

What Will I Be?

Journey to Your Dreams



What Is Get Ready All About?

Get Ready gives students and their families information about colleges and careers. The web below shows the different ways Get Ready shares this information. See if you can figure out what each picture represents and then write it on the line.



Activities with this symbol meet at least one of the Minnesota academic standards for reading, writing and math.

What Will You Be?

Being an adult, going to college and having a career all seem very far away right now. However, it is never too soon to begin thinking about these things. In this book, you will discover the answers to important questions like these:

What is a barrier?

What is a skill?

What makes me unique?

What are my skills?

What are some possible careers for me?

What do I already know about college?

Who are my mentors?

What is self-esteem?

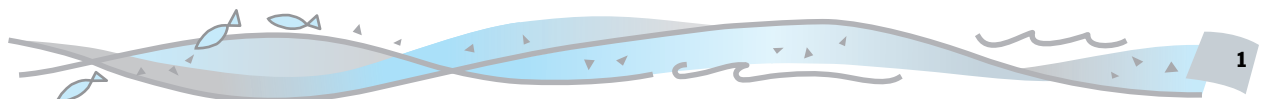
What are the different types of goals?

What are some of my strengths?

What are the steps to goal setting?



What are some questions you have about goals, careers and going to college?



Let's Meet Our Cast of Characters:

Hi, I'm Marcus. I want to be a middle school teacher. That means I'll have to go to college for four years. I like learning new things, especially in science. As a teacher, I'll be able to help kids every day and be a good role model.



Hi, I'm Ilhan. I like reading, writing, talking with my friends and meeting new people. My favorite subjects are social studies and language arts. I want to be a newspaper reporter, where I could learn a lot and share information with other people. I will go to a four-year college to study journalism.



Hi, I'm Maylee. I love animals and want to be a veterinarian. I have a dog and a cat now, and I take good care of them. My favorite subjects in school are science and math. I will go to a four-year college, and then to veterinary school for another four years.



Hi, I'm Angela. I love plants and flowers, and would like to be a florist, so I will go to a technical college for two years. I would like to start my own flower shop. I'm good at math and art. I'm organized, even when I'm busy, and I love meeting new people.



Hi, I'm Peter. I want to become a landscape architect, so I can make beautiful parks and gardens. I love building things and being outdoors, so this job would be fun for me. I'll go to a two-year school to learn more about plants and design. Then I will transfer to a four-year school.



Hi, I'm Chris. I want to be an artist, because I love drawing, acting and building different kinds of sculptures. I'm creative and outgoing, and I like trying new things. I will probably go to a four-year art college, where I will gain experience and learn more about different types of art.



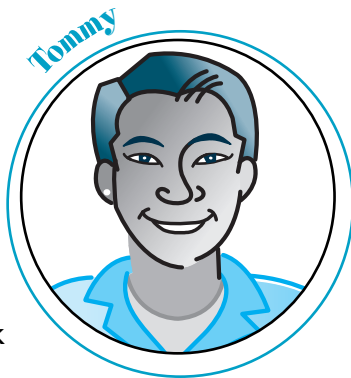
Hi, I'm Nou. I am a college student studying to be a civil engineer at a four-year college. That means I'll learn ways to help build a bigger and better place for all of us to live. I have a work-study job as a tutor, and will have an internship over the summer. I love to travel and see different places.



Hi, I'm Eddie. I went to a community college for two years to learn how to run my own business. Now, I own a gas station. I like visiting with my customers when they come in, and I feel I'm part of my community. I also like riding my bike and playing baseball.



Hi, I'm Tommy. I'm an Education Liaison with the *Get Ready* program. I went to a community college for two years and then transferred to a university for two years to get my bachelor's degree in psychology, which took a total of four years of higher education. I love working with kids and helping them set goals for their future. I also like listening to music, watching movies and playing soccer.



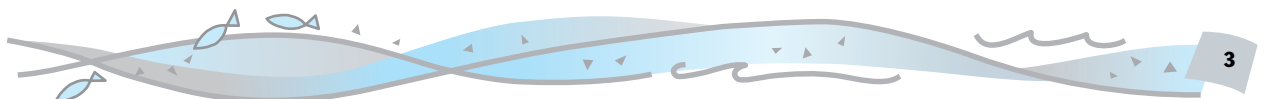
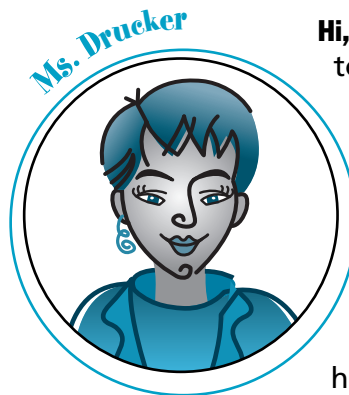
Hi, I'm Mrs. Girard. I'm a school librarian. I had to go to college for six years to become a librarian. Now I enjoy helping students do research and select books. I love to read and I also like working on the computer. In a library, there is always something new to learn.



Hi, I'm Ms. Jackson. I always wanted to be a teacher because I love working with children, and I always get to learn new things. I went to a four-year college, and then became a fifth grade teacher. I also like to play the piano, go canoeing and travel with my family.



Hi, I'm Ms. Drucker. I went to college for four years, and then to graduate school for two more years to earn my master's degree. Now, I'm a school counselor, and I enjoy meeting with students every day. I also like hiking and photography.



What Makes Me Unique?



Hi, my name is Chris.
Everyone is good at something. I'm really good at using the computer and drawing pictures.

What are you good at?



Hi. My name is Angela, and I have many qualities that make me unique. I am a good listener, I like helping people, and I am good at math and basketball.

What makes you unique?



Hi, I'm Maylee. We all have hobbies, talents and skills. I like to read magazines, listen to music and play video games.

What do you like to do?



Hello. I'm Marcus.
When we learn more about our interests and talents, we can make smart choices about our lives. I know that I feel good about myself when I help other people.

What activities make you feel proud of yourself?

Place a check (✓) next to those qualities that make you special. Think of other strengths that make you unique.

My Academic Skills

- I always do my homework.
- I listen to the teacher.
- _____
- _____

My Personal Strengths

- I am a great friend.
- I am a good listener.
- _____
- _____

My Family Strengths

- I help my family whenever I can.
- I share with my brothers and sisters.
- _____
- _____

My Talents

- I am good at a sport.
- I can play an instrument.
- _____
- _____

 How could you summarize this page?

Everyone is special in some way. Everyone has unique skills, talents, strengths and qualities. Think about what makes you unique.



I'm special because I'm a good brother. I'm a good listener and I help my mom around the house.



How I See Myself

Do you have a dream? The only thing between you and that dream is you. That's right. You have the potential to become anyone you choose to be. There will be many days when you get discouraged and think you are going backwards. But you have the ability to change the direction you are going just by the choices you make and the opportunities you take.

You know that feeling you get when you do something really great and you are proud of yourself? Then there are the other days when you feel like you can't do anything right and everyone is against you. Everyone has those moments. What is important is that you keep trying.

How you feel about who you are is called **self-esteem**. **High self-esteem** means that you believe in yourself and feel good about who you are. **Low self-esteem** means that you feel bad and do not believe in yourself.



Angela's Journal

Let's look at some entries from Angela's journal to see how she is feeling about herself. Think about how her days might affect her self-esteem. Sometimes bad things happen and we need to work hard at turning the day around for the better. Sometimes it works. Sometimes it does not.

After you read what Angela wrote for the day, circle the times she was able to make her day better and the positive things that happened during her day.

Tuesday, Sep. 3

School starts next week. I can't wait. Since we moved into our new neighborhood, I haven't met any kids my age. Mom says that I'll meet lots of new friends at my new school.

Monday, Sep. 9

Today was my first day at my new school. I was scared. Nobody talked to me and I didn't know anybody. I don't think anyone likes me. I ate lunch alone and was embarrassed. In the afternoon, we were given math homework already on the very first day. I did the math homework after school and it was easy.

Wednesday, Sep. 11

I made a new friend today. Her name is Maylee. She told me that she liked my earrings and played with me during recess. I asked her if I could sit with her at lunch.

Thursday, Sep. 12

The bus driver yelled at me this morning because I was late. I kept everyone waiting so he told me that the next time he wouldn't wait for me. I wanted to cry. When I sat down, the girl next to me said that the bus driver was always mad at everyone. When we got on the bus in the afternoon, the girl saved me a seat next to her. We talked on the way home. Her name is Sunie.

Monday, Sep. 23

I left my workbook at school and was not able to do my homework tonight. I forgot to do my homework yesterday too. I feel like I'm falling behind. I don't want to go to school. Maybe I will just watch TV.

Wednesday, Sep. 25

I wanted to play basketball with Marcus, Chris and Peter yesterday, but they didn't want to play basketball with a girl. Then, in afternoon gym class, I was the fastest runner. I beat everyone's time, even Marcus, who was the fastest runner last time. My gym teacher was very proud of me. He said that I should try out for track someday.

