

Utah Student Planning Guide



Learning that works
for Utah

Grades 11&12



*Your 4-year Plan now extends beyond high school!
Learn what kinds of skills are needed in the market-
place, and gauge your enthusiasm for developing
those skills. Commit to completing the related training
and education that will give you the edge as you
pursue career and life success.*



Be Ready for College and Career!

State and local education leaders want all students to have college and career goals that will prepare them to experience fulfilling lives, actively participate as educated citizens, and thrive in a particularly competitive and global marketplace. A college and career ready student is prepared to succeed in college. The following are recommendations from education leaders for students to be college and career ready.

1 Build an Academic Foundation

Take challenging classes in high school to develop an understanding of different subjects and a solid academic preparation for college-level courses. **Create a 4-year College and Career Plan** (classes to take in 9th, 10th, 11th, and 12th grade) in 8th grade. Pay attention to graduation requirements, college recommended courses, and career goals.

Include Advanced Placement (AP), International Baccalaureate (IB), or concurrent enrollment classes that lead to college credit and provide direct experience in college-level studies. Select concurrent enrollment classes that apply to general education, a certificate, or a degree that fits educational plans.

2 Develop Intellectual and Career Capacity

Select courses in high school that challenge your intellect and develop critical thinking, analysis, and problem-solving strategies. Practice creative problem solving, increase written and oral communication and teamwork skills, **learn to think critically, and become technology proficient.**

Learn to manage your time and develop good study habits that will only prepare you for independence and how to handle homework in college.

3 Evaluate Progress for College:

Do the very best academic work possible in every class you take in junior high school through your senior year of high school. Revise and update your 4-year College and Career Plan as needed. **Meet regularly with your school counselor** about your course choices; ask for advice on enhancing college readiness skills.

Use assessments like EXPLORE, PLAN, ACT, or Accuplacer to determine how close you are to being ready for college.

4 Explore Postsecondary Options:

Visit at least one college campus; take a guided tour and ask questions. Learn how much college costs. Attend a financial aid and scholarship meeting at your high school. Submit the Free Application for Federal Student Aid (FAFSA) by the priority deadline. Ask your school counselor or a college financial aid advisor about scholarships, grants, loans, and work study.

Complete the steps necessary for college entry: take a college entrance exam (ACT or SAT) and submit a college admission's application by the priority deadline.



Do High School Right

Your Path to College Starts NOW

11th GRADE CHECKLIST

- **Take the right classes** throughout high school to prepare for college.
 - 4 credits of English
 - 4 credits of math (at minimum Secondary Math I, II, III—plus one course beyond Math III)
 - 3.5 credits of social science
 - 3 credits of lab-based science (one each of biology, chemistry, and physics)
 - 2 credits of world language, other than English, taken in a progressive manner
- **Take the ACT in the spring.** Aim for a score of 26 or higher. If you don't like your score, plan to take it again. Get free ACT prep resources and practice tests at UtahFutures.org.
- **Talk to your school counselor.** Tell them what colleges you're considering. Ask for their help in mapping out a plan for you to get there.
- Learn about the **Free Application for Federal Student Aid (FAFSA)** at fafsa.gov. Submitting a FAFSA is the only way to receive financial aid such as:
 - **Work Study:** Paid jobs, typically on a college campus.
 - **Grants:** Money for college that you won't have to pay back.
 - **Federal Student Loans:** Money you borrow to pay for college. You'll have to repay it even if you don't graduate.

Did you know you could save hundreds or even thousands of dollars in college tuition by taking college-level classes in high school? Talk to your school counselor about taking **Concurrent Enrollment (CE)**, **Advanced Placement (AP)**, and **International Baccalaureate (IB)** and learn more at StepUpUtah.com.

FAFSA (Free Application for Federal Student Aid)

What is the FAFSA? The U.S. Government uses your completed FAFSA to determine your eligibility for financial aid – grants, work-study, scholarships and loans.

IF YOU DON'T FILE THE FAFSA, YOU COULD BE MISSING OUT ON FREE MONEY FOR COLLEGE!

- Use the **FAFSA4Caster** at fafsa.gov to see how much financial aid you could get.
- **Look for scholarships.** Search websites such as UtahFutures.org, collegeboard.org and Fastweb.com.
- Use the **scholarship toolkit** at StepUpUtah.com to help you apply successfully.
- **Contact a Regent Scholarship specialist** to make sure you're on track. Contact information is at RegentsScholarship.org.



12th GRADE CHECKLIST



FALL

- Prepare for college** by taking the right math classes for your future career. Details at StepUpUtah.com.
- Retake the ACT** in October if you want to improve your score. Check with your preferred colleges to see if admissions or scholarships have a minimum score.
- Apply to colleges the fall of your senior year.** Check to make sure you meet the application deadlines, and participate in your school's **Utah College Application Week**.
- File your Free Application for Federal Student Aid (FAFSA)** as early as October to see what types of financial aid you could qualify for - **Grants, Work Study, Federal Student Loans**. Get help at a **FAFSA Completion Open House**. Find one near you at StepUpUtah.com/events.
- Apply for the Regents' Scholarship if you're pursuing it. Check deadlines at RegentsScholarship.org.

IF YOU DON'T FILE THE FAFSA, YOU COULD BE MISSING OUT ON FREE MONEY FOR COLLEGE!

