2018-19 Issue

## Career Newsletter



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### From the Counseling Office

Parents and Students:

In the Altoona Area School District we want all of our students to be prepared for life after high school. Our students should all have a well thought out post high school plan that meets their own career interests and goals. Our district is working on a comprehensive K-12 career guidance plan sometimes referred to as College and Career Readiness Standards (Chapter 339).

Every student will have their own career portfolio which will include an individualized plan containing comprehensive "artifacts" in the four areas below. Students will add "artifacts" to their career portfolio throughout the year in all subject areas.

**Career Awareness and Preparation**: Some artifacts can include self-assessments, essays on future career goals, job shadowing experiences, and career or college fair visits.

**Career Acquisition** (Getting a Job): Artifacts can include job applications, cover letters, and creating a resume. Effective speaking and listening skills will also be a focus in this area.

**Career Retention and Advancement:** Artifacts can include examples of understanding team work, time management, negotiation, and personal budgeting based upon chosen career.

**Entrepreneurship:** Artifacts or skills learned can include comparing corporate environments with small businesses, researching entrepreneurial traits, and developing business plans.

It is our hope that our students will have a better understanding of themselves and the opportunities available to them after high school. We want our students to enter their chosen career field (work or school) with a clear and comprehensive knowledge of budget, work environment, expectations and future career opportunities.

"It's a beautiful thing when a career and passion come together."

### **Career Pathways**

The Altoona Area School District offers five Career Pathways which groups all careers into similar clusters. Each year when scheduling, we ask students to re-evaluate their Career Pathway as a way to keep them focused and thinking about future career goals and even elective choices in high school. Below are brief descriptions of each pathway along with a few examples of occupations in each area.

**Arts and Communications**: This Pathway is designed to cultivate students' awareness, interpretation, application and production of visual, verbal, and written work.

Examples: Desktop Publisher, Artist, Interior Designer, Librarian, Writer, Editor and Musician

**Business and Technology**: This Pathway is designed to prepare students for careers in the world of business, finance, and information systems.

**Examples: Accountant, Real Estate Agent, Business Manager and Computer Programmer** 

**Engineering and Industrial**: This Pathway is designed to cultivate students' interests, awareness and application to areas related to technologies necessary to design, develop, install or maintain physical systems.

Examples: All types of Engineers, Architect, Electrician, Welder, Construction, HVAC and Pilot

*Human Services*: This Pathway is designed to cultivate students' interests, skills and experiences for employment in careers related to family and human needs.

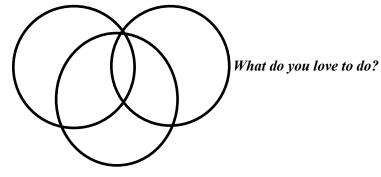
Examples: Teacher, Counselor, Lawyer, Clergy, Police Officer and Fire Fighter

**Science and Health**: This Pathway is designed to cultivate students' interests in the life, physical and behavioral sciences, in addition to the planning, managing and providing of therapeutic services, diagnostic services, health information and biochemistry research development.

Examples: Health/Medical Field, EMT, Dietician, Forester, Biologist and Archeologist

If you can get the same answer to all three question below, then you have found your dream job!

What are you good at?



What can you get paid to do?



When looking for a future career, be sure to look at the following:

- Education or training needed
- Outlook for career— is it growing?
- Advancement possibilities
- Benefits such as health care, retirement and travel
- Starting wages
- Working conditions such as shift or holiday work
- Where are jobs located?

Keep Researching the Career:

- Interview people in the field
- Schedule a job shadowing experience
- Participate in an internship
- Volunteer

Flipping the College Decision Making Process

For too many years too many people made their career decision after they chose their college and then major.

