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Indiana's Guide to Student Success

**Grades 6-8** —



A graduation path that's right for

YOU!

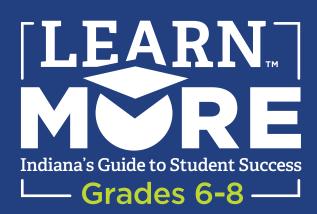


Tips to make college more

AFFORDABLE

Page 10

A partnership of the Indiana Commission for Higher Education, Indiana Department of Education and Indiana Department of Workforce Development



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# Dear Indiana Students,

## **Welcome to Learn More!**

Welcome to **Learn More**, your guide to reaching your college and career goals. Maybe you have an idea of your next step. Maybe you're still exploring your options. No matter what, **Learn More** can help you plan for the future you want.

### In this magazine, you'll learn about:

7	Growing careers in Indiana and how to find
	a career you'll enjoy

Your options after high school, like an apprenticeship, associate degree, bachelor's degree and more

How to cut the costs of higher education.

Your path to success starts now – and that means taking the right steps to prepare yourself for life after high school. Flip through these pages to start learning about how you can reach your goals. And, read about other Indiana students who are working hard to make their dreams come true.

After you finish this magazine, talk to your family and teachers about your goals and check in regularly so they can help you succeed.

# Have a great school year!

# **Virtual Scavenger Hunt**

It's time to learn even more about your college and career options! Look through this magazine and visit **LearnMoreIndiana.org** to look for this icon. Write down the word in each icon on the website to spell out a secret message.

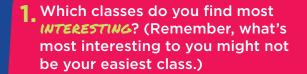
What message did you discover?

# DISCOVER YOU!

The purpose of this magazine is to help students like you plan for the future you want. A fun way to help imagine what you want to do when you're older is to think about things you enjoy doing. Understanding what you enjoy, what your strengths are and areas you want to improve can HELP YOU CHOOSE THE COLLEGE AND CAREER PATH THAT IS RIGHT FOR YOU.

### DIRECTIONS

Take your time and think carefully about the following questions before reading the rest of this magazine.



**2.** What's your *FAVORITE* book, movie or TV show? Why is it your favorite?

5.	Is there a HOBBY OR TALENT that
	you've always wanted to develop?
	Why do you want to learn to do this?

4. Have you heard of any colleges in Indiana? If you have, WHAT DO YOU KNOW ABOUT THEM? After you complete the quiz, turn to page 6 to learn about some Indiana colleges!



TIP:

Save your responses and revisit them at the end of the school year. You might be surprised by how your answers change – or stay the same – as the year goes on!

Michelle, 8th Grade

Discover your interests – take the Learn More Indiana personality quiz!



# COLLEGE

## **Education is Your Path to Success**

You've probably heard a few things about college. Maybe was like. Maybe you've visited a college campus with your school or with an older sibling.

Over the next few years, you're going to start learning more about your college options and how you can SET YOURSELF UP FOR SUCCESS BY WORKING HARD IN MIDDLE AND HIGH SCHOOL.

Having a visual reminder of your goals and dreams can help you realize them. A VISION **BOARD** helps you picture your future success.

What do you want to do five years from now? What words describe your strengths and talents?

Use this section, or another piece of paper, TO SKETCH THEM OR WRITE THEM DOWN. Or, cut pictures and phrases out of a magazine and paste them below.

Take a moment to think about your education so far.

- 1. What have you LIKED MOST?
- 2. What MOTIVATES YOU about school?
- 3. What do you need to **WORK ON?**

Commit to doing your best

4. Who can help you **MEET YOUR GOAL5**?

# this school year to help you achieve your dreams.

# Yelena, 8th Grade

Yelena wants to be a neurosurgeon. She loves learning about the human body and about the brain, and she's ready to go to college for eight years (plus six to seven years of training at a hospital) to make it happen. She's looking forward to taking classes in high school to jumpstart her training in the health sciences. Talk to your school counselor high school might have to connect you with career experiences.

# Why it Matters

There are a lot of reasons to continue your education after high school.



The first thing you might think of is that

# COLLEGE GRADS MAKE MORE MONEY

than those who don't continue their education after high school.