SPRING

- Visit any colleges you've been accepted to**, and ask about First Year Experience programs and how to meet with an advisor to plan your schedule.
- Many colleges have **deadlines for students to make a final decision** and send in a deposit to hold their place.
- Sign up for orientation** at your college of choice. Some orientations happen during the summer.
- Once you graduate, send in your final high school transcripts** (your official high school records) for college and some scholarship applications.

SUMMER



- Check with your college to make sure you **don't miss any important deadlines or documents**.
- Attend new student orientation at your college.**
- If you're not planning to go to college right away**, check with your college to see how you can defer admission.
- Math pre-requisites and math ACT scores have expiration dates**, so make sure you know how quickly you'll need to fulfill your college math requirements.
- Once you turn 18**, colleges can't talk to your parents or guardians about your academic information unless you have completed a legal form granting permission to release your information. Especially if you are planning to do military or religious services before you attend college, make sure you have completed the required form.
- Explore housing options** before college starts.

Student Skills Survey

Student Name: _____

Date: _____

Notes: _____

In the list below, put an 'X' in the box associated with each skill you possess, then write a short statement that reflects how you have applied that skill in school, at home, or as part of a job. Thinking about the skills and attributes you have to offer, and preparing good examples, will be an advantage in any kind of situation that calls for you to describe yourself.

Key* Skills and Attributes		Example
Reading & Writing Skills Can read and interpret written instructions and project directions; use print and online materials; ask questions to increase understanding; develop reports, presentations; compose clear written responses to questions.		<i>Retrieved online instructions to troubleshoot and resolve an issue with my phone.</i>
Math Can use computational skills; make logical choices on basis of data; create/interpret tables, graphs and other data visualization; organize and design data displays.		
Scientific principles Able to follow procedures; experiment, infer, and hypothesize (e.g., "what if we do it this way"); design processes to complete a task.		
Listening/Observation Able to use senses to gather information from surrounding environment. Can use information to form meaningful connections, or generalize to new situations.		
Organization Able to set goals, and formulate plans to reach goals. Can successfully manage time, and adjust to any other constraints in implementing steps to complete tasks and projects.		
Honesty Demonstrates honesty and personal integrity in personal and professional situations; inspires the respect and trust of others.		
Flexibility/Adaptability Can work effectively as a member of a team, but also able to work independently. Open to new ideas; readily learn and adjust to new ways of doing things.		
Positive Attitude/Professionalism Upbeat, solution-oriented; demonstrates maturity and confidence across situations; deals effectively with stress.		
Cultural Sensitivity Appreciates diversity; able to build positive relationships with people from all backgrounds, and varying traditions.		

Skills That Pay – in Three Top Industries

What's the difference between a welder and a welder with robotic welding skills? Or, how about the difference between an XML programmer and a Scala programmer? According to <http://www.payscale.com/> the answer is, probably **tens of thousands of dollars in earning power**. These skills are in demand, which means higher average pay.

Below are the top five skill sets in Manufacturing, Technology, and Healthcare. The percentages reflect the higher rate of pay you can expect, if you master the associated skill.

MANUFACTURING		TECHNOLOGY		HEALTHCARE	
Skill	2015	Skill	2015	Skill	2015
Robotic Welding	11.9%	Scala Development	24.8%	Emergency Medicine	10.9%
Plant Maintenance	10.8%	Algorithm Development	22.1%	Nursing Informatics	8.8%
Industrial Hydraulics	9.8%	Apple Xcode Development	20.1%	Utilization Review (UR)	8.2%
Distributed Control Systems (DCS)	9.6%	Ruby on Rails Development	19.9%	Epic Information Systems	7.8%
SAP Supply Chain Management (SAP SCM)	8.4%	Node.js Development	19.6%	Neurology Clinic	7.2%

Source: <http://www.payscale.com>

The "pay boost" represents the average increase in salary for a worker in 2015 with the given skill, all else equal. That is, if we hold all other measured compensable factors constant (job, experience, location, etc.), the resulting salary is X% higher than those without that skill.

Check out these other sources of information on the skills that pay in today's job market:

- [8 Soft Skills Tech Hiring Managers Covet](#) – *Hiring managers aren't just looking at your technical skills ... They're looking at the characteristics and the other "soft skills" that make you who you are.*
- [Are there skills other than coding that I can learn to get a good salary job?](#) – *These are things everyone needs to master, regardless of their roles.*
- [The Most In-Demand Software Skills in Each State](#) – *One of the best ways to make yourself stand out during a job search or career change is to develop a skill that you know is sorely needed, and that not many other people have.*

Is Online Learning for You?

Survey for Students Considering Online Learning

Please choose your best response to each statement below. When you are finished, total your points to see if online learning is a good choice for you. Talk with your school counselor and your parents about your results.