Monday, Oct. 7

Today, Maylee played with Sunie and me during recess. It's a lot more fun to play with more people. I'm glad that we can all be friends now.

Tuesday, Oct. 15

Today, I got a D on my math test because I have not been keeping up with my homework. I didn't know all of my multiplication facts. I used to be good at math. Now it scares me. After school, Maylee and I are going to hang out at my house and do our homework together.

Thursday, Oct. 17

Halloween is almost here. We don't have any money to buy a costume, but I love dressing up and being creative. I think that I finally got a good idea for a costume. My mom borrowed her sister's sewing machine and I am going to make two angel costumes, using old sheets. One is for me and one is for Maylee.

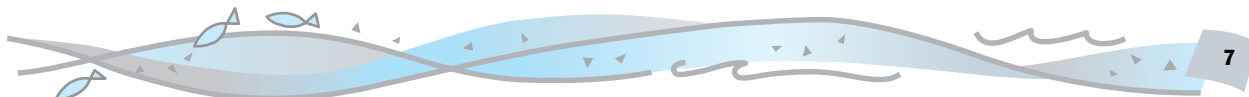
Whenever we have a couple of bad days in a row, we might start to think we can't recover. But we can. It starts by learning about what you can achieve and finding your potential. You can blame other people, or the situation, or you can work to turn things around. It's up to you.

What are some things that make you have a **good** day? _____

What are some things that make you have a **bad** day? _____

What can you do to make yourself feel better when you are having a bad day? _____

What can you do for your friends when they are having a bad day? _____



Who Are Your Mentors?

Chris: Everyone needs help now and then. My dad helps me with my homework, and my teacher sometimes stays after school to help me with my reading.

Marcus: Yeah, a woman at my church helps me sometimes when I have questions about my faith. It is important to have someone you can ask for help so that you can accomplish your goals. This person is called a mentor.

Chris: Let's read about other people's mentors.

Marcus & Chris



Angela

My Mentor: Ms. Drucker

Ms. Drucker is my school counselor. She is my mentor because she always helps me when I am having trouble in my classes or am not getting along with my friends. I really appreciate all she does for me. She really cares about the students at our school. Thanks, Ms. Drucker!



Peter

My Mentor: José Gutierrez

I would like to say thank you to my mentor, José Gutierrez. He is my soccer coach, but he has taught me about life as well. José always talks with me about my goals and what I want to be when I grow up. He understands that life isn't always easy, and he helps me to remember to think positively.



Tommy

My Mentors: Paul and Rosa Johnson

My father and mother are my greatest mentors. They showed me how to use my skills and talents. They encouraged me to go to college to become a psychologist so I could help people. They always supported me, especially when school got hard. Thank you, Mom and Dad, for all you've done for me.



Ilhan

My Mentor: Ms. Jackson

Ms. Jackson is my teacher and mentor. She is a very caring and understanding adult. She always encourages me to do well in school, and follow my dreams and goals. I have learned a lot from Ms. Jackson. She taught me to never give up!



Eddie

My Mentor: Rob McMillan


My older brother has mentored many people, including me. He is a good listener and enjoys helping me. When he moved to California, I went to visit him. Because of everything that my brother taught me, I decided to start my own business. To this day, he still offers advice and support when I need it.

My Mentors

You have read about some examples of who might be a mentor. Now think about who your mentors are.

My Mentors:		
Family members	People from school	People in my community
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

Research Project

 Sometimes we find mentors through school activities or at community events where we volunteer. Visit www.handsonwincities.org or www.volunteermatch.org to answer the questions below.

1. Look up volunteer activities in your area on the Internet. What did you find? _____

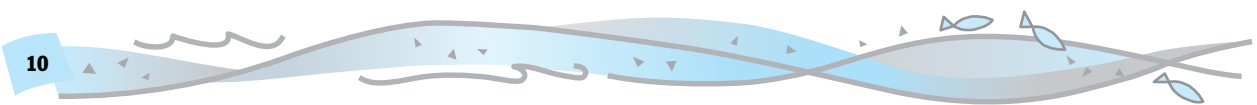
2. List community programs for which you would like to volunteer. _____

3. What programs can you get involved with at your school? _____

Learning About Me

It is important to know what you enjoy doing. Put a check (✓) in the box next to what you like to do, what you're good at and what you would like to learn more about:

	What I Like	What I'm Good At	Learn More About		What I Like	What I'm Good At	Learn More About
Act in plays	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Ride bikes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Care for animals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sell products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Collect data	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sew clothing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cook	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Count money	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Sketch or draw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cut or style hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take pictures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Take things apart	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Debate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Teach others	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Decorate things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tell jokes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do arts and crafts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Travel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do experiments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Watch TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do volunteer work	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work on computers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercise and work out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work outdoors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fix things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work with hands	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hike	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Work with kids	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Investigate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Write stories and plays	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learn languages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Listen to music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make speeches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Organize things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paint	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Play a sport	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Play an instrument	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Play games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Play video games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problem solving	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read maps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Put a check (✓) next to the subjects that you like and the subjects that you're good at:

Subjects	I Like	I'm Good At	Subjects	I Like	I'm Good At
Computers	<input type="checkbox"/>	<input type="checkbox"/>	Music	<input type="checkbox"/>	<input type="checkbox"/>
Geography	<input type="checkbox"/>	<input type="checkbox"/>	Reading	<input type="checkbox"/>	<input type="checkbox"/>
Gym	<input type="checkbox"/>	<input type="checkbox"/>	Science	<input type="checkbox"/>	<input type="checkbox"/>
Health	<input type="checkbox"/>	<input type="checkbox"/>	World Language	<input type="checkbox"/>	<input type="checkbox"/>
History	<input type="checkbox"/>	<input type="checkbox"/>	Writing	<input type="checkbox"/>	<input type="checkbox"/>
Math	<input type="checkbox"/>	<input type="checkbox"/>	Other	<input type="checkbox"/>	<input type="checkbox"/>

What you like to do + **What you're good at** = **Possible Career**
 (activities) (subject)



I like to work on the computer + **I am good at drawing** = **Possible Careers**
 Advertising Artist
 Architect
 Illustrator
 Graphic Artist
 Web Designer



I like to help animals + **I am good at science** = **Possible Careers**
 Animal Caretaker
 Animal Trainer
 Conservationist
 Marine Biologist
 Park Ranger
 Veterinarian



I like to do experiments + **I am good at science** = **Possible Careers**
 Astronomer
 Chemical Engineer
 Forensic Scientist
 Meteorologist
 Science Teacher
 Surgeon

Career Awareness

Fill in the boxes with what you like to do and what you're good at. Then make a list of possible careers.

What I Like to do _____	+	What I'm good at _____	=	Possible Careers _____ _____ _____
-----------------------------------	---	----------------------------------	---	--

What I Like to do _____	+	What I'm good at _____	=	Possible Careers _____ _____ _____
-----------------------------------	---	----------------------------------	---	--

What I Like to do _____	+	What I'm good at _____	=	Possible Careers _____ _____ _____
-----------------------------------	---	----------------------------------	---	--

Research Project

Explore other career possibilities on the Internet:

www.iseek.org

www.mncareers.org

www.careerkids.com

jobprofiles.monster.com



Skills & Interests

Having a **skill** means being able to do something well. (Example: math, writing, sports)

An **interest** is something that you like doing. Sometimes an interest turns into a skill. (Example: playing video games, arts and crafts, exercising)

What are your skills and interests? Check (✓) each box that applies to you.



Good with numbers

- Solving math problems
- Measuring
- Collecting/analyzing data
- Reading maps
- Doing experiments
- Saving money



Good with words

- Writing
- Reading
- Editing
- Explaining
- Debating
- Making speeches
- Telling jokes



Good with computers

- Keyboarding/typing
- Playing video games
- Using the Internet
- Fixing computers
- Working with programs



Good with people

- Teaching others
- Listening to others
- Sharing information
- Learning languages
- Leading others
- Giving advice



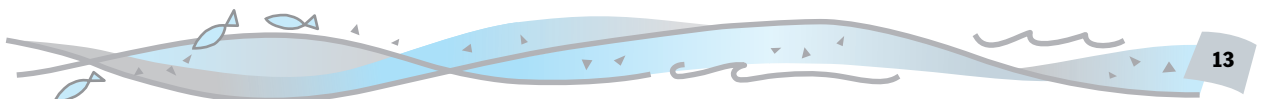
Good with hands

- Taking things apart
- Fixing things
- Building things
- Painting/drawing
- Cooking
- Cutting and styling hair
- Decorating
- Doing arts and crafts
- Experimenting
- Organizing things
- Sewing
- Taking pictures
- Playing musical instruments



Good with sports & fitness

- Exercising
- Dancing
- Hiking
- Riding bicycles
- Skateboarding
- Rollerblading
- Playing sports



Exploring Different Careers

Careers are put into categories, or groups, according to things they have in common. One example of a career category is "health careers". Jobs that fit in this group include doctors, pharmacists and nurses. Use the **career bank** to fill in the blanks for each of the career categories listed below.