### **CONSIDER THIS:**

Living in Indiana, you'll want to make at least

\$40,000 a year

This allows for living expenses and some spending money.

Q: If you worked 40 hours a week for 52 weeks, about HOW MUCH AN HOUR WOULD YOU NEED TO MAKE?

### TRY IT OUT:

To get a job that pays at least that much, you will need some education and training after high school.

THAT DOESN'T MEAN YOU HAVE TO ATTEND A Y-YEAR COLLEGE THOUGH.

There are a lot of different options to continue your education, and you can learn more about all of them on the next page.

# If you're still not convinced, check out a few more reasons why education after high school is so IMPORTANT.

## Education gives you more opportunities and options.

Companies want to hire people who know how to think and solve problems. By continuing your education, you'll have more critical thinking and problem solving skills in your toolbox. The more education you receive, the more options you'll have to find a career you love.

### Education gives you a sense of purpose.

Do you want to make a difference in your community? Higher education will give you the knowledge, skills and abilities you need to live confidently. People who go to college are more likely to vote and volunteer in their communities - things that make a difference in our world.

### Education is an investment in yourself.

Your education belongs to you for life. No one can take it away from you. By earning that education, you're investing in your future! Did you know workers with a college degree earn more than \$1 million more in their lifetime than workers with a only a high school diploma?

A: That means you'll want to make close to \$20 an hour.

Explore colleges in Indiana - use the Learn More Indiana school finder tool!



# Picture your Path



# When it comes to college,

there are a lot of options. After high school, you will choose WHICH OPTION IS BEST FOR YOU. Think about some of the pathways below and consider which sounds best to you right now. You might change your mind later, but it's IMPORTANT TO START THINKING ABOUT THE FUTURE.

APPRENTICESHIPS allow you to learn a skilled trade from an expert in your field. There are apprenticeships in all kinds of careers, like automotive, construction and information technology. Once you've completed this specialized training, you'll have credentials that will be valued anywhere you go. ABC of Indiana/Kentucky has over 25 trades to choose from. As an apprentice, you'll learn new skills and get paid.

If a four-year degree isn't your thing, you can jump into a fulfilling career in Indiana's high-growth industries with a *WORKFORCE CERTIFICATE*. The state's Next Level Jobs initiative offers grants to pursue a workforce certificate from Vincennes University, Ivy Tech Community College or another eligible training provider. Workforce certificates are affordable and allow you to quickly gain the skills and training you need for success.

The MILITARY includes branches such as the Army, Navy, Marines and more. In the military, you can access education and training in high-tech fields while serving your country. You can use this training to launch a meaningful career and earn college credit during or after your service.

Many ASSOCIATE DEGREES can be earned in just two years. With an associate degree, you can qualify for careers in dentistry, management, health care, web design and more. Your associate degree can also count toward a bachelor's degree if you decide you'd like to continue your education later. Many Indiana schools, like Ivy Tech Community College, offer associate degrees.

When most people think of college, they think of getting a bachelor's degree at a four-year college. The more years of college you attend, the more jobs you are likely to qualify for, and the more money you are likely to earn. Indiana has a lot of great public and private four-year colleges to choose from! Maybe you've heard of Indiana University and Purdue University, two of our state's biggest colleges. Indiana has smaller colleges too, like Hanover College and Goshen College.

With more than 50 colleges and universities as well as apprenticeship programs, there's something for everyone in Indiana. Learn more about all of college options in Indiana by scanning the QR code.



# **Graduation Pathways**

Starting with the Class of 2023, you will need to show you are ready for college or a career to earn your high school diploma. Indiana's **CRADUATION PATHWAYS** are designed to help you meet the state requirements while still giving you the flexibility to pursue what interests you.

Here's a look at what the Graduation Pathways requirements are to get you thinking about what options may be RIGHT FOR YOU.

# Earn a high school diploma.

# Show you're ready for college or a career by:

- Completing a **project-based** learning experience, like conducting a long-term research assignment;
- Completing a service-based learning experience, like volunteering or being involved in school activities; or
- Completing a work-based learning experience, like doing an internship or working outside of the school day.