1. I am motivated to take online coursework because:
 - a. I want to improve my educational experience.
 - b. I am looking for something different than traditional school options.
 - c. I think online courses are easier than traditional classes.
2. Having face-to-face interaction with my teachers is:
 - a. Not particularly important to me.
 - b. Somewhat important to me.
 - c. Very important to me.
3. I would classify myself as someone who:
 - a. Often gets things done ahead of time.
 - b. Needs reminding to get things done.
 - c. Puts things off until the last minute.
4. Online coursework:
 - a. Requires as much, if not more, effort than in a traditional classroom.
 - b. Requires less work than in a traditional classroom.
 - c. Is self-paced.
5. When a teacher gives instructions for an assignment, I prefer to:
 - a. Work through the instructions myself.
 - b. Follow the instructions on my own, then ask for help as needed.
 - c. Have the instructions explained to me.
6. I need teachers to constantly remind me of due dates and assignments:
 - a. Rarely
 - b. Sometimes
 - c. Often
7. Considering my personal schedule, the amount of time I have to work online is:
 - a. More than in a traditional course.
 - b. The same as in a traditional course.
 - c. Less than in a traditional course.
8. When I am asked to use email, computers, or other new technologies:
 - a. I look forward to learning new skills.
 - b. I feel apprehensive, but try anyway.
 - c. I put it off or try to avoid it.
9. As a reader, I would classify myself as:
 - a. Good, I usually understand the text without help.
 - b. Average, I sometimes need help to understand the text.
 - c. Below average, I often need help to understand the text.
10. I intend to login to my online courses and check my messages:
 - a. Daily or almost daily
 - b. 2-3 times a week
 - c. Whenever I think I need to.

Total your survey points: _____

a=10 b=7 c=1



80 points or higher	You appear to be an excellent candidate for online learning.
79-60 points	Online coursework may work for you, but you will need to make significant adjustments in your schedule and study habits to succeed.
Less than 60 points	Online coursework is most likely not the best alternative for you.

Career and Technical Education (CTE) Options



Career and Technical Education prepares you for the future! Jobs today require high-tech knowledge and advanced technical skills. CTE prepares you with the technical skills and academic knowledge you need to succeed. CTE courses are offered at your home high school, another high school, at a district tech center, or Applied Technology College.

CTE is Hands-on Learning

Classrooms look like the workplace and give you real-life learning experiences. For example, auto tech students learn in a school's auto shop, dental assisting students learn in a simulated dental office, and students in the construction trades attend class at a building site.

CTE Areas of Study

CTE offers over 50 Career Pathways within seven areas of study. Pathways are sequences of courses that can help you connect your career interests to the most relevant educational options in high school and beyond.

- [Agriculture](#)
- [Business & Marketing](#)
- [Family & Consumer Sciences](#)
- [Health Science](#)
- [Information Technology](#)
- [Skilled & Technical Sciences](#)
- [Technology & Engineering](#)



CTE Scholarships and Tuition Awards

These awards are open to any graduating senior student who plans to get CTE training after high school that will result in a -

- Certificate or Associate degree in a CTE area; or
- Bachelor's degree with a teaching credential in a CTE area.

Get full details on the Utah CTE website, under the [Educators and Parents](#) tab.

Career and Technical Student Organizations

Every CTE program area is affiliated with a student organization that supports student leadership development, employability skills, and offers opportunities to participate in skills competitions. These "CTSOs" include:

- DECA - An association of marketing students.
- FBLA - Future Business Leaders of America.
- FCCLA - Family, Career, and Community Leaders of America.
- FFA - The organization for agricultural education students.
- Future Health Professionals.
- SkillsUSA - Skilled and Technical Sciences Student Organization
- TSA - Technology Student Association

Information about the organization associated with your CTE area of interest can be found online under the [Career Pathways](#) tab.

Skills Certificates

You will have opportunities to receive [Skill Certificates](#) to verify skill attainment in courses and programs in any of the eight CTE Areas of Study. The certificates you earn can be used as evidence of your accomplishments when you seek a job or apply for further education and training.



CTE Pathways

By CTE Area of Study

Agricultural Education

- >Agricultural Systems Technology
- >Animal Systems
- >Food Production & Processing
- >Natural Resource Systems
- >Plant Systems

Business & Marketing

- >Accounting & Finance
- >Business Administrative & Technical Support
- >Entrepreneurship & Management
- >Hospitality & Tourism
- >Marketing

Family & Consumer Sciences Ed.

- >Consumer Economics Services
- >Early Childhood Education
- >Family & Human Services
- >Fashion Design, Manufacturing & Merchandising
- >Food Science, Dietetics & Nutrition
- >Food Services & Culinary Arts
- >Interior Design

Health Science Education

Biotech Research & Development

- >Biotechnology

Diagnostics

- >Clinical Lab & Medical Forensics

Health Informatics

- >Medical Office Admin. Assistant

Therapeutic Services

- >Dental
- >Emergency Medical Technician
- >Medical Assistant
- >Nursing
- >Pharmacy
- >Surgical Technician
- >Therapeutic Rehabilitation/Exercise

Use the links for each area of study to see detailed Pathway information, including the related courses that will help you *be a "completer,"* with all the associated benefits! Check out sample occupations, employment outlook, and more so that you can *pursue the Pathway that best suits you.*

Information Technology Ed.

- >Digital Media
- >Network & IT Support
- >Programming/Software Develop.
- >Web Development & Admin.

Skilled & Technical Sciences Ed.