Education

Example: Clergy/Religious leader

1. _____
2. _____
3. _____

Arts & Entertainment

Example: Architect, Screenwriter

1. _____
2. _____
3. _____

Medical & Health Careers

Example: Pharmacist, Physical Therapist

1. _____
2. _____
3. _____

Social Services

Example: Politician

1. _____
2. _____
3. _____

Technology

Example: Word Processor, Electrician

1. _____
2. _____
3. _____

Write three careers from this page that interest you and how many years of college you need for each.

Career	Years of College
_____	_____
_____	_____
_____	_____

Science

Example: Chemist

1. _____
2. _____
3. _____

Business

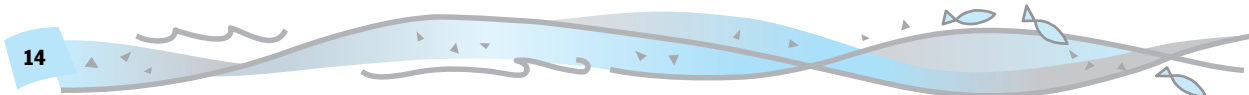
Example: Accountant, Broker

1. _____
2. _____
3. _____

CAREER BANK

The number by each career is the number of years of college you need for that career.

art director	4	lawyer	7
astronomer	6	marketing manager	4
author	4	mechanic	1-2
computer programmer.	4	nurse	2-4
cosmetologist.	1-2	nutritionist	2
counselor	6	paramedic	varies
forester	4	pilot	4 + license
geologist	4	police officer	2-4
insurance agent	4	real estate agent.	2-4
interpreter	varies	social worker.	4



Career Spotlight: Athlete

Professional athletes play sports in front of an audience and get paid for it. They must play their best in every game for the fans who pay money to watch. Professional athletes might practice more than 40 hours a week. They also have other team activities. These may include going to meetings or watching videos about the other teams. Athletes usually move to the city their team is in.

College Needed: Usually 4 years of college

Career Path: Professional athlete

Classes: Business classes
Communication
Health
High school/college-level sport
Physical education classes
Writing

Alternative Career Paths: High school or college coach
High school or college scout
Physical education teacher
Physical trainer
Professional scout
Sports announcer or writer
Sport shop owner

Skills Needed: able to practice something continually
ability to work with other people
be able to work hard
be very devoted to work
be physically fit



Career Spotlight: Doctor

Doctors work with people who are hurt or sick to help them heal and feel better. They work in hospitals, nursing homes, offices or clinics. People may need medical care at any time, so doctors work at night, on weekends and during holidays.

College needed: 4 years of college
4 years of medical school
2 years of residency

Skills Needed: ability to problem solve
ability to work with details
advising
hand coordination and skill
listening
number skills
pay attention to details
people skills
research skills

Classes: Communications
Health
Math
Nutrition
Physiology
Psychology
Research methods
Science

Career Paths: Dermatologist (skin doctor)
Ophthalmologist (eye doctor)
Pediatrician (children's doctor)
Podiatrist (foot doctor)
Surgeon (surgical doctor)

Alternative Career Paths: Chiropractor
Dentist
Nurse
Optometrist
Orthodontist
Pharmacist
Veterinarian

Some people have career mentors who help them reach their career goals. Maylee has found a doctor in her neighborhood to talk with. The doctor helps Maylee with her science homework. Maylee also volunteers in the doctor's office in the afternoon.



Career Spotlight: Teacher

Teachers help students learn the information they need. They teach many things, such as math, reading, social studies and languages. Teachers work at schools, and they work at other places, too. They may work at after-school programs, libraries or in programs like Get Ready.

College Needed: 4 years of college
(some careers require at least 2 more years of college)

Career Paths: College professor
Elementary teacher
High school teacher
Middle school teacher

Classes: Child development
Communications
Education classes
English/reading/writing
History/social studies
Math
Science

Alternative Career Paths: Corporate trainer
Curriculum writer
Principal
School counselor
Tutor

Skills Needed: ability to explain
ability to multi-task
ability to problem solve
ability to teach
leadership skills
organization skills
patience
people skills
presentation skills
self-confidence



Careers Require Skills

Cut out the career list on page 31. Next, choose those careers that interest you the most. Then glue each career below into the category that best fits the skills needed for each career. (Hint: They may fit into more than one category.)



Good with numbers

1. _____
2. _____
3. _____



Good with words

1. _____
2. _____
3. _____



Good with computers

1. _____
2. _____
3. _____



Good with people

1. _____
2. _____
3. _____



Good with hands

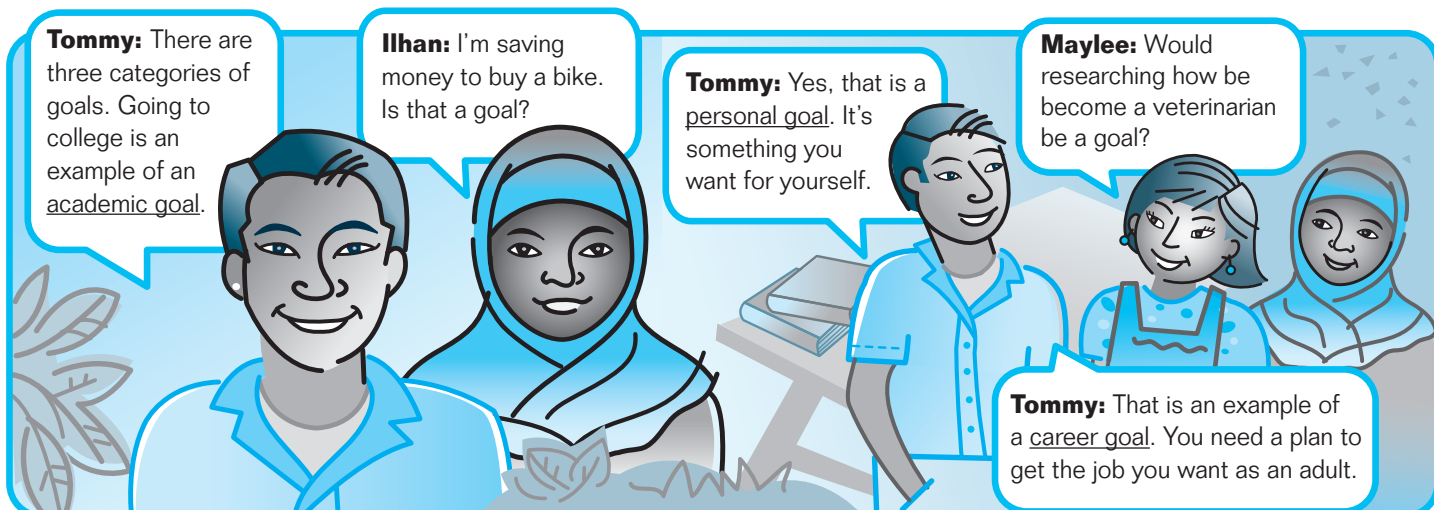
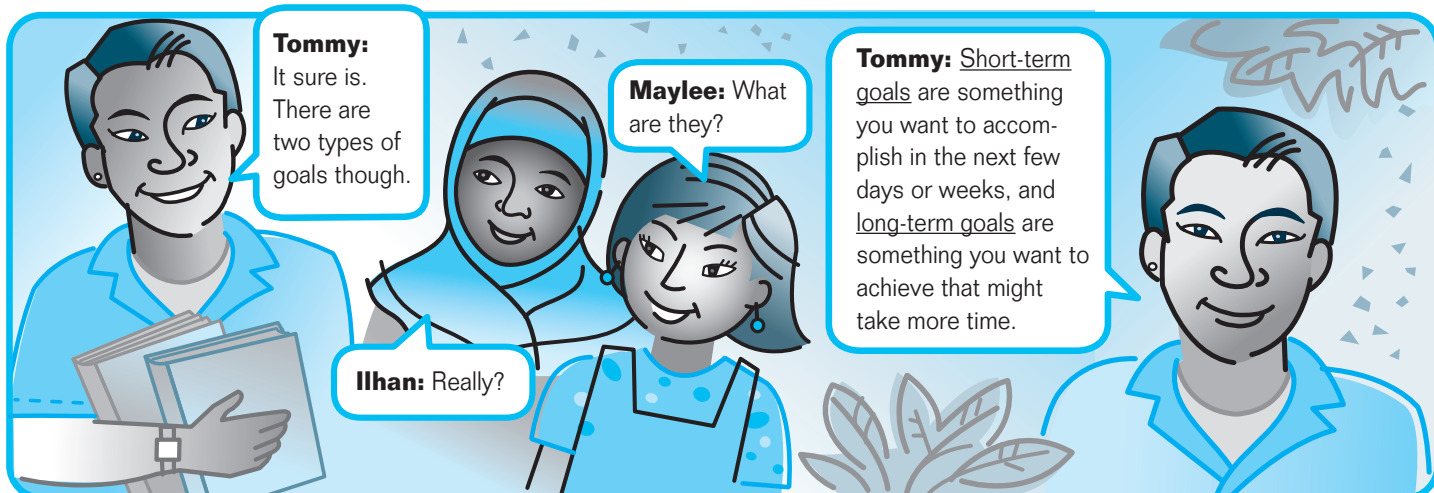
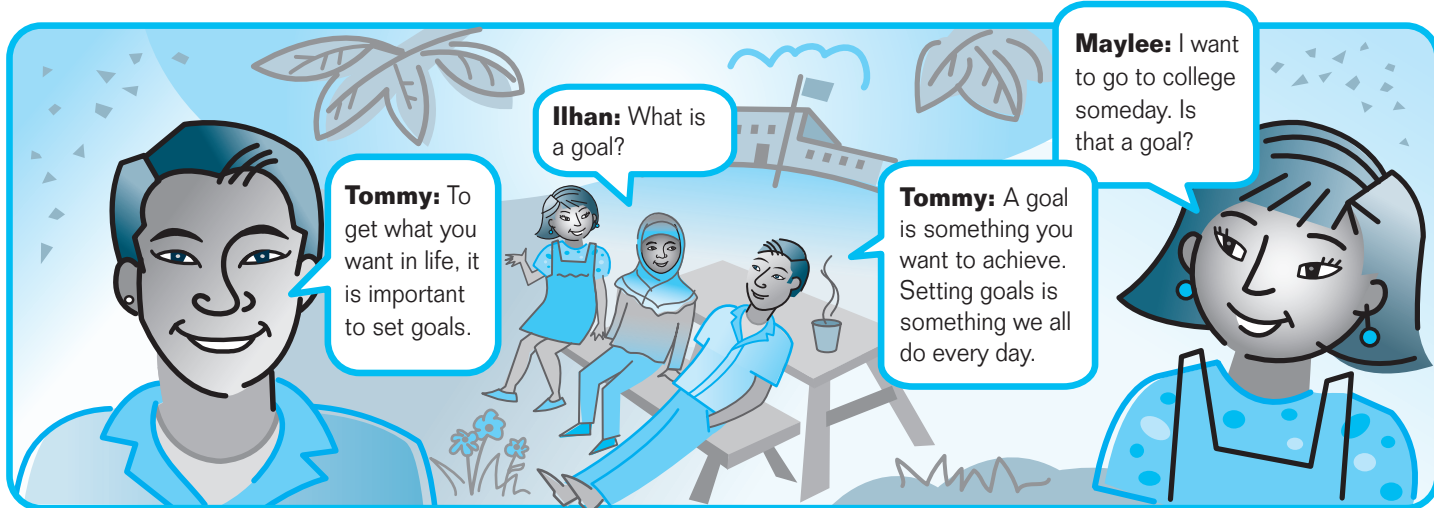
1. _____
2. _____
3. _____