# Show you're ready for education beyond high school by:

- Earning a Core 40 Academic or Technical Honors diploma:
- Earning a "C" or higher in college-level classes like AP, IB or dual credit;
- Getting a **recognized credential**, certification or apprenticeship;
- Earning placement into one of the branches of the military by taking the **ASVAB**;
- Earning college-ready scores on the ACT or SAT; or
- Earning a "C" or higher in at least six career and technical education (CTE) credits.

# Elizabeth, 8th Grade

Elizabeth is still deciding what career fits her. She's interested in musical theater and law. But what she does know is that she likes being involved. Along with acting and cheerleading, she helped plan a fundraiser for a non-profit in her hometown. Colleges like to see that students are involved in their communities, so participating in extracurricular activities now and in high school will make you stand out.

## FOR MORE INFORMATION

Talk to your school counselor or visit the Indiana Department of Education's website.





# **Getting Ready for** the Next Step

High school might seem exciting, but it also might seem overwhelming.



You should aim to take classes that are academically challenging and spark your interest.

Here are some words to look for as you CREATE YOUR GAME PLAN FOR HIGH SCHOOL.

# ADVANCED PLACEMENT (AP):

College-level courses offered in high school. If you score well on AP exams, you may earn college credit — saving you time and money down the road.

# INTERNATIONAL BACCALAUREATE (IB):

A rigorous high school program that **includes** foreign languages and independent study. Like AP classes, you may also receive college credit for IB courses. Check to see if your future high school offers this program — not all schools do.

### DUAL-CREDIT COURSES:

College courses taught in high school or at a local college that can get you credit for both high school and college. Talk to your school counselor about how to sign up and how your credits will transfer when you go to college. Visit TransferIN.net to learn more.



## CTE COURSES:

CTE means "career and technical education." These courses give you the skills you'll need for a variety of career areas, like manufacturing, graphic design, agriculture, health sciences and more. Some CTE programs even give you the chance to earn a certificate or credential to get you started on your career path.

### CORE YO WITH ACADEMIC HONORS:

A high school diploma that **requires students** to complete academically challenging courses. Some four-year colleges in Indiana require this type of diploma.

### CORE 40 WITH TECHNICAL HONORS:

A high school diploma that **requires students** to complete college and career prep courses. Some technical programs and apprenticeships require this type of diploma.

It's important to choose the courses and diploma that best fit your college and Career Goals.

Start having conversations now so you'll be prepared when it's time to make some choices.

You can even ask your school counselor if he or she can give you a list of high school courses. That way, you can start thinking about what sounds challenging, fun and interesting! SCAN ME!

You can also visit IndianaCareerExplorer.com to create a free account and start planning for the future.

# Study Skills for Now & the Future

Middle school is an exciting time! You're starting to get more independence, and you're probably starting to learn more about what makes you YOV. It can also be a stressful time. Your classes, homework and tests might start getting even more challenging.

We know YOU CAN RISE TO THE CHALLENGE, but you might need to start improving your study skills first.

Read about FIVE COMMON STUDY SKILLS below and choose a couple to try out. We all think and study differently, so what works for your best friend might not work for you. That's ok!

Keep trying out DIFFERENT WAYS OF STUDYING to find out the best options for you.

- Give yourself a pre-test. If your teacher gives you a study guide or pre-test, consider trying to answer the questions before you start studying. This will GIVE YOU AN IDEA OF AREAS YOU MAY NEED TO FOCUS on more than others.
- 2. Space out your studying. We've all been told not to cram when it comes to studying. The fact is, our brains work better by focusing on a topic for a TIME EVERY DAY TO STUDY. You'll feel more confident in the long run.
- 3. Self-quiz yourself. TRY USING FLASH CARDS TO PRACTICE SELF-QUIZZING. This works really well for studying things like vocabulary. You can also create your own test. Read through the material and come up with questions you think might be on a test or quiz. Just by reading through the material and coming up with questions, you're studying.
- 4 Vary what you're studying. Let's say you have a test over 3 chapters of a book. It's more effective to vary what you're studying (for example, study chapter 2 on Tuesday and chapter 3 on Wednesday), rather than spending two days on the same chapter. It might feel weird, but you're GETTING YOURSELF USED TO TESTS AND QUIZZES THAT SWITCH UP THE CONTENT AND TYPES OF QUESTIONS.
- shorter period of time on multiple days. **SET ASIDE** Practice critical thinking and reading. How many times have you read a page of a book and realized you have no idea what you read? Probably a lot! Try to interact with what you're reading instead. ASK **QUESTIONS TO YOURSELF ABOUT THE CONTENT, try to** sum it up in your own words (called paraphrasing) and ask someone about a word or concept you're unclear about.