A simple flip of this decision making process can lead to a more meaningful selfsustaining future:

Step One: Consider a Career Path

Step Two: Consider a Major or Training Program needed to fulfill career

Step Three: Apply to Post Secondary Schooling

## Be Prepared for the New Economy

"Our world has changed, and in this new economy, the university degree is no longer the guaranteed path towards financial success as it was for previous generations. And even if you do earn one, that education alone may not be enough. In today's highly-technical knowledge based economy, having hands-on skills and perfecting what you're good at can be more valuable than getting a degree in 'something' simply to get one. Employers want to know what you can do, and what you can do well; not just what degree hangs on your wall. Since new and emerging occupations in every industry now require a combination of academic knowledge and technical ability, we need to ensure that we're also guiding stu-

dents towards careers and not just to the university."

Kevin Fleming, Success in the New Economy

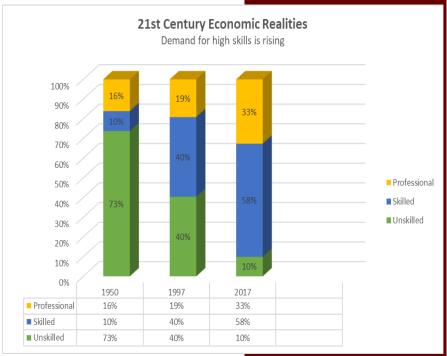
"The Best Way To Predict The Future Is To Create It" -Abraham Lincoln

and PA Dept. of Labor & Industry

Source for Chart: U.S. Bureau of Census

"Choose a job you love, and you will never have to work a day in your life."

-Confucius



### What is the 1:2:7 Ratio?

"The true ratio of jobs in our economy is 1:2:7. For every occupation that requires a master's degree or more, two professional jobs require a university degree, and there are over half a dozen jobs requiring a 1-year certificate or 2-year degree; and each of these technicians are in very high-skilled areas that are in great demand.

This ratio is a fundamental to all industries. It was the same in 1950, the same in 1990, and will be the same in 2030.

Well intentioned attempts to send more and more students straight to the university will not change the types of jobs that dominate our economy, nor will a "college-for-all" mentality mask these labor market realities. The "college for all" rhetoric that has been so much a part of the current education reform movement is often interpreted as "university for all." This message needs to be significantly broadened to, "a post-high school credential for all." Students at various educational levels have left school without employable skills; setting up our children for failure, costing them and taxpayers millions, all while the labor market is desperate for highly-trained, skilled technicians." Kevin Fleming, Success in the New Economy

The World Economic Forum (September 28, 2017) writes the following:

"The upcoming wave of technological advances, such as artificial intelligence and robotics will likely continue being disruptive, making some skills obsolete, while enhancing others and creating new ones." <a href="https://">https://</a> www.weforum.org/ agenda/2017/09/5-facts-on-

### **SAT - ACT Registration/Test Dates**

### Students must register for SATs at collegeboard.org

- When registering for the SAT, it is very important to send your scores to the colleges you are considering by entering their codes in the "Send Report" section.
   A number of colleges only accept scores sent *directly* from the testing service.
- Register with the NCAA if you plan to play a Division 1 or 2 college sport, include the NCAA Eligibility Center (code 9999) as one of the recipients for your SAT/ACT scores. (This will save you money in the future!)

### Remaining SAT Dates

<b>Test Date</b>	Registration Deadline	Late Registration Deadline	Score Release
3/9/19	2/8/19	2/22/19	3/28/19
5/4/19	4/5/19	4/19/19	5/23/19
6/1/19	5/3/19	5/17/19	6/20/19

### Students must register for ACT at act.org

### Remaining ACT Dates

<b>Test Date</b>	Registration Deadline	Late Registration Deadline
2/9/19	1/11/19	1/18/19
4/13/19	3/8/19	3/25/19
6/8/19	5/3/19	5/20/19
7/13/19	6/14/19	6/24/19

"If opportunity doesn't knock, build a door." Milton Berle



Information on Upcoming Fall 2019 Events:

Opportunity Fair:

60+ representatives from various schools/institutions such as trades, technical, business, college, university and military will be in AAHS field house to discuss programs and requirements for admission.

