

ICAN & Iowa College Aid  
present

# On Track

Fall Kick-Off to College Planning  
**2023**



ICAN<sup>®</sup>  
Succeed. In Education. In Career. In Life.



Success Strategies for College & Career Planning

# CLASS OF 2027



DES MOINES UNIVERSITY  
MEDICINE & HEALTH SCIENCES

**HAWKEYE**  
COMMUNITY COLLEGE

**SIMPSON**  
**COLLEGE**

**IOWA**

**UNI** / University of  
Northern Iowa.

**P** UNIVERSITY OF WISCONSIN  
**PLATTEVILLE**

## **Our Mission:**

**ICAN empowers lowans to find success  
in career, college, and life.**

*Succeed. In Education. In Career. In Life.*

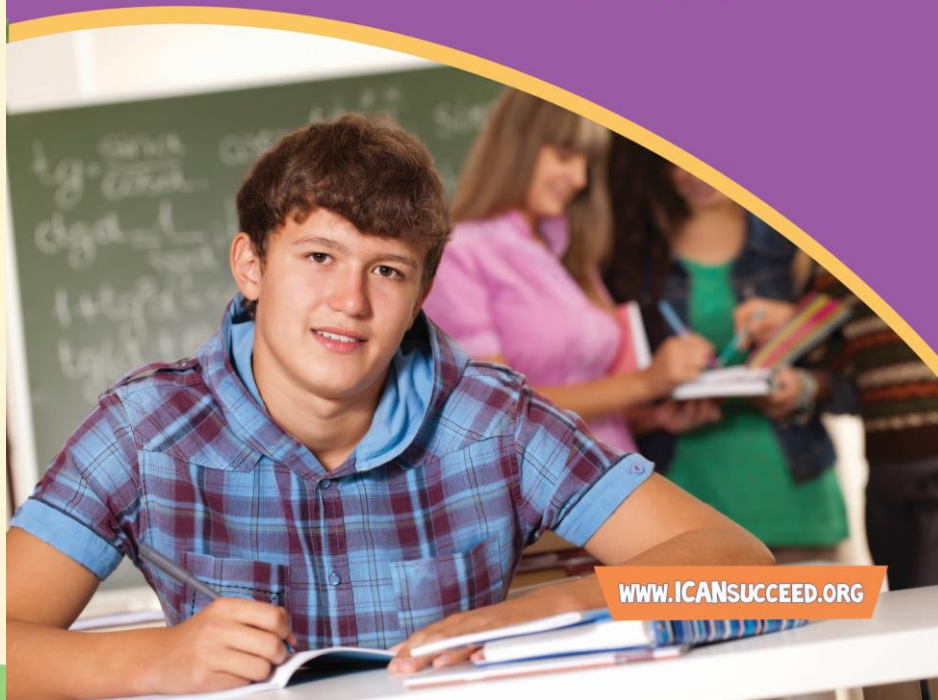
# ICAN<sup>®</sup>

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2023-2024

## FRESHMAN TRANSITIONS

A Guide to Beginning High School



WWW.ICANSUCCEED.ORG

## FRESHMAN CALENDAR COUNTDOWN TO YOUR FUTURE



PRESENTED BY

IOWA

www.iowa.edu



### August

- ☐ Schedule a FREE planning session with an ICAN Advisor at [ICANSucceed.org/apt](https://www.icansucceed.org/apt). Virtual appointments are available using Zoom.
- ☐ Check out an ICAN Freshman Transition event at your school or stream online by visiting [ICANSucceed.org/videos](https://www.icansucceed.org/videos).
- ☐ Prepare for the future with the ICAN Tip of the Week sign up at [ICANSucceed.org/signup](https://www.icansucceed.org/signup).
- ☐ Earn scholarship money for classes you take, activities you are involved in, and events you attend. Visit [Raise.Me](https://www.Raise.Me), create a free account and start earning scholarship money.
- ☐ Stay organized with a planner or planning app.