Bonus! Find a space to study and stick to it. Whether it's the kitchen table, a desk in your bedroom or a comfy chair. Try to FIND SOMEWHERE THAT'S QUIET so you can focus on your schoolwork.



# Gio, 8th Grade

Gio wants to combine his interest in art with his interest in style to become a textile designer. In college, he'll learn about art and about different kinds of textiles (fabrics and materials) so he can be successful. Most textile designers go to college for

Learning how to study isn't a quick process, but it's a skill that will serve and even into your future career. PUTTING IN THE EFFORT NOW MEANS YOU'LL BE PREPARED WHEN THINGS GET EVEN MORE CHALLENGING.

# COST

# College Costs Money...But It's Worth It

College can be expensive. There are all kinds of things to pay for like tuition, books, room and board (housing and meals) and all sorts of other costs.

Luckily, there are steps you and your family can take to

make it more affordable.

INVESTING IN YOUR FUTURE EDUCATION IS THE BEST DECISION YOU'LL EVER MAKE. And, with the State of Indiana giving out more than

# \$350 million

to students every year, YOU'LL HAVE HELP ALONG THE WAY. Money for college is called FINANCIAL AID. Read on to learn more about financial aid and what you can do to qualify.

# **Save for Your Future**

Do you get money for your birthday, mowing lawns, babysitting or doing chores around the house? **TRY SAVING A LITTLE BIT OF IT FOR COLLEGE.** An adult can help you set up a savings account.

As you get older, the money you save will grow by earning interest.



Your future self will be glad you started saving!



# Aishat, 8th Grade

Aishat is working hard to earn the 21st Century Scholarship to help her pay for college. She hopes to attend Purdue University and become a social worker. One day, she also hopes to get into politics, too. She wants to help make the world a better place, and these two career paths can help her make that dream come true. To learn more about the 21st Century Scholarship, visit **Scholars.IN.gov**.

# **Financial Aid 101**

You don't have to pay for college all by yourself. Financial aid can make college less expensive.

Most financial aid is awarded by the government, the college you attend or by a community organization like a church or non-profit. HERE ARE SOME FINANCIAL AID TERMS TO COMMIT TO MEMORY. Keep an eye out for these words as you get closer to college; they're sure to make a difference.

# FAFSA

The Free Application for Federal Student Aid. You must submit the FAFSA during your senior year of high school, and each year you are in college, to qualify for financial aid. So, make this a priority.

## GRANTS

**Free money for college**, often awarded based on your family's financial need. To qualify for most grants, you'll have to file the FAFSA.

## LOANS

Money you borrow and are expected to pay back when you graduate from college. Loans are given by banks and the federal government, and they charge interest, which is a fee for allowing you to borrow money. You should try to limit how much money you take out in loans for this reason; you will end up paying much more in the long run.

# SCHOLARSHIPS

Free money for college, often awarded based on your achievements in classes, sports or the arts (merit-based) or your family's financial circumstances (need-based). Learn more about one of Indiana's oldest scholarship programs, 21st Century Scholars, on page 12.



# Oliver, 6<sup>th</sup> Grade

Oliver and his family are saving money for college so he can help pay for Indiana University, where he hopes to attend college. Saving money for college doesn't mean you have to save all your money. Instead, try putting a little bit of money away. If you get \$20 for your birthday, save \$5-10 for college. You'll be surprised how fast it adds up!

Check out Indiana's 21st Century Scholars program and earn a scholarship to college!



Cost

# SCHOLAR SPOTLIGHT: IDRISS BAH

Education has always been Idriss Bah's number-one priority. Having moved to the U.S. from Sierra Leone when he was younger, **Idriss made it his goal to go to college and get a degree in informatics**, which is the study of how computers impact people's lives.

The 21st Century Scholars program helped make it financially possible for Idriss to go to college. This program offers students the chance to receive up to four years of free tuition at an eligible Indiana college. As a 21st Century Scholar, Idriss earned an associate degree at Ivy Tech Community College and a bachelor's degree from Indiana University - Bloomington.