Good with sports & fitness

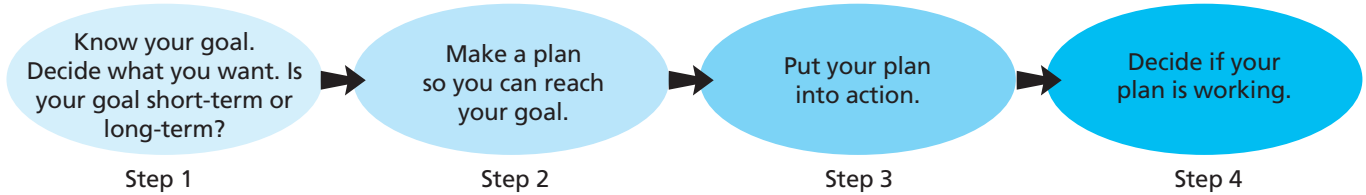
1. _____
2. _____
3. _____

Going for the Goal

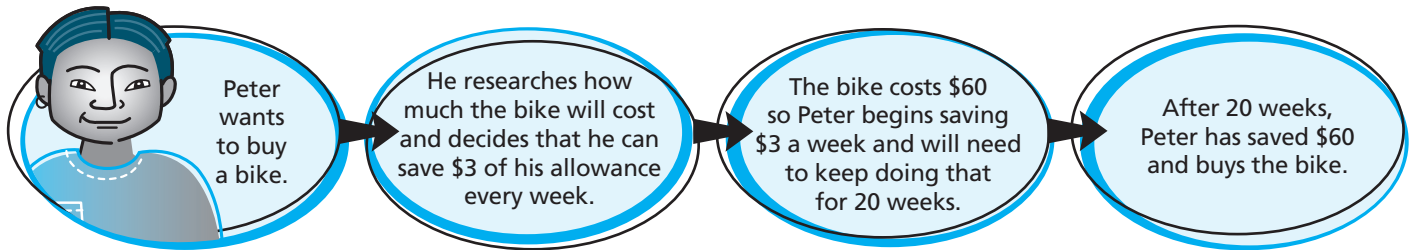


Planning for a Goal

There are four steps to goal setting. If you don't reach your goal after the last step, remember to go back and keep trying.

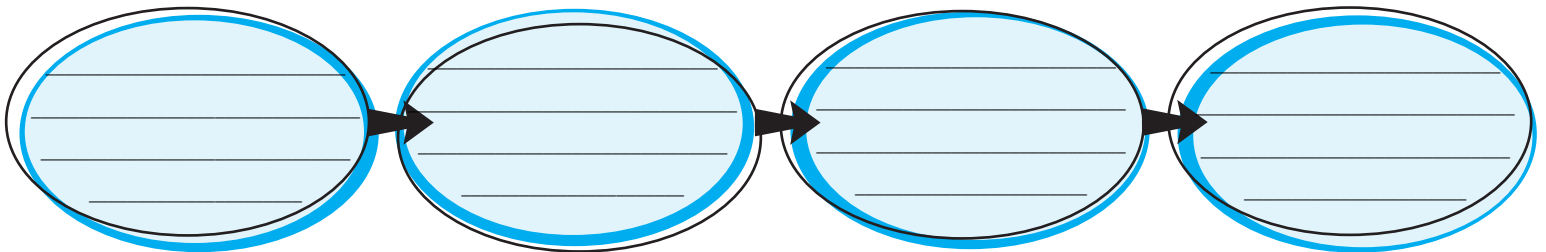


Peter used these steps to reach his goal:



What is one of your goals?

Using the four steps, fill in the ovals below showing how you could reach your goal.



Remember that everyone reaches their goals differently. You may have the same goal as many of your friends, but you may have a different plan to reach that goal and may accomplish it in a different way.

There are three different categories that goals fit into: personal, career and academic. Match the character's goals below to the correct category.

Maylee wants to do better in math.

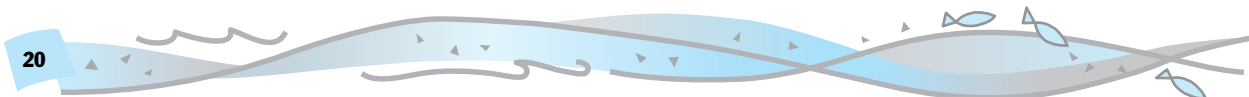
___ Personal Goal

Ilhan wants to make new friends.

___ Career Goal

Peter wants to be a landscape architect.

___ Academic Goal



Setting Personal Goals

Chris: Ms. Drucker, I seem to be having trouble making friends. It isn't much fun to come to school every day without friends.

Ms. Drucker: Maybe you should set a **personal goal** of being a good friend. A personal goal is something you want to achieve in your own life.

Chris: What do you mean?

