
School



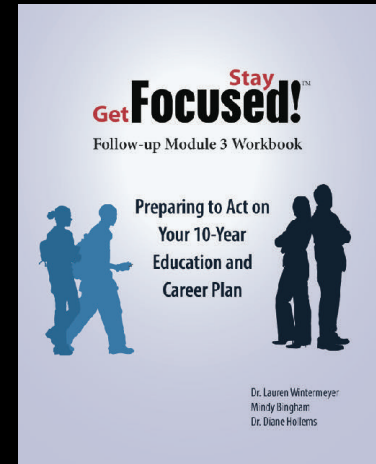
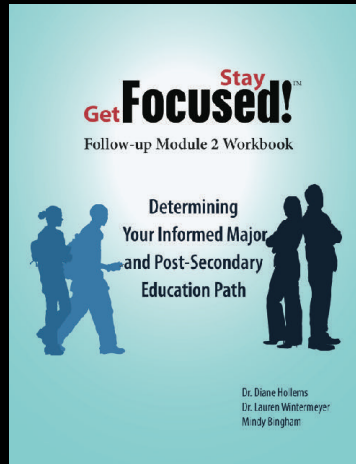
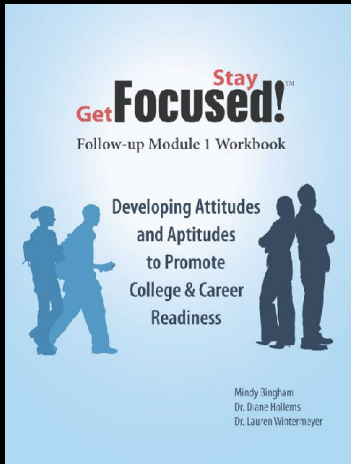
Online 10-year Plan



High School

College

STAY FOCUSED



in the 10th, 11th, and 12th grades

How do the GFSF modules work, and why is this school-wide effort vital for ALL students?



GOALS OF THE

Get **Stay** **Focused!**[®]

PROGRAM

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

OUTCOMES FOR SCHOOLS

- Increased attendance
- Higher academic achievement
- Higher concurrent enrollment rates
- Higher completion rates: high school, career pathways, and college

What are the outcomes?



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