# Read about *IDRISS' JOURNEY* below and learn more about the 21st Century Scholars program by scanning the QR code here.



### What did you WANT TO BE when you were younger?

When I was really little, I wanted to become a paleontologist or an astrophysicist. As a I got older, though, I realized I have always had a passion for technology. I am fascinated by devices and gadgets and learning how they work.

# When did you start to think about HOW YOUR PASSION COULD BECOME A CAREER?

Starting around my sophomore year of high school, I started to think about how I could do something with management and technology. I started to research the different types of careers that I could have that merged these two interests. The more I learned, the more interested I became in informatics.

# In addition to your studies, WHAT OTHER ACTIVITIES WERE YOU INVOLVED IN IN HIGH SCHOOL?

I was part of a dance group, National Honors Society and my school's speech team. I also ran track and played football.

# How did you decide where you wanted to 60 TO COLLEGE?

Because I knew I wanted to study Informatics, making the decision of where to go to college was easy. Indiana University has one of the best schools of Informatics in the country, so that shortened my list, thankfully.

### What was your TRANSITION TO COLLEGE like?

Pretty seamless, actually. In high school, I was able to start taking college classes at Ivy Tech through Indiana's dual credit program. This helped me get some of the more basic classes out of the way, and it also helped me get an understanding for the academic rigors of college. I also had the opportunity to participate in a summer program at IU that allowed me to make friends, learn my way around campus and settle in before the fall semester began. I recommend anyone take advantage of both types of programs if your school offers them.

I also had the opportunity to first complete my associate degree at Ivy Tech and then apply those credits to my bachelor's degree in informatics at IU. I can't say enough great things about community colleges. They offer such a unique learning environment and just as many opportunities as a four-year college for a significantly lower cost. I even had about six or seven job offers after getting my associate degree – which goes to show you that you don't always have to get a bachelor's to get a great job.

# Want to LEARN MORE ABOUT HOW YOU CAN GET COLLEGE CREDIT WHILE IN HIGH SCHOOL?

Scan this code for more information about dual credit programs!



# Outside of class, what kinds of ORGANIZATIONS AND ACTIVITIES WERE YOU INVOLVED IN IN COLLEGE? What did you do for fun?

My freshman year, I joined a nonprofit organization called Serve IT, which connects Bloomington companies to informatics students who can help with their IT needs. It was a great way to get career experience and help others. I also got involved with a group called Pacesetters, which promotes the diversity and inclusion efforts of the Luddy School of Informatics, Computing, and Engineering at IU Bloomington.

I'm definitely an extrovert, and I thrive on hanging out with people. Outside of class, you would most likely find me studying with a group of friends, cooking or playing my PlayStation.

# Now that you've achieved your goal of getting your bachelor's degree, WHAT'S NEXT?

I'm so excited to be moving to South Bend for a two-year informatics fellowship. As part of the fellowship, I will be helping the St. Joseph County government revamp their entire technology system. It will be an amazing experience, because I will help the government research, develop and secure their IT system from the ground up. I'm thrilled to be able to do what I love and fulfill my goal of using technology to impact people's lives.

# What advice do you have for middle schoolers who are just starting to THINK ABOUT AND PREPARE FOR COLLEGE?

GET ORGANIZED. Everything goes back to planning and organization. I'm the type of person who needs to write everything down in my planner, but you can also use digital tools like Google Calendar or the Notes app to help you keep track everything you need to do.

DEVELOP STUDY HABITS THAT WORK FOR YOU. You might be the type of person who needs to get your assignments out of the way as soon as possible (like me). Or, you might be someone who needs to break your assignments into pieces so you're not overwhelmed by it all. The key is to develop a system that works for you and make time on your calendar to do the things you need to do.

**TALK TO YOUR COUNSELOR.** Make it a priority to check in with your counselor regularly. They're there to help you reach your goals and can give you great advice on the classes you should take and how you can stay on track for success.

MOTIVATE YOURSELF. My family is from Sierra Leone in West Africa, so education has always been the most important thing to me. My motivator is doing well for my family and my future. Everyone has an inner source of motivation – you just need to identify what motivates you and draw on that.