### September

- ☐ Ask your parents and other adults what they like and dislike about their careers. Find out what type of training or education is required for each job.
- ☐ Extracurricular activities are a great way to meet new people and scholarship organizations consider a student's involvement in school and community activities. Keep track of your participation with an activities resume, a great resource for scholarship and admission applications. Download a template at [ICANSucceed.org/materials](https://www.icansucceed.org/materials).
- ☐ Consider attending the Golden Circle College & Career Fair. For event details visit [ICANSucceed.org/goldencircle](https://www.icansucceed.org/goldencircle).

### October

- ☐ Think about what you like to do, what you're good at and what you value most. Talk to your counselor about assessments to help you identify a potential career. Visit [ICANSucceed.org/interests](https://www.icansucceed.org/interests) and take an assessment to find career pathways to explore at [MyACT.org](https://www.MyACT.org). Pathways identify similar careers based on interests and skills identified through a career assessment.
- ☐ Discover different education and training options. Visit [CollegeSapto.com](https://www.CollegeSapto.com) to explore four-year options. Visit [ICANSucceed.org/CTOptions](https://www.ICANSucceed.org/CTOptions) to learn about Iowa's technical and two-year programs. Visit [ICANSucceed.org/careertraining](https://www.ICANSucceed.org/careertraining) to learn about apprenticeships.

### November

- ☐ Talk to your parents about your plans for the future. Discuss your personal and academic strengths and your plan to reach your goals.
- ☐ Work with your school counselor and select courses that are recommended for your career pathway. If you are college-bound, optimum preparation includes four years of English, math, science, social studies, and foreign language.
- ☐ Read in your free time to develop a strong vocabulary, which is an important component in college entrance exams.

### December

- ☐ Volunteer in your community. Some scholarships are awarded based on community service.
- ☐ How are your computer skills? Become proficient in common computer applications such as Word®, Excel®, and PowerPoint® and learn how to use the Internet as a research tool.
- ☐ Is there a college you've always dreamed of attending? What about a trade that fascinates you? Research careers online and identify three that interest you. Find three college majors or training programs that meet the education and training requirements of each career.

### January

- ☐ Become familiar with the types of financial aid available for college. Financial aid includes grants, scholarships, work-study, and loans. Grants and scholarships don't have to be paid back. Work-study enables students to earn money by working on campus. Loans must be repaid. Visit [ICANSucceed.org/payforcollege](https://www.icansucceed.org/payforcollege) to learn more.
- ☐ Compare college costs throughout the country by visiting [Chegg.com](https://www.Chegg.com).
- ☐ Saving money is the best way to prepare for the cost of education and training. Talk to your parents about a college savings plan to help cover college costs.

### February

- ☐ 68% of the fastest-growing jobs require education or training beyond high school. Research careers to learn more about your options. Which jobs are in demand? What type of education or training is required? Work with ICAN on a plan. Call (877) 272-4692 or visit [ICANSucceed.org/apt](https://www.icansucceed.org/apt) to schedule, virtual appointments are available.
- ☐ Meet with your school counselor to select your classes for 10th grade. Choose your courses wisely. Do your classes align with the pathway recommendations? Which classes should you take to best prepare for your pathway? Is there a job shadow opportunity?

### March

- ☐ Begin looking at potential job shadow opportunities that will help you explore a career pathway during your summer break or as part of your course schedule for sophomore year.
- ☐ Make the most of your summer. Search for summer camps in your area of interest (e.g., sports, music, drama, or academics).
- ☐ Stay strong through the end of the year and do your best. Freshman grades are the foundation of your GPA, which can impact college admission and scholarships.
- ☐ Consider attending the ICR Future Career & College Fair. For details visit [ICANSucceed.org/ICRFuture](https://www.icansucceed.org/ICRFuture).

### April

- ☐ Do you have friends or family who are high school seniors? Talk to them about their plans. Ask them how they made their decisions and what was involved in the process.
- ☐ Attend a game, play, concert or other cultural event on a local college campus to get exposure to the campus environment. Can't get to campus? Take a virtual tour of schools that interest you.
- ☐ Build relationships with teachers, counselors, coaches, and community members. Some could write letters of recommendation when it's time to submit scholarship and/or college applications.