Financial Aid Night:
Students and parents /
guardians are invited to hear
guest speaker on how to properly fill out the FAFSA form.

FAFSA Workshop:

PHEAA representatives will be at AAHS Career Center (Room B100) to help parents/guardians complete the FAFSA on line. Tax documentation and FSA Id are necessary to complete FAFSA. Make individual appointments by calling 814-946-8286.

Career Shadowing Week: Juniors have the opportunity to job shadow a career of interest for a school day. Apply for this program with Mrs. Anslinger in the School to Career Office in Room B322

### ASVAB Test:

All juniors are encouraged to take this test, not just those considering the military. This test identifies skills and abilities not tested anywhere else. Along with results, students will receive a 10 digit code giving them access to the ASVAB career exploration program which identifies interests and related occupations on Occu-find.

### Sophomores

Mrs. Julie Yahner (A-K) jyahner@aasdcat.com



Mrs. Tracey Biesecker (L-Z) tbiesecker@aasdcat.com

Sophomore year is an exciting time! Here is how to be successful in the classroom and beyond:

- Set Goals For Yourself: When we set goals and even write them down, we are more apt to achieve them. Set goals relating to grades, attendance and behavior.
- **Get Involved in Your School**: Take advantage of the many activities and clubs at AAHS! Involved students tend to be happier and have better grades and attendance. Refer to <a href="https://aahs.aasdcat.com">https://aahs.aasdcat.com</a> for more information on clubs and activities.
- Focus on Grades and Attendance: Keeping a check on your school progress is your responsibility. Utilize skyward. Students should not miss more than 10 days of school and shouldn't have any grades below a 70%.
- Improve Your Study Skills: As classes get more challenging, your study skills may need improvement. Here is a helpful website to assist: https://www.educationcorner.com/study-skills.
- Stay Organized: Keeping track of assignments and deadlines is part of being a successful student and adult. Utilize a small notebook to keep yourself on track and meet deadlines.
- Be Aware of Your Credits Earned: Always be aware of your total credits and credits needed to graduate. Refer to the list on the right of this page.

Students should be gathering information about themselves, their future career interest, and their future opportunities. Be familiar with the changing economy in the workforce. Below is a list of strategies that will help you prepare for the future. It will be here before you know it!

- Get to Know Your Talents and Passions: Wouldn't it be wonderful if you could find something to do combining your talents, passion and you get paid to do it? Understanding yourself is the key to finding a career that will give you fulfillment. Try the self assessments at *quintcareers.testingroom.com* to get to know yourself better.
- ◆ Get Familiar With Helpful Websites: Many helpful websites are listed in this newsletter on the Resource page. Sophomores planning on pursuing some type of post secondary school should become familiar with *collegeboard.org*. The site is known for administering the PSAT, SAT and ACT, however it also offers services that include scholarship applications, research, advocacy, college planning, and college and career search tools.
- Schedule Job Shadowing during Summer/Breaks: Job shadowing allows a student to gain comprehensive knowledge about what an employee who holds a particular job does every day. Job shadowing provides a far richer experience than reading a job description or doing an interview during which an employee describes his or her work. Ruling occupations out is just as important as considering a possible occupation. Job Shadowing experiences can be scheduled during the summer months, in-service days, or on holiday breaks.
- Utilize Career Center and Representative Visits: Our school has representatives from the military, technical and trade schools along with colleges and universities, visit our Career Center throughout the school year. This is a time when students can learn more about future opportunities and get answers from the experts. Take advantage of this individual time with these representatives and schedule a meeting time in the Guidance Office. Stu-



## 24 Credits Needed to Graduate

English	4
Math	3
Social Studies	3
Science	3
Physical Education	1
Health	.5
Humanities	2
Electives	7.5

Seniors must also complete a senior project in their English 12 class.

To be considered junior status next year, students will need to earn a cumulative of 12.5 credits.

