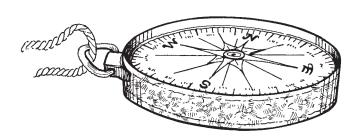
Developing Attitudes and Aptitudes To Promote College and Career Readiness

Get Focused...Stay Focused!™ Student Workbook for Follow-up Module 1



By Mindy Bingham, Dr. Diane Hollems, and Dr. Lauren Wintermeyer

Academic Innovations LLC St. George, Utah

Table of Contents

Introduction	4
How to Use This Workbook with My10yearPlan.com®	5
Lesson 1: Reviewing Your 10-year Plan and Analyzing How You've Changed	8
Lesson 2: Updating the 10-year Plan to Bring into Perspective Who You are Today	10
Logging into My10yearPlan.com®	11
Lesson 3: Which Careers Will Have the Highest Demand in the Next Decade?	. 12
Lesson 4: Creating a Career Interest Survey for a High-Demand Career of Interest	15
Lesson 5: Write an Education Plan for a High-Demand Career	. 18
Becoming Your Own Educational Advocate and Advisor	. 20
Creating Your Education Plan	20
Lesson 6: Developing an Education Plan and Course Schedule for a High-Demand Career	22
The "Back-up" Plan: Having More Choices is Always Better	. 24
Lesson 7: Write the Autobiographical Statement for Your 25th High School Reunion	. 25
Lesson 8 & 9: Presentation & Feedback	27
Lesson 10: Which Post-Secondary Option is Right for You? Starting Your Education Plan	29
What's Your Commitment to Education and Training?	30
The College Track or Vocational Track?	31
Developing an Education Plan for Your Chosen Career	32
Credentials Exploration Guide	. 33
Lesson 11: How to Conduct Online Research for Post-Secondary Options	35
Choosing the Education and Training that Matches Your Career Goals	36
Worksheet: Online Research of College Options	37
Comparison Chart of College and Post-Secondary Options	39
Lesson 12: How to Conduct Online Research for Post-Secondary Options to Fund Your Education Plants	ın 40
Lesson 13: How to Afford College Regardless of Individual Circumstance	. 43
30 Ways to Reduce College Costs	. 45
Lesson 14: Do You Have the Preparation to Get Into the College or Job of Your Choice?	47
Lesson 15: Online Research of a Post-Secondary School's Admission Requirements	49
Worksheet: Online Research of a Post-Secondary School's Admission Requirements	51
Lesson 16: Update Your Online 10-year Plan to Guide You in Making the Best Life Choices	. 54
Updating My10yearPlan.com®	. 55
Checklist of Items and Topics to be Updated on My10yearPlan.com®	56
My Notes	57
Get FocusedStay Focused! ™ Program and Author Information	. 63