Chris & Ms. Drucker

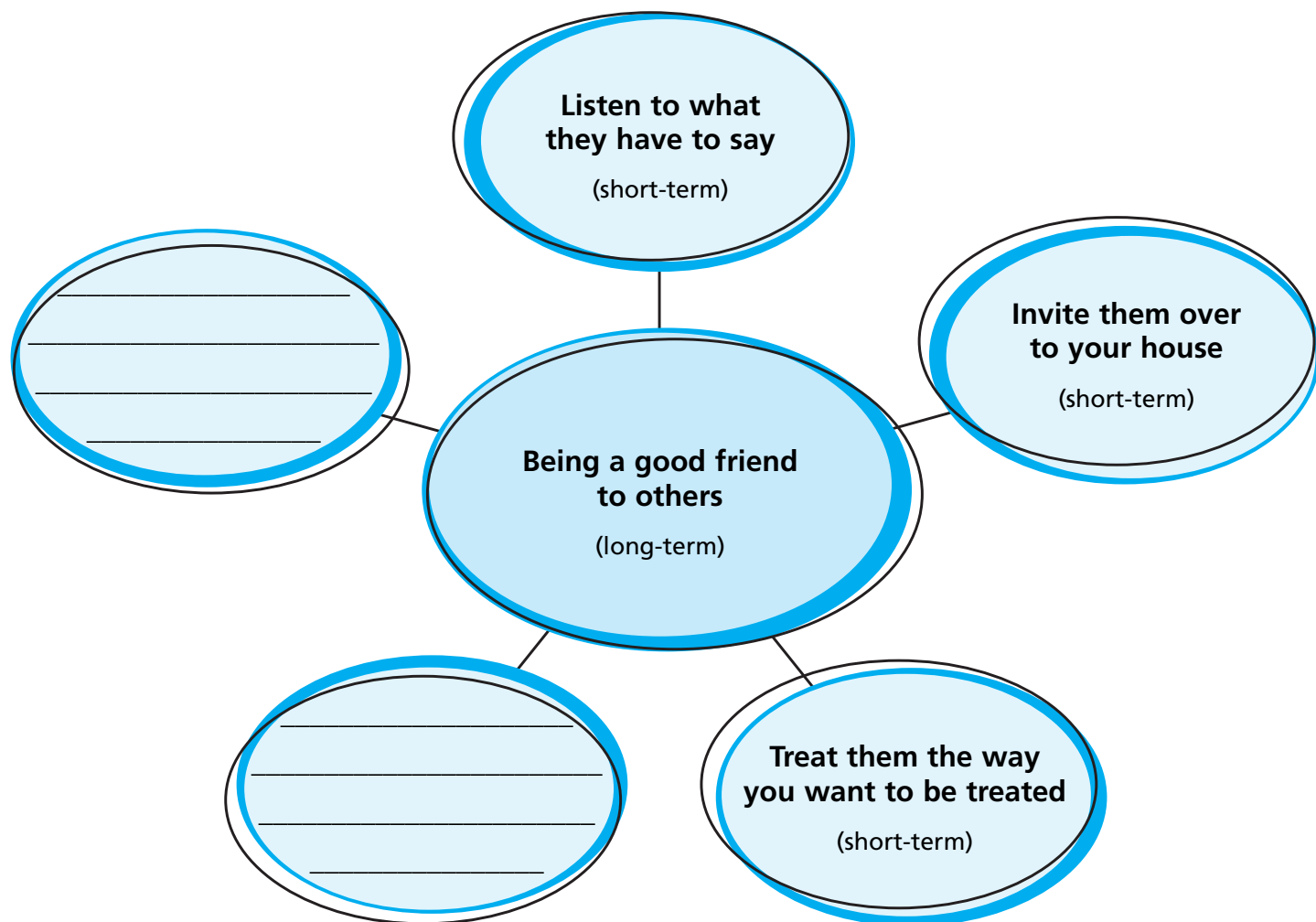


Ms. Drucker: Well, it takes work to be a good friend. Your long-term goal could be to become a good friend, and you could work on more than one short-term goal at a time.

Chris: That sounds like a good idea. I know I could become a better listener.

Ms. Drucker: Great. Listening to others is one of your short-term goals. What else can you work on to become a better friend?

Help Chris by reading the ideas he and Ms. Drucker have already come up with in the web below. Then fill in two more short-term goals for Chris to work on.



Setting Academic Goals

Marcus: Hi, Mrs. Girard! Would you help me with my math? I haven't been doing well in class.

Mrs. Girard: Sure! You can use goal-setting steps to come up with a plan to reach your academic goal of doing better in math. An **academic goal** is a goal you set that relates to your school work. For example, if you want to get at least a B on your next math test, then you might plan to study your math homework for fifteen minutes every day.

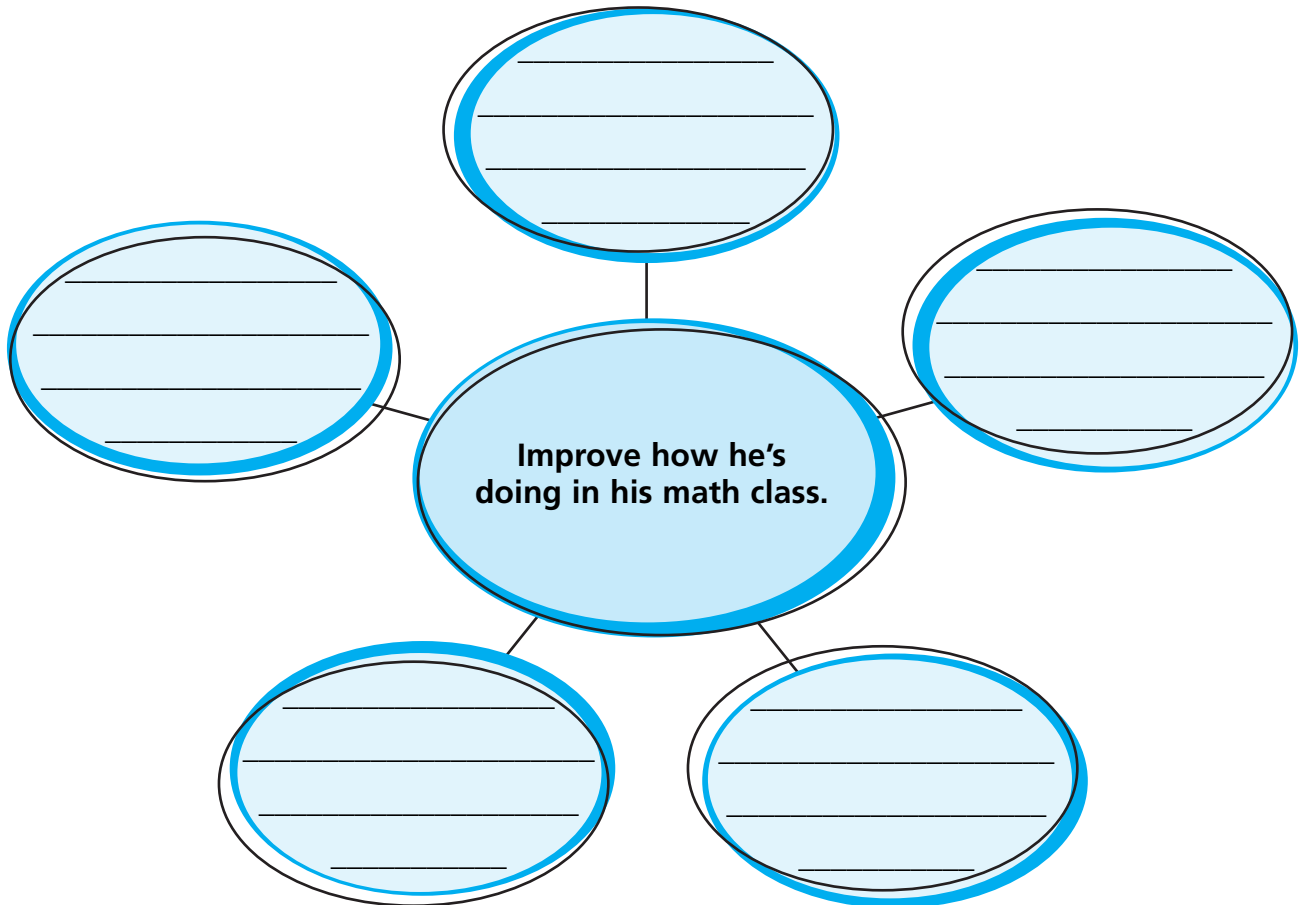
Marcus & Mrs. Girard



Marcus: That's a good idea because it seems like I'm always forgetting what we learned the day before. I could also work with a friend and we could quiz each other after school.