### Peer Tutoring:

AAHS National Honor Society offers peer tutoring for any grade level student who may be struggling in English, math, science, social studies, or a world language. Tutoring is for students who are putting forth effort, but need extra help in understanding their subject. See your counselor if you would like to seek tutoring.

Class of 2021!!

### **Juniors**

Students must have earned 12.5 credits to be considered a Junior

## Mrs. Julie Fleck (A-K) jfleck@aasdcat.com



## Mrs. Rebeccah Anderson (L-Z) randerson@aasdcat.com

Junior year is full of exciting opportunities. Here is how to have a successful year:

- Set Goals For Yourself: When we set goals and even write them down, we are more apt to achieve them. Set goals for yourself relating to grades, attendance, behavior and future goals.
- Community Service/School to Career: If you are interested in either community service or school to career during your senior year, you need to apply in the Spring of your junior year. Acceptance is based on grades, attendance and discipline history. There is an interview process also.
- Be Aware of Your Credits Earned: Always be aware of your total credits and credits needed to graduate. Refer to the requirements on the right of this page.
- Transcript: All grades, attendance, activities, clubs, sports and awards make up your high school transcript. Employers, military and post secondary school request your transcript to make decisions that effect your future opportunities. Make your transcript a good one!
- Form Your Career Plan: Using the information in your career portfolio, start developing your plan for after high school graduation.
- **School Counselor Meeting**: Schedule a time to meet with your school counselor to review your future career plan.
- Opportunity Fair: Take advantage of the many colleges, universities, trade schools, technical schools, military and military academies that visit our Field House in October each year.
- ASVAB: All juniors are encouraged to take to the Armed Services Vocational Aptitude Battery especially if the military may be an option for you. (Look on the Calendar page for date of test.) Counselors will explain results to you when they are received.
- **Job Shadowing**: Participate in the school job shadowing experience in November. You are always encouraged to schedule your own job shadowing experiences as well.

If Post-Secondary Schooling is in your future you need to be aware of the following:

- College Visits: Schedule visits to colleges/universities in which you are interested this Summer. Check their admissions requirements.
- **PSATs:** Sign up to take the PSATs during the school day in the AAHS main office. Counselors will explain results to you when they are received.
- SATs: Register to take the SATs during the Spring of this year through *collegeboard.org*
- ◆ ACTs: Certain colleges use the American College Test (ACT) instead of the SAT. Check <u>The College Handbook</u> in the career center or check on the college website to be certain which test your college of interest prefers.
- Selective Colleges/Universities: Some colleges/universities require students to take the SAT II or subject tests for admission. Check with your college of interest to determine if these tests are required.



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Seniors must also complete a senior project in their English 12 class.

To be considered senior status next year, students will need to earn a cumulative of 17.5 cred-

### **Junior Opportunities:**

The Pennsylvania Governor's School for the Sciences, a five week summer residential program for talented math and science students, is taking applications. Hosted by Carnegie Mellon University, the PGSS offers an enriching experience for juniors interested in STEM career fields. Students can get more information and apply at http://sciences.pa-gov-schools.org.

Valley Rural Electric Cooperative is sponsoring a youth tour of Washington, DC at no cost to families. If juniors are interested in Political Science or Electrical trades, this is a great opportunity to experience the nation's monuments, memorials and museums. Check out www.youthtour.coop.

Pennsylvania Free Enterprise Week is a wonderful opportunity for juniors looking for a great way to boost leadership and communication skills, this program is just the ticket to build confidence and explore career and college options. See your

### **Seniors**

Mr. Steve Westrick (A-K) swestrick@aasdcat.com



Mrs. Sue Fox (L-Z) sfox@aasdcat.com

This is your year! Make it a positive one filled with good memories and great learning experiences. Stay connected to your counselor as this year is filled with decisions and deadlines!