**TAKE ADVANTAGE OF OPPORTUNITIES.** When you are presented with a great opportunity – such as the 21st Century Scholars program or the chances to earn dual credit or join a summer college program – take it. And once you're given an opportunity, work hard and don't let it go to waste.



If you are interested in the 21st Century Scholars program, talk to your school counselor and visit LearnMoreIndiana.org/Scholars. To qualify, you must be in 7th or 8th grade, sign a pledge of good citizenship and participate in the Scholar Success Program, which makes sure you're on track for college and career success. Scholars must also earn at least Core 40 diploma and graduate with at least a cumulative GPA of 2.5 on a 4.0 scale. The application must be completed by June 30 of your 8th grade year.

Career

# CAREER

# **Finding the Perfect Fit**

Did you know the average American spends about

90,000

hours at work over his or her lifetime?

That's a lot of hours, so you want to be sure you find a career you enjoy. **START THINKING ABOUT YOUR PERSONALITY, HOBBIES AND INTERESTS.** 

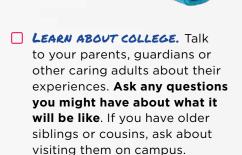
Are you **introverted** or **extroverted**? Do you like to **build things**, **play sports** or **draw**? What's your **favorite class**?

When you stop and think about what makes you happy, you can THINK ABOUT FINDING THE CAREER THAT FITS YOU PERFECTLY.

# SCHOOL YEAR CHECKLIST

- TRY YOUR BEST. School is your job right now, so work hard every day!
- CET INVOLVED. Participate in extracurricular activities or volunteer in your community. You'll learn important employability skills and have fun doing it.
- START YOUR HIGH SCHOOL GRADUATION PLAN by thinking about the kinds of classes you hope to take.
- TAKE A CAREER INTERESTS

  AVIZ. Scan the QR code to take
  a short quiz to find out some
  careers that might suit
  your personality!



TALK TO YOUR PARENTS ABOUT MONEY. If you're eligible, talk to them about signing up for the 21st Century Scholars program. And, ask them about setting up a bank account to save money.





# Briah, 8<sup>th</sup> Grade & Taylor, 7<sup>th</sup> Grade

Briah and Taylor are sisters and tennis stars!
Both are hoping to play professionally, but they have other career goals, too. Taylor is interested in being a lawyer and Briah thinks being a medical researcher sounds interesting. Making it as a professional athlete is tough, so having a backup plan, like another career path that sounds interesting, is a great idea.

# **Hot Indiana Careers**

CAREER CLUSTERS are industries or fields of work with JOBS THAT REQUIRE SIMILAR SKILLS

Choosing a couple of career clusters that sound interesting can help you as you think about your future. And, every career cluster HAS OPTIONS FOR PEOPLE WITH ALL LEVELS OF EDUCATION.

### ARCHITECTURE AND CONSTRUCTION

People who work in architecture and construction develop and maintain the built environment. From bridges to skyscrapers, they work on it all! If you are interested in **designing or physically building a structure**, this is the career cluster for you. Here are a few common careers:

- Construction Manager: Plan and coordinate everything at a construction site.
   Electrician: Install and maintain electrical wiring and equipment.
- Architect: Plan and design structures like houses and office buildings.

### BUSINESS

People who work in business plan, market and organize in order to help companies operate well. If you're interested in **managing people, selling things or working with numbers**, business might be the field for you. Here are a few common careers:

- Human Resources Manager: Coordinate human resources, like ensuring workers are treated well and paid.
- Sales Manager: Plan or coordinate sales of a product or service to a customer.
   Accountant: Track and interpret financial
- information for a business.

### EDUCATION AND TRAINING

People who work in education and training focus on helping students, just like you, learn and prepare for their futures. Workers in this field teach students of all ages, and some even work behind the scenes. If you like **helping people**, consider this career cluster. Here are a few common careers:

- Teacher: Teach courses to students of all ages.
  School Counselor: Provide assistance
  and counseling to students of all ages.
  Instructional Designer: Work behind the scenes
- Instructional Designer: Work behind the scenes to develop materials and content to be taught to students, usually by incorporating technology.