- >Protective Services

Building Trades

- >Carpentry
- >Electrician
- >HVAC
- >Plumbing

Communication

- >Radio Broadcasting Technician
- >Television Broadcast Technician

Mechanics & Repairers

- >Automotive & Collision Repair
- >Automotive Service Technician
- >Heavy Duty Diesel

Personal Services

- >Cosmetology/Barbering
- >Esthetician/Nail Technician

Precision Production Trades

- >Aerospace Manufacturing
- >Cabinetmaking/Millwork
- >Graphics/Printing
- >Machine Tool
- >Welding

Transportation & Material Moving

- >Aviation Technology

Visual Arts

- >Commercial Art
- >Commercial Photography

Technology & Engineering Ed.







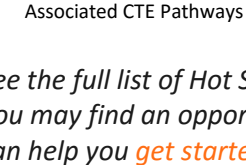
- >Architectural Design (CAD/Drafting)
- >Electronics
- >Engineering
- >Mechanical Design (CAD/Drafting)
- >Robotics



More on Utah's CTE Pathways here: <http://www.schools.utah.gov/cte/pathways/>

STUDENTS: Are You Interested in a Occupation?

Get Started with Career and Technical Education

Associated CTE Pathway	Rank	Occupation
 Programming/Software Development	3	Software Developers, Applications
	15	Software Developers, Systems Software
	11	Computer Programmers
 Network Systems	6	Computer Systems Analysts
	5	Network and Computer Systems Administrators
	16	Computer and Information Systems Managers
 Web Development, Administration	4	Web Developers
 Nursing	1	Registered Nurses
	18	Physician Assistants
	20	Physical Therapists
	21	Pharmacists
 Accounting and Finance	2	Accountants and Auditors
 Engineering	13	Industrial Engineers
	19	Biomedical Engineers
	14	Civil Engineers
	17	Mechanical Engineers
 Entrepreneurship & Management	8	Business Operations Specialists
	12	Managers

* From ["Hot STEM Occupations in Utah"](#) distributed by the Utah Technology Council.
Associated CTE Pathways assigned by Career and Technical Education, Utah State Office of Education.

*See the full list of Hot STEM occupations distributed by the Utah Technology Council on the next page! You may find an opportunity that suits **you**. Ask your teacher or counselor about high school courses that can help you **get started**.*

2015 STEM* Occupations in Utah†

Top 40 technical occupations related to science, technology, engineering, and mathematics, ranked according to median wages*, currently high in demand, and outlook.



Courtesy of

Rank	Description	2014 Base Employment	Long-Term Projected Annual Growth Rate	2015 Q1 HWOL Job Orders*	2014 Median Wage**
1	Registered Nurses	19,550	3.10%	3,084	\$59,720
2	Accountants and Auditors	9,810	2.80%	1,184	\$62,320
3	Software Developers, Applications	7,750	4.10%	1,115	\$87,190
4	Web Developers	2,000	3.90%	1,197	\$53,370
5	Network and Computer Systems Administrators	3,430	2.50%	1,060	\$70,220
6	Computer Systems Analysts	3,640	3.80%	749	\$71,420
7	Sales Representatives, Wholesale and Manufacturing, Technical and Scientific Products	4,390	2.40%	572	\$77,640
8	Business Operations Specialists, All Other	6,930	1.10%	283	\$63,780
9	First-Line Supervisors of Mechanics, Installers, and Repairers	4,550	1.80%	575	\$62,370
10	Health Specialties Teachers, Postsecondary	2,470	6.50%	113	\$117,660
11	Computer Programmers	4,060	2.10%	333	\$79,720
12	Managers, All Other	2,720	2.50%	496	\$88,490
13	Industrial Engineers	2,030	2.00%	640	\$76,300
14	Civil Engineers	3,220	3.60%	204	\$74,820
15	Software Developers, Systems Software	3,140	3.60%	132	\$92,180
16	Computer and Information Systems Managers	2,850	3.10%	205	\$113,140
17	Mechanical Engineers	3,500	2.20%	207	\$76,450
18	Physician Assistants	900	5.00%	173	\$90,070
19	Biomedical Engineers	530	6.70%	7	\$80,490
20	Physical Therapists	1,510	4.00%	166	\$79,490
21	Pharmacists	2,380	2.50%	195	\$123,060
22	Cost Estimators	2,320	3.30%	99	\$59,340
23	Construction Managers	2,040	2.90%	175	\$77,580
24	Nursing Instructors and Teachers, Postsecondary	550	5.50%	49	\$70,680
25	Physicians and Surgeons, All Other	1,600	2.90%	132	-1
26	Compliance Officers	2,290	2.00%	125	\$56,300
27	Operations Research Analysts	680	4.10%	111	\$69,510
28	Electrical Engineers	1,610	1.90%	220	\$86,320
29	Logisticians	1,960	2.40%	77	\$71,530
30	Database Administrators	890	3.00%	184	\$81,150
31	Medical Scientists, Except Epidemiologists	480	3.50%	188	\$79,430
32	Aerospace Engineers	910	2.90%	168	\$72,170
33	Family and General Practitioners	1,170	2.70%	110	\$181,430
34	Architects, Except Landscape and Naval	680	3.50%	54	\$71,560
35	Electrical and Electronics Engineering Technicians	1,510	1.20%	202	\$58,320
36	Biological Science Teachers, Postsecondary	620	3.80%	21	\$86,780
37	Architectural and Engineering Managers	1,450	2.10%	81	\$115,100
38	Respiratory Therapists	850	2.80%	89	\$56,960
39	Statisticians	160	4.20%	19	\$73,960
40	Computer Science Teachers, Postsecondary	660	3.20%	30	\$69,640

† Preliminary—List ranking subject to change.