- **Build Transcript**: Continue to build your high school transcript by earning good grades, attendance and behavior. Senior Performance is evaluated by colleges, programs and military. Many scholarships are conditionally awarded and can be rescinded if grades fall below a certain standard.
- Post High School Planning: Begin applying to post high school programs NOW! Check websites for dates, deadlines and admission processes. Some colleges with competitive programs have early application deadlines.
- **Keep Counselor In Loop**: Notify your counselor of your plans after high school. Make appointments to meet with your counselor about your plans. It is your responsibility to have your final transcript sent to the school of your choice.
  - \*If you need a recommendation from your counselor or a teacher, you need to give them a **two week notice**.
  - \*If you are completing a paper application, you need to bring all forms and fees to your counselor after you complete the student section **two weeks prior** to deadline.
- Career Link: Get familiar with this great resource! Career Link can assist with finding training programs, learning about apprenticeship programs, veteran services, applying for disability, finding adult education programs, and job fairs. They can also assist with finding part time or full time employment. Contact them at www.pacareerlink.pa.gov or 814-940-6200
- Office of Vocational Rehabilitation: This program is designed to assist individuals with physical or mental disabilities in overcoming their limitations so they are able to engage in gainful employment. Services include: medical, psychological and vocational evaluations, counseling, physical restoration such as surgery, therapy, adaptive devices, training, placement assistance and occupational equipment, and on-the-job training. Contact them at <a href="https://www.dli.pa.gov">www.dli.pa.gov</a> or 814-946-7240.
- Financial Aid: Request financial aid resources from your post-secondary program. Many honors, awards and work study programs are only offered through the college/program's financial aid office.
- Scholarships: All scholarship information is located in the first floor Counseling Office. Scholarships are also posted on the school's website at aahs.aasdcat.com/counsel/scholar.htm.
- Announcements: Listen to the daily announcements as they list representative visits to
  the Career Center, scholarship information and other important information. Announcements are also printed and posted on the bulletin board outside the Counseling Office.
- FAFSA: The free application for Federal Student Aid (FAFSA) should be completed by all seniors planning on attending college. The form can be filled out starting on October



## 24 Credits Needed to Graduate

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Health	.5
Humanities	2
Electives	7.5

See your counselor if you are missing credit/s or if you want to see how many credits you have earned so far.

### Graduation Project:

Seniors must also complete a senior graduation project in their English 12 class. Your English teacher will guide you through this process.

### Keystone Exams:

Seniors must attain proficiency on Biology, Algebra 1 and Literature OR complete APEX during Fall semester. Students not completing this will be placed in

a skills refresher course in the Spring.

### Mock Interviews:

Seniors involved in School to Career along with Mrs. Tabitha Quinn's English classes have the opportunity to participate in mock interviews with business leaders from our community in March. After their resume is reviewed, the mock face to face interview takes place for five minutes. Feedback is then given to the student for five minutes. Those receiving a high scores are invited to a second luncheon interview at the GACTC Educator's Inn.

### **NCAA** Information

#### STEPS TO REGISTER WITH THE NCAA

\*\* Prior to scheduling courses each year (9-12) check the Altoona Area School District courses that are approved by the NCAA. These courses are marked with a paw print in the course description booklet found on the high school web site at aahs.aasdcat.com under manuals.

STEP 1: Student athletes who want to play in college should register with the NCAA Clearinghouse in May of the junior year. To register, the student athlete needs to apply online at <a href="https://www.eligibilitycenter.org">www.eligibilitycenter.org</a>. The registration fee is \$90. See your school counselor for a fee waiver if you receive free or reduced lunches.

STEP 2: After the student registration is complete, you must request your high school transcripts be sent to the NCAA Clearinghouse. One will be sent as a final junior transcript and one will be sent as a final senior transcript. (If the student has attended more than one high school, each high school must receive a copy of the completed Student Release form. A transcript must be sent from each high school attended.)

STEP 3: All prospective student-athletes intending to enroll in an NCAA Division I or II institution for the first time must complete the NCAA Amateurism Certification questionnaire.

STEP 4: College entrance test scores must be reported directly from either ACT or SAT. They will not be accepted from the high school transcript. When registering to take the SATs or ACTs you must select the NCAA as one of your score recipients. Additional score reports can be sent later, but at additional cost.