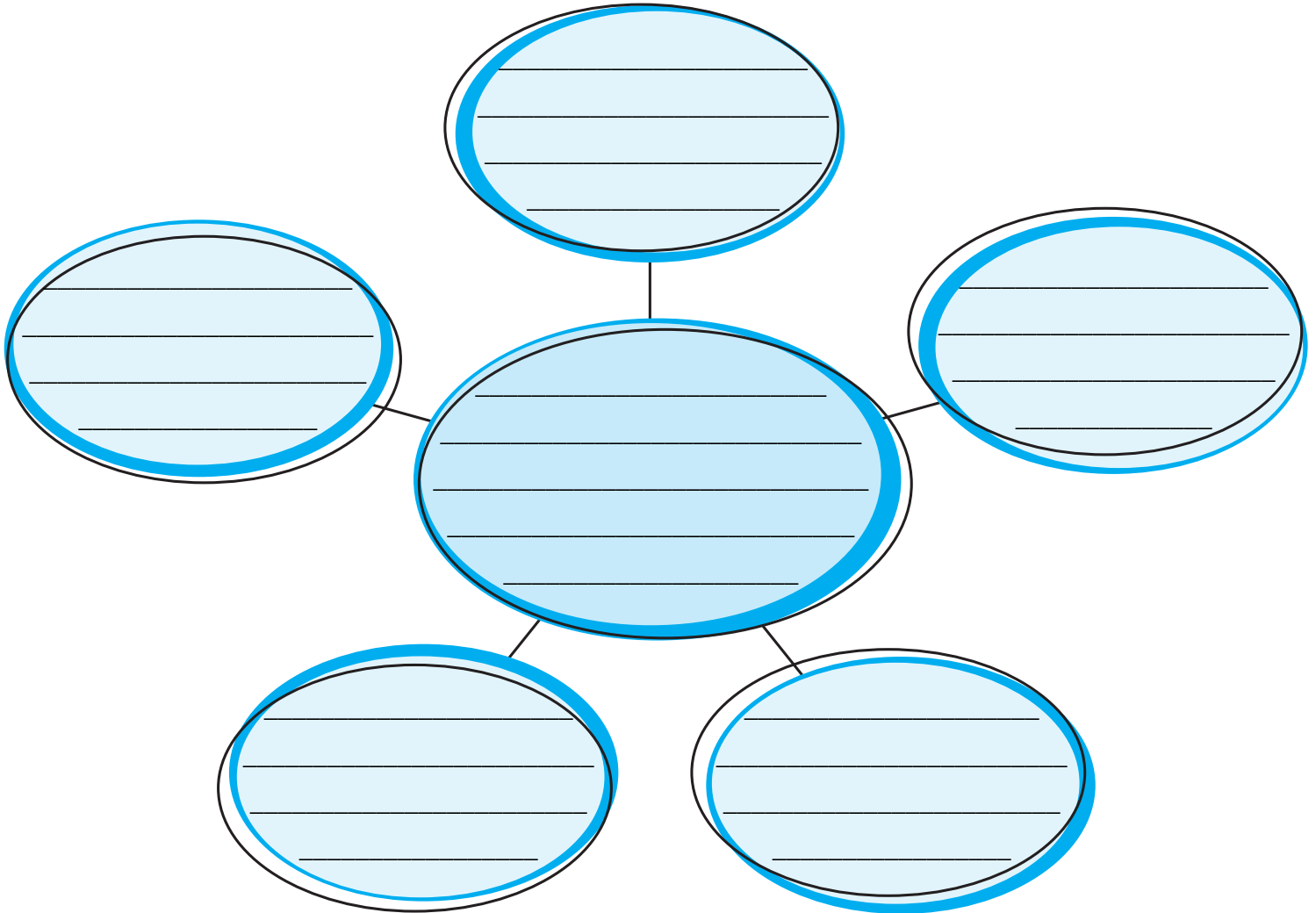
Mrs. Girard: Excellent idea. You could also make flashcards for yourself. Write a vocabulary word on one side and the definition on the back. Then use the cards to quiz yourself or a friend. Remember though, the most important thing to do is pay attention in class and be sure you finish your work.

How could Marcus improve how he's doing in his math class?



What is an academic goal you have for yourself?

Write it in the center of the web below and write the short-term goals in the outer ovals.



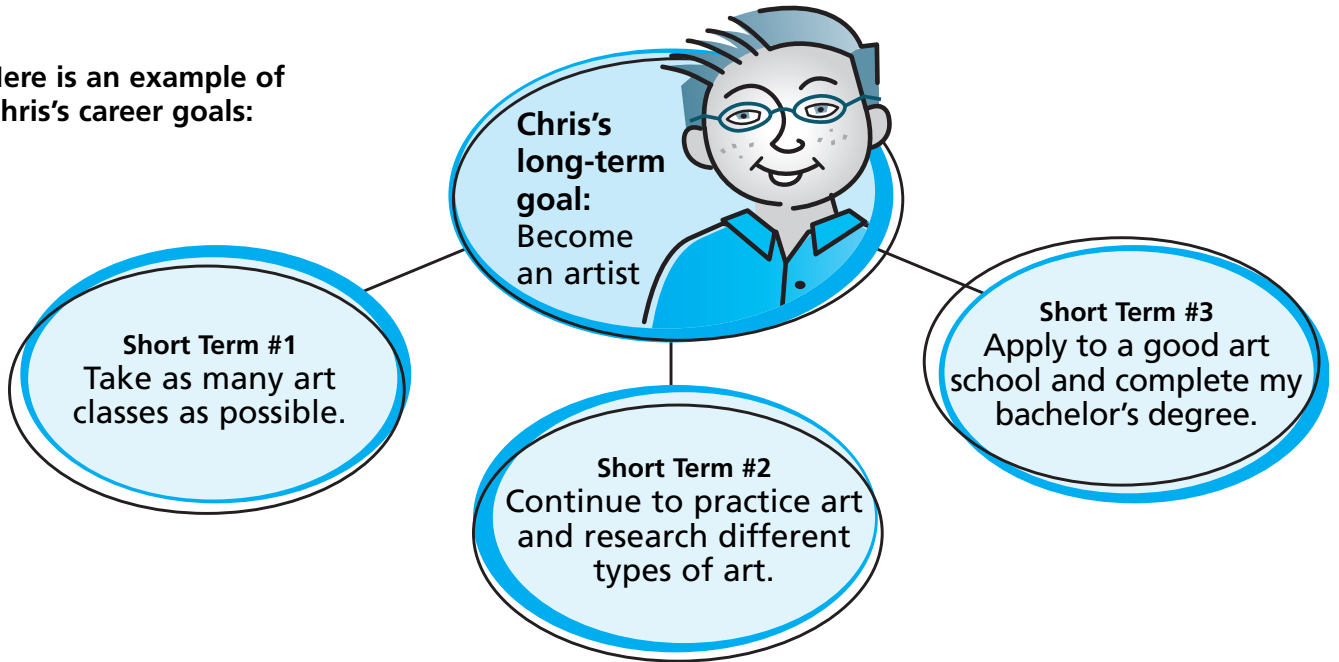
What are two other academic goals you would like to achieve?

1. _____
2. _____

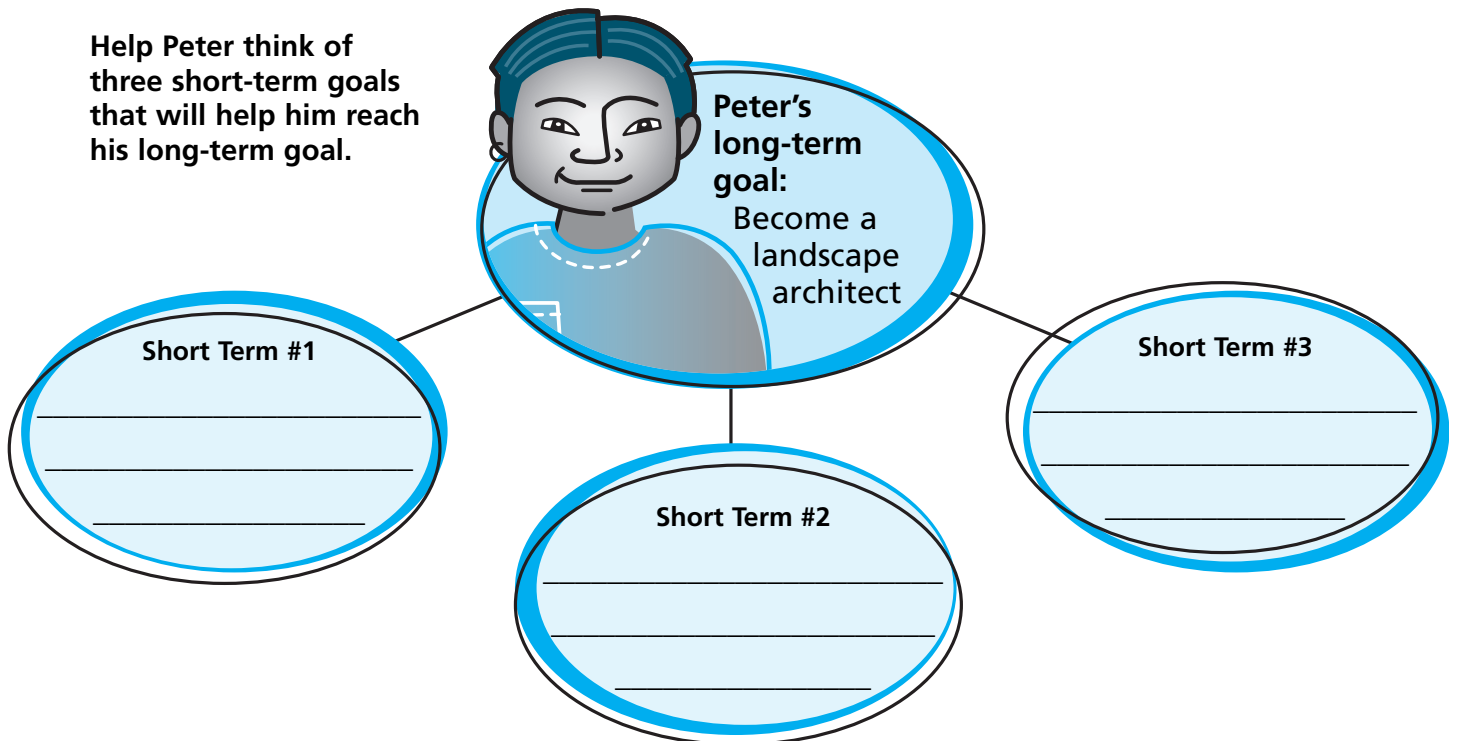
Setting Career Goals

Deciding what career you want as an adult can be a difficult decision. It is helpful to have career goals to guide you. **Career goals** are goals you set to help you get the job you want as an adult. Your long-term career goal will be the career you want to have and the short-term career goals will be the steps you need to accomplish to reach the long-term goal.