* Data from The Conference Board Help Wanted Online® (HWOL) Data Series

** A threshold minimum of \$53,000 median wage for all occupations was used to reflect above average wages for ranking purposes.

(1) This wage is equal to or greater than \$90.00 per hour or \$187,199 per year.

Note: Occupational Employment Statistics data collected by The Bureau of Labor Statistics estimate Utah median annual wages to be \$33,690 and Utah mean annual wages to be \$43,550.

Source: UTC ranking based on data provided by the Utah Department of Workforce Services and The U.S. Bureau of Labor Statistics, September, 2015.

Index Variables^	Filter Criteria	Variable Weights
2014 Base Employment	>= 100	30%
Long-Term Projected Annual Growth Rate	>= 1%	20%
2015 Q1 HWOL Job Orders	>= 5	50%
Annual Median Wage (2014)	>= \$53,000	0%

^Variables indexed against the average for all STEM occupations in each category. Variable weights are then applied to the corresponding index value and summed to create a composite score. Occupations are then ranked from highest to lowest composite score.

State-Sponsored Options

State Board of Regents

The Utah State Board of Regents oversees all of the public colleges and universities in the state. They want all students to prepare for education and training after high school. They provide great resources to our schools to help students be college and career ready.

Utah Scholars Initiative

The Utah Scholars Initiative inspires and motivates students to **complete a core course of study in high school** that prepares them for college and career. Local business, community, and education leaders deliver classroom presentations to 8th grade students to promote completion of the Scholars Core Course of Study and to explain the benefits of preparing early for the future. Being a Utah Scholar is **within the reach of every willing student**. The core course of study goes beyond the state's current graduation requirements but leaves room in a school schedule for elective classes.

Utah Scholars Core Course of Study	Utah High School Core Graduation Requirements
4 credits of English	4 credits of Language Arts
4 progressive credits of Math	3 credits of Math
3.5 credits of Social Science	2.5 credits of Social Science
3 credits of lab-based Science	3 credits of Science
2 progressive credits of same World or Classical Language	n/a

Regent's Scholarship

This scholarship encourages Utah high school students to prepare for college academically and financially by taking the **Utah Scholars Core Course of Study** and saving for college. The scholarship may be used at any public college or university in the Utah System of Higher Education, as well as at Brigham Young University-Provo, LDS Business College, and Westminster College.



New Century Scholarship

This scholarship encourages students to accelerate their education by **earning an associate degree in high school**. Students can earn an associate degree by taking concurrent enrollment classes at their high school or on a college campus. The scholarship may be used at a 4-year public college or university in Utah, including Brigham Young University-Provo and Westminster College.

Early College Options in Brief

Early college means that you can earn college credit while you are still in high school - before ever stepping onto a college campus!

Advanced Placement (AP)

AP offers high school students the opportunity to take college-level courses while attending high school. All students are eligible to take AP courses but keep in mind that **AP courses require significant study time outside of the school day.**

AP gives you:

- an early start on college;
- an enriching academic experience;
- increased access to higher education;
- tuition savings; and,
- [37 possible courses and exams across 22 subject areas.](#)

Centennial Scholarship for Early Graduation

Early graduation allows for flexible graduation any time before the end of the senior year, but it also **requires careful planning and written documentation of your intentions in your College and Career Plan.** If you are planning to enroll in college early, then you may be eligible for the Centennial Scholarship.

Your counselor can help you plan for early graduation. The Centennial Scholarship is a tuition waiver awarded to students who meet the criteria for early graduation.

Centennial Scholarship Awards

\$1,000.00	Early graduation at the end of the junior year.
\$750.00	Early graduation at the end of the first quarter of the senior year.
\$500.00	Early graduation at the end of the second quarter of the senior year.
\$250.00	Early graduation at the end of the third quarter of the senior year.

Concurrent Enrollment

Concurrent enrollment means that students are enrolled in two places at the same time (high school and college) by **taking a class that counts for credit in two places.** Students who take concurrent courses at their high school register through their school counselor and instructor. Credits are recorded on a permanent college transcript and the high school transcript. **Ask your counselor** about concurrent enrollment courses offered at your school.



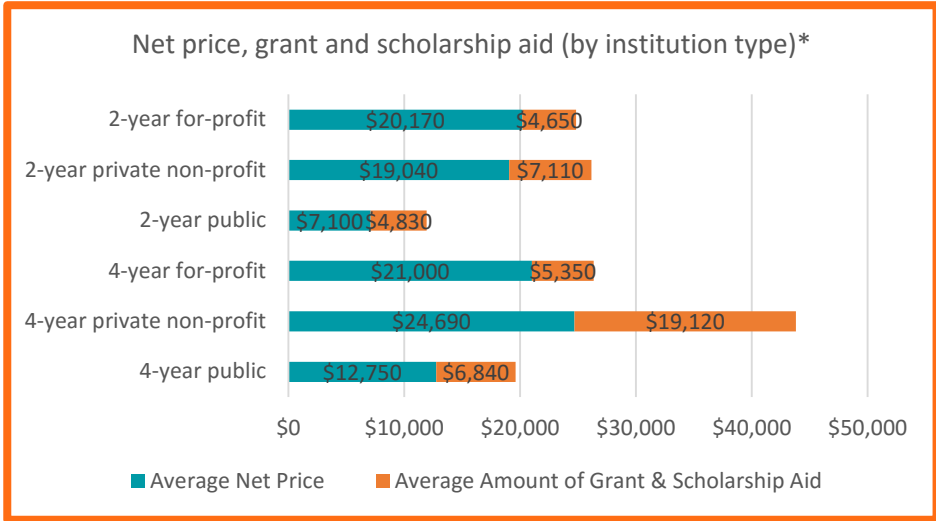
International Baccalaureate (IB)