STEP 5: Upon completion of the junior year, request the final junior year transcript be sent to the Eligibility Center. You will receive an initial statement from the Clearinghouse in the fall of your senior year.

STEP 6: Before the end of the senior year, you must complete the Final Amateurism Certification for each sport. Log back into your account at <a href="https://www.eligibilitycenter.org">www.eligibilitycenter.org</a>. Click on MY PLANNER. Then select the red "Request Final Amateurism" button and follow the instructions.

STEP 7: After graduation, the student's final senior transcript with the exact date of graduation must be sent to the Eligibility Center from the high school. Be sure to make this request in the main office before you leave AAHS. The student will then receive a final clearing statement from the Clearinghouse.

In completing the registration forms, the Altoona Area high school CEEB code is 390055.

Clearinghouse Customer Services: Service Hours: 8 a.m. – 5 p.m. Central

Time

NCAA Eligibility Center 968Certification Processing P.O. Box 7136 Indianapolis, IN 46207 Toll Free: 877-262-1492 FAX: 317-

-1500

The following resources are designed for high school student-athletes, parents, coaches and other who help students successfully navigate the initial-eligibility process.

### **Quick Hits**

Initial-Eligibility Brochure: <a href="http://">http://</a>

www.ncaapublications.com

A basic look at the requirements to becoming an NCAA Division I or II studentathlete.

Division I Initial-Eligibility
Quick Reference Sheet:
<a href="http://www.ncaa.org/sites/">http://www.ncaa.org/sites/</a>
default/

files/2018DIEC\_Requirement s\_Fact\_Sheet\_20180117.pdf A brief overview of Division I initial-eligibility academic requirements.

Division II Initial-Eligibility Quick Reference Sheet: <a href="http://www.ncaa.org/sites/">http://www.ncaa.org/sites/</a> default/

files/2018DIIEC\_Requiremen ts\_Fact\_Sheet\_20180117.pdf A brief overview of Division II initial-eligibility academic requirements.

**Comprehensive Guides** 

Guide for the College-Bound Student-Athlete: <a href="http://www.ncaapublications.com/">http://www.ncaapublications.com/</a>
<a href="productdownloads/">productdownloads/</a>
<a href="CBSA19.pdf">CBSA19.pdf</a>
A comprehensive guide to the initialeligibility process.



### Resources

## AAHS Counseling Department:

### **Self-Exploration**:

www.onetonline.org/skills/

www.careerinfonet.org/skills

www.testingroom.com

http://www.careerperfect.com/services/free/work-preference/

#### **Personality Assessments:**

www.16personalities.com

www.pacareerzone.org

http://www.humanetrics.com/

http://keirsey.com/sorter/register.aspx

www.testingroom.com

### **Career Exploration:**

www.choices360.com (Students may have username and password from Junior High)

www.testingroom.com

http://bls.gov/ooh

http://www.4tests.com/asvab (Practice test for ASVAB)

http://www.cacareercafe.com/

www.engineergirl.org

ww.educationplanner.org

### **College Planning:**

www.choices360/com (Students may have username and password from Junior High)

www.collegeboard.org

www.act.org

www.eligibiltycenter.org

#### Financial Aid:

www.fafsa.ed.gov

www.aessuccess.org

#### **Scholarships:**

https://aahs.aasdcat.com/apps/pages/index.jsp?

uREC ID=424699&type=d&pREC ID=926327

www.collegeboard.org

www.fastweb.com

#### **Videos:**

You Tube: Success in the New Economy

https://youtu.be/Oi2Mhh1Lygw

4 Skills and 4 Steps to a Successful Career

https://www.youtube.com/watch?v=twWcxIfa2zo

Career Decision Making

https://www.youtube.com/watch?v=-VjTOps84y4

### **AASD Department Chair:**

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Guidance Secretary Mrs. Linda McGinnis 814-946-8277

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