

Folsom High School College/Careering Planning Enrichment Tasks

Theme	Goal/Target	Task	Link	Suggested Grade	Notes
Self-Discovery	Self-Discovery: Who am I?	Take one or two personality test to get a better idea of who you are (strengths and weaknesses)	Personality Test https://openpsychometrics.org/tests/IPIP-BFFM/	9th-12th	
	Learning Styles	Determine how you learn best and implement this into your study habits	http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml	9th-12th	
	Building my profile (using HS to build me: taking advantage of opportunities)	Start your Resume (this will be a working document) Draft a 4 year plan using FHS curriculum guide and course planner	https://bigfuture.collegeboard.org/explore-careers/careers/how-to-create-your-resume FHS 4 year plan	9th-12th	
Success	How do I define Success? What does success/happiness mean to you? How to achieve it? How do my parents define success?	Write 2-3 sentences per question. Have your parents write 2-3 sentences about their definition of success. Discuss it.		9th-12th	
	What is my role in this world?	Career Exploration	https://www.careerexplorer.com/ https://bigfuture.collegeboard.org/explore-careers/careers		
	Tools for success		Learning How To Learn: Powerful mental tools to help you learn (Free Course through Course by: University of California San Diego) Study Skills for HS students	9th-12th	

	How to achieve my goals and re-define them?	In order to stay motivated it is important to set goals. Use the SMART goal worksheet to set an Academic goal. Goal Setting	Staying Motivated SMART GOAL Worksheet	9th-12th	
Self-Care	Mindfulness-Made Easy	Complete the course to get a better understanding for mindfulness and how it can be addressed in your life.	https://mindfulnessexercises.com/free-online-mindfulness-courses/mindfulness-made-easy-an-introduction-to-mindfulness/	9th-12th	
	Tips for Self Care	Review recommendations and write 1-2 goals for each section	https://ingeniusprep.com/blog/self-care-tips-for-high-school-students/	9th-12th	
	Journal	-Write 1-2 things you did today for yourself -Write 1-2 things you are grateful for -Write 1-2 compliments for yourself			
	Vision Board	Fun activity to get creative and inspired	https://www.bjclearn.org/resiliency/PDFs/031110.pdf	9th-12th	
Exploring Post High School		Create a Big Future account and explore	https://bigfuture.collegeboard.org/	9th-11th	
	What are my long term/future career goals?	Cover letters, interview questions, applying, job shadowing, and internships	Getting a Job	10th-12th	
	What are my Post High School options?	Start preparing a College list. Right now that list can be long. Look at majors that interest you, the size of the college, the location of the college, sports offered, clubs offered. Make a list of what you need in a college and start researching.	How to Build a College List Majors Types of Colleges Career and Technical	11th	NCAA Information/Student Athletes College Scorecard
	SAT/ACT Test Prep	Use these free sources to study for the ACT/SAT test	https://www.khanacademy.org/sat?utm_source=sat-hp&utm_medium=cb418-l https://actacademy.act.org/profile/	10th-12th	

			onboarding/create-profile?role=studentink&utm_campaign=practice https://www.fcusd.org/Page/203		
	College Essays Getting Started	<p>UC Personal Insight Questions: Get familiar with the insight questions if you are applying to a UC.</p> <p>Common Application: Review the Common Application essay questions if you are applying to a college using this application.</p>	https://admission.universityofcalifornia.edu/how-to-apply/applying-as-a-freshman/personal-insight-questions.html https://www.commonapp.org/blog/common-app-2020-2021-essay-prompts	11th	
	Complete necessary steps for Post HS	Update resume		11th-12th	
		Financial Aid 101	https://studentaid.gov/ FAFSA	12th	
		Scholarships	Scholarship Search Information https://bigfuture.collegeboard.org/scholarship-search http://wacac2.wpengine.com/wp-content/uploads/2014/07/Free-Online-Scholarship-Searches.pdf	12th	
		MANDATORY-Senior Survey for Class of 2020	FHS Senior Survey	12th	
		Seniors, if you are headed to Folsom Lake College it's not too late to complete the FAFSA for financial aid.	https://flc.losrios.edu/student-resources/financial-aid Folsom Lake College Planning	12th	
		Seniors- Accepted Now What?		12th	

**Parent
Resources:**

Social Emotional Learning at home: <https://casel.org/in-the-home-3/web/>
Challenge Success: <https://www.challengesuccess.org/parents/parenting-tips/>
Automatic Thoughts/Social Emotional Learning: <https://www.youtube.com/watch?v=UMIU-Uo8cZU&feature=youtu.be>