If you are in 9th grade or higher, and you have what it takes to begin college work before you graduate from high school, then this information is for you! IB is designed **for students who are interested in rigorous, interdisciplinary courses** as another option for early college preparation.

Students pursuing the full IB diploma typically bring home 15 hours of homework per week, and sometimes more. IB payoffs are huge; college credit earned and skill development can place you ahead of your peers both in high school and college. **IB students usually enter college not as freshmen but as sophomores!**

Paying for College

As this chart shows, the costs associated with going to college are **higher than most students can pay without some kind of financial aid.** Grants, scholarships, and loans make college more manageable.



* Average total cost = net price + grant and scholarship aid for first-time students paying in-state tuition and receiving aid, 2013-14 (in constant 2014-15 dollars)

Know the cost of your school(s) of choice

Most college websites will have estimates for the following:

Tuition: _____

Other Student Fees: _____

Books and Supplies: _____

Room and Board: _____

Transportation: _____

Other/Misc: _____

TOTAL COST: _____

Increase your eligibility for
SCHOLARSHIPS

The factors that are considered for merit-based scholarships include religious affiliation, parents' employment, GPA, extracurricular activities, etc. Concentrate on things over which you have some control! Pay attention to deadlines, prepare well for SAT and ACT exams, be creative and unique in your scholarship essays. These things can and WILL make a difference.

Expected Family Contribution (EFC)

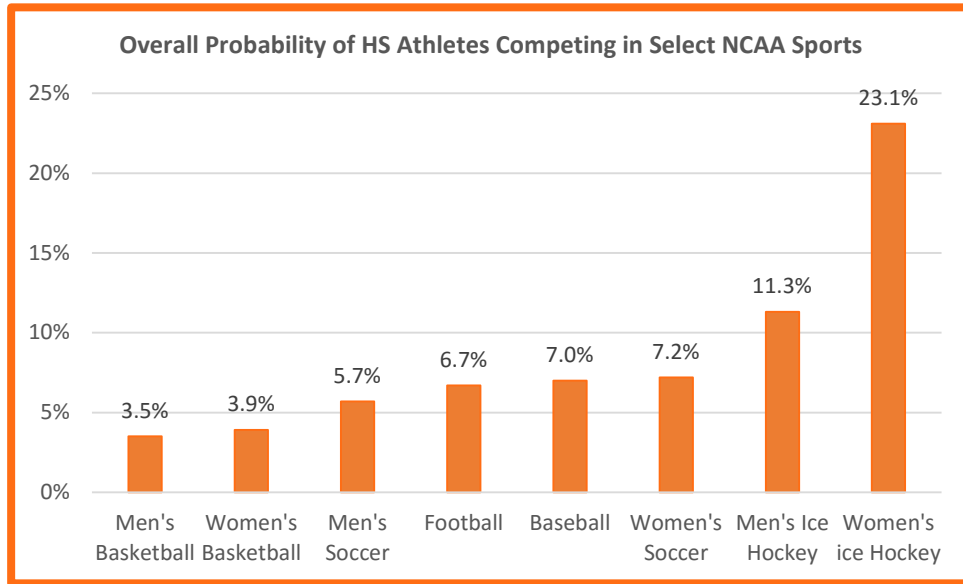
This amount is revealed by your [FAFSA](#), which **should be completed in the January before you enroll in college.** It is helpful to have your (and your family's) federal tax return for reference. Although you can estimate some information, you will likely be required to provide a copy of your tax return to finalize your EFC amount. You will subtract the EFC from the total cost (see above) to reveal your Financial Need.

Financial Need

Your college will send an **award letter** that reflects the financial aid they can offer. Each school's aid package will be unique as they determine the factors to be considered. Pay attention to the types of aid being offered. How much will have to be paid back (loans vs grants and scholarships)? If the offer does not suit you, you may have to consider an alternate school. Colleges don't typically re-negotiate.

What Are the Chances?

Many high school students have dreams of playing sports in college and the pro ranks. The reality is that of almost 8 million U. S. students participating in high school athletics, just 480,000 will compete at NCAA schools. Of that number, **only a tiny percentage go on to play professionally**. For example, NCAA estimates* the probability (percentages) of high school students to compete in college athletics for these sports as follows:



These sobering statistics have led to some parents to start even earlier to push their children into competitive sports. However, if parents' enthusiasm is not met with enthusiasm on the part of their children, it's a good time to stop and evaluate the goals of participation. The majority of professional athletes played multiple sports when they were young. **They played for the simple enjoyment**. Becoming a pro, or thoughts of college scholarships were not what drove their participation.