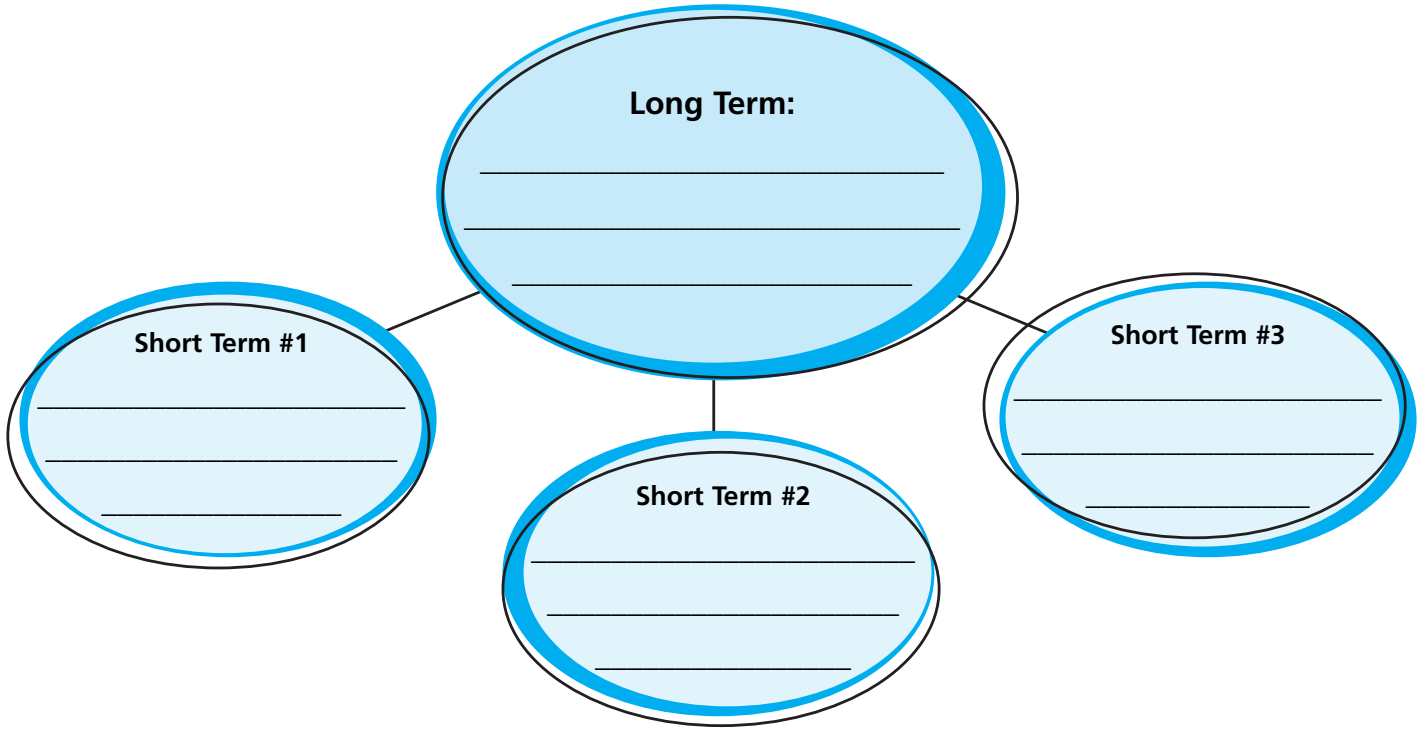
Here is an example of Chris's career goals:



Help Peter think of three short-term goals that will help him reach his long-term goal.



Now, complete a career goal chart for yourself.



Thinking about different careers now is important because you don't want to be stuck doing something you don't enjoy. Just think of the thousands of hours you will be working during your life. It's important to explore different options.

Brain Teaser

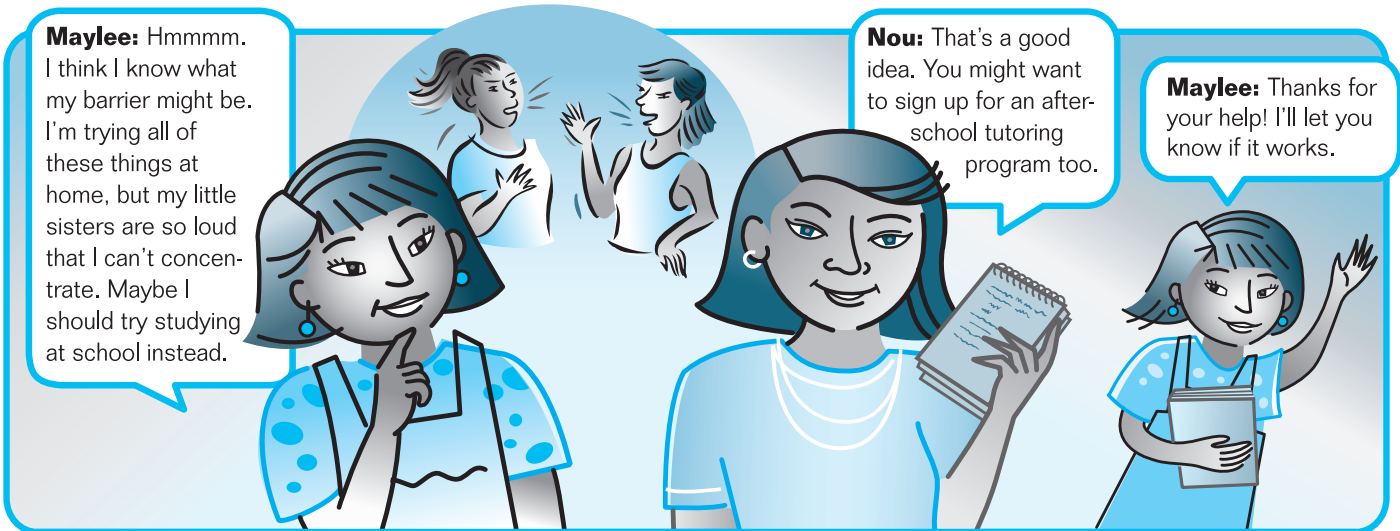
If you graduated from college and started working at age 22 and retired at age 65, then:

How many years will you have worked? _____

Assuming you work eight hours a day and five days a week, what is the total estimated hours you will have worked?

When Barriers Get in Your Way

Sometimes your plans just don't seem to be working. Read this conversation between Maylee and Nou to discover how you can fix a plan when it isn't working out the way you want.



Remember to take these steps if your plan isn't working:

1. Ask yourself why your plan is not working.
2. Identify your barriers.
3. What can you do to make it work?
4. Change your short-term goals to fix the problem.

Let's practice identifying barriers with our cast of characters:



Peter's long-term goal:
Buy a new skateboard this summer.

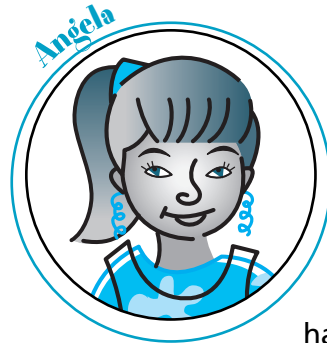
His short-term goals are to save money from his allowance, ask for money for birthday presents and ask neighbors for jobs to do.

However, Peter realizes that he isn't very good at saving his money.

What is the barrier? _____

Plan to Overcome Barrier

1. _____
2. _____
3. _____
4. _____



Angela's long-term goal:
Start a garden at home to practice raising flowers.

Her plan is to buy soil and seeds at the local hardware store. Angela's dad tells her that there isn't any

extra room at their apartment to make space for a flower garden.

What is the barrier? _____

Plan to Overcome Barrier

1. _____
2. _____
3. _____
4. _____

Can you think of a barrier you might face in getting into college?

What is your plan to overcome this barrier?

1. _____
2. _____
3. _____
4. _____

What is one of your long-term personal or career goals?

What is a barrier you could face in reaching it?

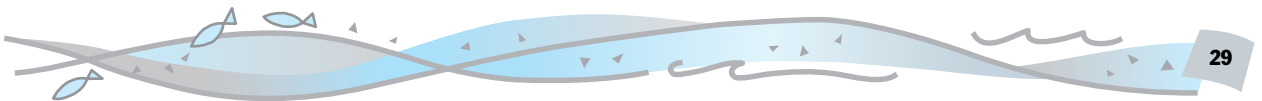
What is your plan to overcome this barrier?