### HEALTH SCIENCE

People who work in health sciences help other people thrive by working directly with patients or in a lab to develop new medicines or medical devices. If you're interested in **helping people and love science**, health might be for you. Here are a few common careers:

- Nurse: Assess patient health and provide nursing care to patients.
- Dental Hygienist: Clean teeth and examine parts of the mouth for disease.
- Medical Scientist: Conduct research to help us understand and fight disease.

### TRANSPORTATION AND LOGISTICS

People who work in transportation and logistics help get people and goods from one place to another. Transportation and logistics includes things like airplanes, boats, trains and warehouse systems. If you're interested in **how things work**, consider a career in transportation and logistics. Here are a few common careers:

- Aircraft Mechanic: Diagnose and repair aircrafts like helicopters and airplanes.
- Automotive Engineer: Plan and design things like engines and machines.
- Logistics Analyst: Ensure that the distribution and delivery of goods runs smoothly.

# Do any of these careers or career clusters spark your interest?

Do some more research about these careers – and so many more – by scanning the QR code.

You can learn about all sorts of careers in Indiana.

including what it's like to work in that job, how much money you might make and what kind of education and training you'll need to land the job.



Career

# Self-Care Aware



# Here are a few examples of SELF-CARE strategies:

Check off the strategies you have tried or want to try!

- Going on a walk
- Writing down your thoughts and feelings in a journal
- Reading a book that transports vou to another world
- Listening to or playing music
- Playing with a pet
- Cooking with a parent
- Drawing, painting or crafting
- Doing something with your hands, like playing with Playdough
- Playing sports or exercising
- Taking a nap

# Middle school can be stressful.

Your classes and homework are getting harder. Your teachers have higher expectations than they did in elementary school. You're JUGGLING ACADEMICS WITH FRIENDS, FAMILY, SPORTS, CLUBS AND MORE.

## It's okay - and totally normal -

to feel stressed out sometimes. WHAT MATTERS MOST IS HOW WELL YOU ARE ABLE TO RECOGNIZE STRESS AND THAT YOU RESPOND TO IT IN A POSITIVE WAY.

## So, what does stress look like?

It comes in MANY DIFFERENT FORMS. You might feel pressured to do well, and that makes you feel distracted, anxious, nervous, agitated or overwhelmed. 5TRESS IS A PART OF LIFE, AND TO DEAL WITH IT, WE NEED TO DEVELOP STRATEGIES TO COPE.

# Self-care is what you do to help yourself manage stress.

Self-care isn't about indulgence, but rather about SHOWING YOURSELF RESPECT. It involves setting boundaries and giving yourself time to rest and reset.

If you find yourself feeling too stressed out or anxious, TALK TO A PARENT, GUARDIAN OR TEACHER. It's always ok to ask for help.

# To understand why **SELF-CARE** is so important, consider this analogy:

You are a pitcher full of water. The water represents your energy. You pour out your water all day, every day, into cups. The cups represent anything that requires your attention and focus, such as school, friends, family and hobbies. If you don't refill your

pitcher from time to time, you won't be able to keep filling your cups. JUST LIKE YOU HAVE TO PUT GASOLINE IN A CAR TO GO PLACES, YOU MUST REPLENISH YOURSELF BY DOING THINGS THAT BRING YOU JOY.

# If you don't know where to start,

ask your friends, classmates, parents and teachers what they do to practice self-care. THEY MAY GIVE YOU SOME IDEAS THAT YOU CAN TRY OUT FOR YOURSELF. If you find an activity doesn't work or makes you more stressed, that's okay. Try another one until you find a self-care strategy that works for you.

## Once you've figured out your self-care plan and practice it regularly,

you'll be happy to see how much CALMER AND BALANCED YOU'LL FEEL. Self-care is a skill that you will continue to develop throughout your life. If you start to master it now, YOU'LL BE PREPARED FOR WHATEVER LIFE THROWS YOUR WAY!

"Don't let people tell you what you can and can't do. You can do anything!"

# **Student Success Strategy**

Throughout the year, KEEP TRACK OF THE SELF-CARE ACTIVITIES THAT WORK BEST FOR YOU **HERE.** You can revisit this list anytime you're feeling stressed and need inspiration.