For those who love sports, and have dreams of going pro, the dream is worth pursuing. But while you're at it, **invest in your college education!** It's a key component of the college athletics experience, and delivers life lessons along with skill development that is transferable to careers outside of sports.

► More than eight out of 10 student-athletes at Division I schools will **earn bachelor's degrees**, a higher percentage than the rest of the student population.

An illustration showing 10 stylized human figures. Eight of the figures are wearing blue graduation gowns and caps, representing student-athletes who earn bachelor's degrees. The remaining two figures are in plain blue clothing, representing the rest of the student population.

*This information and other great resources for student athletes can be found at <http://www.ncaa.org/>

PLAN to be ... A Lifelong Learner



Your years in junior high and high school are key to laying the foundation of knowledge that you need to succeed in your life beyond high school. However, there will never come a time in your life when you have learned everything there is to know. To be successful, you need to continue to learn throughout your entire life.

Good News!

The more you learn, the more choices you have about what to learn, and how to learn it. In school, the options you have for "elective" courses increase in number every year.

Follow Your Passion

Figure out what interests you - what subjects you like the most, what topics you enjoy discussing with other people, or what real-world problems you want to help solve. It's impossible to be an expert at everything, so find a focus as you advance through school.

College and Beyond

In college there will be opportunities to *specialize*, that is, choose topics that you want to learn about in more depth. Beyond college, learning opportunities are plentiful, too. Lectures, seminars, webinars, professional conferences, and more - all designed to help you advance your knowledge and skills.



Keep an Open Mind

You never know if you like something until you *try it*. Jr. High is a great time to start looking at the things you enjoy learning, and to find out how you might apply that learning in the world of work. But be open to new experiences, and think about challenging yourself to learn something new on a regular basis.

Painting a New Picture of Utah Families

Utah is unique in many fabulous ways. However, there are some unique aspects that reflect challenges. In this portrait of the Utah workforce, adapted from [the work of economist Lecia Parks Langston](#), discover opportunities that *you* can take in order to paint a new picture of Utah families.

What part can you play to ensure that Utah parents and children are happy, healthy, and have every chance to succeed?



2010-2014 labor force participation rates for Utah reveal that the majority of women – including those with children – are working. What factors would you guess might be in play that result in Utah women working fewer hours than men, or women being slow to move into higher-paying occupations? **What would you do differently?**

Most Utah Women Work

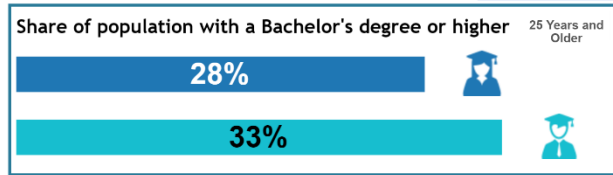
Most Married Utah Women Work Outside the home

Most Utah Mothers Work Outside the Home

Utah Shows Higher Female Labor Force Participation than the U.S.

Utah women have been slower to move into higher-paying occupations

Utah women work fewer hours than Utah men



More education = higher wages.

More experience in an occupation = higher wages.

More hours worked = more pay.

Occupations requiring more math, science, analysis, management = higher pay.

Moving in and out of the labor force = lower pay.

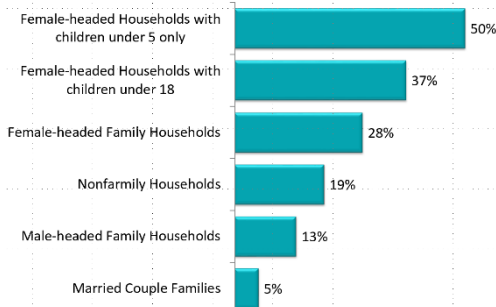
Career Break

More promotions = higher wages.

Higher education pays a premium in terms of higher earnings and other job benefits, especially for women and minorities. What factors do you think are in play that affect interest in, and commitment to, completing postsecondary degrees? **What would you do differently?**

What households are poor?

2014 Utah Percent of Households with Incomes Below the Poverty Level











Think about the underlying factors that are revealed by this chart. What less-apparent differences might be at play to result in the large percentages of poverty for female-headed households? What changes would you suggest – at an individual, family, or community level – to decrease the chances that Utah families ever experience poverty?

Sources of data: U S Census Bureau, U S Bureau of Labor Statistics, American Community Survey, Utah Department of Health.

Are you cut out to be an Entrepreneur?

Check out the competencies* of successful entrepreneurs, and mark an 'X' in each box below for those that describe you.

	<p>CONFIDENCE</p> <p>I am willing and able to meet challenges. My self-confidence feeds a can-do attitude, which inspires others.</p>	
	<p>SELF DIRECTION</p> <p>I have a strong sense of self-awareness. I direct my energy toward areas that I find interesting and rewarding.</p>	
	<p>COMMITMENT</p> <p>I am willing to do what it takes to assure that my goals for my product/service are met. I understand that launching any venture takes work!</p>	
	<p>INITIATIVE</p> <p>I take a long-term view, and continually watch for opportunities to take my ideas to the market in order to provide solutions.</p>	
	<p>SELLING</p> <p>I am able to influence others through my energy, and enthusiasm. My communication skills allow me to share my perspective in powerful ways.</p>	
	<p>DRIVE</p> <p>I am determined to achieve results, and will take whatever risks are necessary, while continually tracking my progress and options to improve.</p>	
	<p>INTEGRITY</p> <p>My values guide my daily actions. I set high standards for myself and others</p>	
	<p>LEADERSHIP</p> <p>I recognize the value of others' contributions, and can spot talents in others. I can create environments that foster success.</p>	

*Adapted from an [article](#) by Professor Michael Hay, Director of the Foundation for Entrepreneurial Management, London Business School.