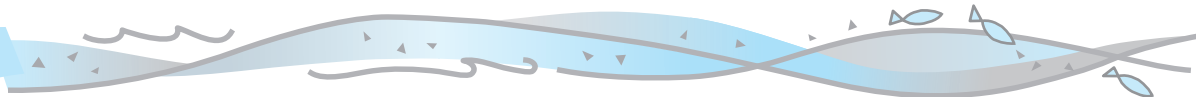
1. _____
2. _____
3. _____
4. _____

What Is the College Experience All About?

You've learned about self-esteem, careers and goal setting. You will probably need to go to college to achieve your career goal(s). What are some things you already know about college? Write your ideas in the ovals below.

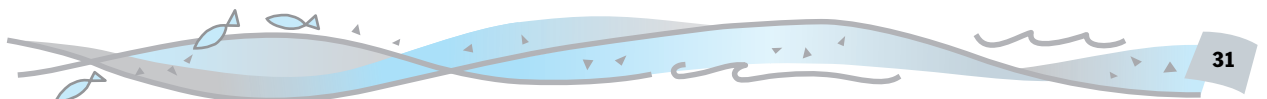
A central oval contains an illustration of a college campus with a flagpole, a building, and a path, with the word "College" written below it. Six surrounding ovals are connected to the central one by lines and are blank for writing.



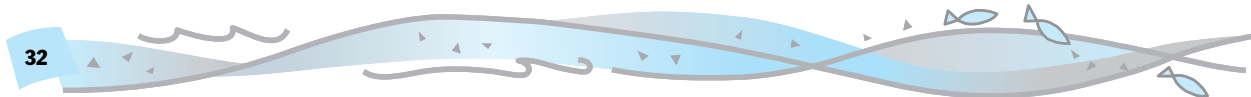


Career List

Accountant: manages other people's money	Dental Hygienist: cleans teeth and looks for signs of oral disease	Physical Therapist: works with injured people to help them gain movement
Actress/Actor: acts in plays, movies and on television	Dietician: works with a person's diet to help heal or prevent disease	Pilot: flies aircrafts
Architect: designs or draws plans of buildings	Doctor: provides medical advice and treatment to patients	Police Officer: protects people from crime and enforces the law
Artist: creates art	Electrician: assembles, installs and maintains building electrical systems	Politician: elected to represent the people of a city, state or country
Astronomer: studies the sun, stars, planets and galaxies	Engineer: designs and builds products and buildings	Producer: finds financing for and supervises shows, plays or films
Author: writes books and articles	Financial Advisor: teaches money management skills	Professional Athlete: plays a sport at a high level
Biologist: studies living things such as plants and animals	Forensic Scientist: collects and studies evidence to solve crimes	Psychiatrist: diagnoses and treats addictive and emotional disorders
Broadcaster: puts on a radio or television program	Geologist: studies rocks and minerals that make up the earth	Real Estate Agent: helps people rent, buy and sell property
Broker: manages other people's money	Graphic Designer: creates artwork and designs products	Screenwriter: writes the script for a movie or television show
Business Owner: runs their own company	Interpreter: translates languages to help people communicate	Singer: performs songs for entertainment
Cartoonist: draws cartoons	Lawyer: helps people or organizations with their legal rights	Social Worker: works with people to solve personal or family problems
Chemist: mixes and tests chemicals in a laboratory	Marketer: advertises products and services to sell things	Teacher: helps students learn in school
Clergy: leads worship services and offers support to people	Mechanic: fixes cars, motorcycles and trucks	Trainer: coaches people to help them stay in good health
Computer Programmer: writes and tests software for computers	Medical Technician: helps doctors	Veterinarian: takes care of and gives medical attention to animals
Computer System Analyst: analyzes and solves computer problems	Nurse: cares for the sick and injured	Web Designer: creates and designs Web sites
Cosmetologist: cuts and styles hair	Paramedic: treats and takes injured people to hospitals	Zoologist: studies the behavior and diseases of animals
Counselor: listens to and helps people solve their problems	Pharmacist: fills prescriptions written by medical professionals	



8 years of college	2-4 years of college	4 years of college
2 years of college	4 years of college	Varies
2-4 years of college	8 years of college	6 years of college
4 years of college	3-5 years of college	Varies
4 years of college	4 years of college	6 years of college
Varies	4 years of college	4 years of college
8 years of college	4 years of college	6 years of college
2-4 years of college	4 years of college	2 years of college
4 years of college	4 years of college	Varies
Varies	Varies	Varies
4 years of college	7 years of college	Varies
4 years of college	4 years of college	6 years of college
4 years of college	1-2 years of college	4 years of college
8 years of college	2 years of college	4 years of college
2 years of college	2-4 years of college	4-6 years of college
8 years of college	2 years of college	1-2 years of college
	8 years of college	6 years of college



Glossary of Terms

Academic Goal: A goal you would like to reach in school or your learning.

Bachelor's Degree: A degree earned after about four years of college.

Barrier: Something that gets in the way of you reaching your goal.

Budget: A plan for how to spend and save money.

Campus Visit: A trip to a college or university to learn more about the school.

Campus: Where your college classes, buildings, teachers, friends and activities are located.

Career: Your area of work or the job you have.

Career Goal: A goal you want to reach about the kind of job you want or have.

College: A type of school you attend after high school that offers a degree. Universities are often referred to as a "college".

College Entrance Exam: A test often required by four-year colleges to help determine which students to admit to their school. The most common tests are the ACT and SAT.

Community College: Schools that prepare students for certain jobs or to transfer to a four-year college.

Credit: A measure of how much a class is worth. You need a certain number of credits to graduate from high school and college.

Debt: Money a person owes.

Degree: What you get after you graduate from a college, like an associate, bachelor's, master's or doctoral degree.

Dormitory: An on-campus building where students live during the school year. Also called a "dorm" or "residence hall".

Expenses: The money you spend.

Financial Aid: Money to help pay for college.

Grade Point Average (GPA): The average of a student's grades, typically based on a four-point scale.

Grant: Money for college from the government that does not have to be repaid.

Guidance Counselor: A person at school who helps students prepare for college and careers.

Higher Education: Any education after high school. It's also referred to as "postsecondary" or "college".

Interest: Something you enjoy doing. Also, interest can be either a charge for borrowing money or the amount that money earns while sitting in a bank account.

Loans: Money college students or their parents borrow to help pay for college. It must be repaid with interest, even if the student doesn't graduate.

Major: An area of study that you focus on while in college. Students usually major in an area they might like to work in some day.

Mentor: An older person who gives support and guidance to a younger person.

Personal Goal: A goal you would like to reach in your personal life.

Postsecondary: Any education after high school. This is often called "higher education" or "college".

Private College: Funding for the school generally comes from tuition, fees and private sources.

Public College: Funding for the school generally comes from the state government.

Resumé: A summary of a person's skills, activities and work experience often used when applying for a job.

Room and Board: Housing costs (room) and what it costs for meals (board) during the school year.

Salary: The amount of money a person makes per year.

Saving: Putting money aside for future use.

Scholarships: Money given to college students because of a special achievement, ability or background. It does not have to be repaid.

Self-Esteem: How we feel about who we are.

Skill: Being able to do something well.

Technical College: Colleges that offer employment courses and programs which teach specific knowledge and skills leading to certain jobs.

Tuition: What it costs to take classes and use certain facilities at college. Tuition does not include room and board, books and other fees.

Tutor: A person who helps students with their school work.

Undergraduate Student: Any college student without a bachelor's degree.

University: A type of school you attend after high school that offers a degree and a wide variety of majors. Universities are often referred to as a "college".

Work Study: Jobs offered through a college and funded by the government to help students pay for college.





Minnesota Office of Higher Education
1450 Energy Park Drive, Suite 350
Saint Paul, MN 55108-5227
Tel: 651.642.0567 or 800.657.3866
TTY Relay: 800.627.3529
Fax: 651.642.0675
E-mail: info@ohe.state.mn.us
www.getreadyforcollege.org
www.ohe.state.mn.us

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My Personal Information

Name: _____
School: _____
Teacher: _____
Grade: _____

About Get Ready

The Get Ready program helps prepare students from low-income families and those from groups traditionally under-represented in college with college planning information, academic tutoring and information on career and higher education options. The program is administered by the Minnesota Office of Higher Education and is funded in part by the Gaining Early Awareness and Readiness for Undergraduate Program (GEAR UP).

About GEAR UP

GEAR UP is a discretionary federal grant program of the U.S. Department of Education created to increase the number of low-income students who are prepared to enter and succeed in postsecondary education.

About the Minnesota Office of Higher Education

The Minnesota Office of Higher Education is a cabinet-level state agency providing students with financial aid programs and information to help them gain access to postsecondary education.



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