# Wise Words: How do you avoid stress?

# "Don't get into drama. Pick good friends."

# "Remember, it's not that deep."

# Ancel, 7th Grade

Ancel hopes to become a mechanical engineer because he enjoys learning about math and science. Plus, he cares about our environment. He's hoping he can reduce waste by making machines that are better for the earth. Combining something you love to learn about with something you're passionate about is a great way to find a career you're sure to love.



# **Career Skills Today**

# Did you know you've already started to get ready for your career?

Maybe you're taking a class that aligns with a career interest. Maybe you're doing some volunteering on the weekend.

Even if you don't think you're actively preparing, the skills you're learning in school will pay off in the future. Employers are more likely to hire people who have employability skills, or general skills and qualities that make someone a good employee.

You can **develop these skills by** being a good student, being involved in your school or community, or taking on some responsibilities.



## Use the lines below to write about

HOW YOU'LL PRACTICE THESE SKILLS THIS SCHOOL YEAR.

## COMMUNICATION

Clearly express your thoughts and ideas through speaking or writing. Try to make sure others understand the point you're trying to get across. Sometimes you might have to think about the words you're using to ensure you're being clear.

### LEARNING

Be willing to work and learn new things each and every day. You probably have your favorite school subjects, but keep an open mind, even in those subjects that aren't your favorite. Your dedication will pay off.

### PERSEVERANCE

Show endurance by sticking with a task until it's finished, even if it's difficult. You can always ask for help from a teacher or parent, but **don't give up just because something is hard.** Power through; you'll feel proud of yourself once it's finished!

### TEAMWORK

Work well as a part of a team. Maybe you're on a team sport or doing a group project. Make sure you're contributing to the team and that you're letting others contribute, too.

Learn about all of the different types of scholarships for college in Indiana here.



# PARENTS CORNER

# How can I help my child prepare and pay for college and his or her future career?

- □ Consider applying for the 21st Century Scholars program. Visit **Scholars.IN.gov** for eligibility information. Applications must be received by June 30 of your child's 8th grade year.
- Make teachers, counselors and administrators partners in helping your child succeed.
- □ Get involved in your child's choice of classes in middle school and high school. Make sure they are taking academically challenging courses that align with their interests, skills and goals.
- ☐ Help your child **build good study skills** and do everything you can to encourage reading.
- ☐ Learn more about **Indiana's new Graduation Pathways requirement** on page 7. This will impact what your child will need to do in high school.
- □ Have conversations with your child about the subjects they enjoy, the hobbies they love and how they can translate these into their future college and career choices.
- □ Encourage your child to get involved in extracurricular activities that can build employability, or soft skills and potentially help them earn a scholarship.
- Estimate the cost of college.CollegeScoreCard.ed.gov can help.
- □ Start saving now. Consider setting up an Indiana CollegeChoice 529 Direct Savings Plan. It's an easy way to invest in your child's education tax-free, and hopefully reduce the need to take on costly student loans later. Features include tax benefits, automatic deposits, gifting and more. Visit CollegeChoiceDirect.com to learn more.

# **Dear Indiana Parents,**

**Learn More** isn't just for kids. There are important steps you, too, can take to help your child stay on track. Explore this magazine, and review the list to learn about ways you can help your child prepare for college and career success.

And, if you're thinking about going back to school yourself, now is a great time to start researching the many financial aid programs Indiana has to offer adult students. Read on to learn more about these opportunities or visit LearnMoreIndiana.org/StateFinancialAid.

Sincerely,



Eric Holcomb,
Governor,
State of Indiana



Janual Jennifer McCormick,
State Superintendent of Public Instruction, Indiana Department of Education



Jeun Rubbers,
Teresa Lubbers,
Commissioner, Indiana
Commission for Higher Education

# Ready to Move to the Next Level?

If your employment situation has changed or you're looking to take the next step in your career, Indiana can help. Visit YourNextStepIN.org to get connected with jobs, education and training and other supports, including the Next Level Jobs Workforce Ready grant, which pays full tuition for short-term, high-value certificates in:

- Advanced Manufacturing
- Building and Construction
- Health and Life Sciences
- Information Technology & Business Services
- Transportation and Logistics

To learn more about qualifying programs, visit **NextLevelJobs.org** today.

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