Another great source of information is the website for the [Lassonde Entrepreneur Institute](#).

Going Social Gets *Professional* with LinkedIn

LinkedIn is a social network with over 107 million users in the U. S., and another 200 million-plus around the world. Before you venture beyond high school, join [LinkedIn](#) and begin to develop your academic and professional identity. There are tools to help you connect with colleges and universities, as well as with potential employers and other contacts in every career field.

Use this checklist to guide you in optimizing your LinkedIn profile.



X complete	Item	Enhancement
	Photo	A photo increases your profile view by 11 times. Choose one that casts you in a positive light – and a smile helps.
	Personalize your URL	Make sure the link to your public profile includes your name.
	Add skills	Be especially aware of the skills you have that are in demand, and include documentation such as certificates.
	Get endorsed	LinkedIn makes it easy. You endorse your “connections,” and they will often endorse you right back . Build to as many endorsements of your top skills as you can.
	Get recommendations	You can’t have too many recommendations, but they are a little more work to solicit and receive. Writing one for someone else is a great first step.
	Add interests	Describing your interests is another way to connect with people who have similar professional or personal pursuits.
	Media	If you have images, video, or other media related to your experiences , upload!
	Use keywords strategically	Keywords help people (and businesses) find you. Name your skills, accumulate endorsements, and describe your interests in words that connect you to the right people/places.
	Contact settings	Indicate what you are looking for, such as employment opportunities, so that others can reach out appropriately.

...it’s clear that LinkedIn is an essential part of every HR [Human Resources] professional’s toolkit.

–[Anthony Juliano](#), Marketing and Social Media Strategist



STOP | THINK | CONNECT™

BASIC TIPS AND ADVICE

KEEP A CLEAN MACHINE

- **KEEP SECURITY SOFTWARE CURRENT:** Having the latest security software, web browser, and operating system are the best defenses against viruses, malware, and other online threats.
- **AUTOMATE SOFTWARE UPDATES:** Many software programs will automatically connect and update to defend against known risks. Turn on automatic updates if that's an available option.
- **PROTECT ALL DEVICES THAT CONNECT TO THE INTERNET:** Along with computers, smart phones, gaming systems, and other web-enabled devices also need protection from viruses and malware.
- **PLUG & SCAN:** USBs and other external devices can be infected by viruses and malware. Use your security software to scan them.

PROTECT YOUR PERSONAL INFORMATION

- **SECURE YOUR ACCOUNTS:** Ask for protection beyond passwords. Many account providers now offer additional ways for you verify who you are before you conduct business on that site.
- **MAKE PASSWORDS LONG AND STRONG:** Combine capital and lowercase letters with numbers and symbols to create a more secure password.
- **UNIQUE ACCOUNT, UNIQUE PASSWORD:** Separate passwords for every account helps to thwart cybercriminals.
- **WRITE IT DOWN AND KEEP IT SAFE:** Everyone can forget a password. Keep a list that's stored in a safe, secure place away from your computer.
- **OWN YOUR ONLINE PRESENCE:** Set the privacy and security settings on websites to your comfort level for information sharing. It's ok to limit how and with whom you share information

CONNECT WITH CARE

- **WHEN IN DOUBT THROW IT OUT:** Links in email, tweets, posts, and online advertising are often the way cybercriminals compromise your computer. If it looks suspicious, even if you know the source, it's best to delete or if appropriate, mark as junk email.
- **GET SAVVY ABOUT WI-FI HOTSPOTS:** Limit the type of business you conduct and adjust the security settings on your device to limit who can access your machine.
- **PROTECT YOUR \$\$:** When banking and shopping, check to be sure the site is security enabled. Look for web addresses with "https://," which means the site takes extra measures to help secure your information. "Http://" is not secure.

STOPTHINKCONNECT.ORG



STOPTHINKCONNECT



BE WEB WISE

- **STAY CURRENT:** Keep pace with new ways to stay safe online. Check trusted websites for the latest information, and share with friends, family, and colleagues and encourage them to be web wise.
- **THINK BEFORE YOU ACT:** Be wary of communications that implore you to act immediately, offer something that sounds too good to be true, or ask for personal information.
- **BACK IT UP:** Protect your valuable work, music, photos and other digital information by making an electronic copy and storing it safely.

BE A GOOD ONLINE CITIZEN

- **SAFER FOR ME MORE SECURE FOR ALL:** What you do online has the potential to affect everyone – at home, at work and around the world. Practicing good online habits benefits the global digital community.
- **POST ONLINE ABOUT OTHERS AS YOU HAVE THEM POST ABOUT YOU.**
- **HELP THE AUTHORITIES FIGHT CYBERCRIME:** Report stolen finances, identities and cybercrime to <https://www.ic3.gov> (Internet Crime Complaint Center) and <https://www.onguardonline.gov/filecomplaint> (The FTC).