### May

- ☐ Learn about the world of work through job shadowing, volunteering, or interning this summer.
- ☐ Start a summer reading list. Reading helps keep your mind sharp and on track for next year.
- ☐ If you're an athlete hoping to play sports in college, plan ahead. Learn about college athletic requirements at [ICANSucceed.org/collegiateathletes](https://www.icansucceed.org/collegiateathletes).

### June

- ☐ Will you be attending summer camp on a college campus? If so, while you're there, think about whether you'd like to attend that college.
- ☐ Update your [Raise.Me](https://www.Raise.Me) account to earn additional scholarship dollars.
- ☐ Talk to family members, friends, teachers, counselors, and coaches about how they picked their career and their planning experiences.

### July

- ☐ Review your career assessment results and make a list of colleges you're interested in researching based on your results. Visit [ICANSucceed.org/colleges](https://www.icansucceed.org/colleges).
- ☐ Participate in hobbies and activities related to your career interests.
- ☐ Don't be afraid to change your career goals as you learn more about yourself and the world of work.

Visit [www.icansucceed.org/apt](https://www.icansucceed.org/apt) or call (877) 272-4692 to schedule an appointment. Virtual appointments available.

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# ICAN Advising Services

- ▶ Career Exploration and Assessment
- ▶ College Exploration
- ▶ Paying for College
- ▶ College Visits
- ▶ College Selection & Applications
- ▶ Scholarship Process
- ▶ CSS Profile
- ▶ Free Application for Federal Student Aid (FAFSA)
- ▶ FAFSA/Financial Aid Offer Review
- ▶ Understanding Student Loans
- ▶ Alternative Funding Options for College

**To Schedule a Virtual Appointment:  
Call (877) 272-4692 or visit [ICANSucceed.org/apt](https://ICANSucceed.org/apt)**



# A Well Rounded Experience

## ▶ Academics

- Understand how your academic choices fit into your plan for the future

## ▶ Extra-Curricular Activities

- Variety is the spice of life

## ▶ Work

- Develop your people skills & save some cash

## ▶ Social Life

- Create a positive social life and make responsible choices

# Why It's Important to Plan

- ▶ How many have thought about what you want to do after high school?
- ▶ Why is it important to plan ahead?
- ▶ Think about the people you know with jobs.
  - How many seem to enjoy their jobs?
  - How many seem to not be happy with their jobs?
- ▶ The more you explore and plan, the more likely you are to find the job that you will love.

# Career Clusters



## Agriculture, Food, & Natural Resources

Career paths in agriculture, natural resources, horticulture, food production, and the environment.



## Applied Sciences, Technology, Engineering, & Math

Career paths in architecture and construction, manufacturing, STEM, transportation, distribution, and logistics.



## Business, Finance, Marketing, & Management

Career paths in business, finance, marketing, management, and administration.

# Career Clusters



## Health Sciences

Career paths in nursing, medicine, pharmacy, nutrition, physical therapy, and health science.



## Human Services

Career paths in education/training, human services, hospitality & tourism, government & public administration, law, public safety, corrections, and security.



## Information Systems

Career paths in arts, audio/visual technology, graphic design, communications, and information technology.



# Education & Training Options

- ▶ Students should consider careers they are interested in and find the education or training solution that meets the career qualifications
- ▶ Every pathway has options for education & training
  - Apprenticeship or Career Training Program
  - A year of training (diploma or certificate)
  - Two-year degree
  - Four-year degree
  - Graduate Study

# Develop a Four-Year Plan

- ▶ Four-Year Plan is an outline of the classes to be taken each year of high school.
- ▶ Keep track of your plan.
- ▶ Include all high school graduation requirements.
- ▶ Review education/training program admission requirements.
- ▶ Align your career pathway with your four-year plan.
- ▶ Work with your school counselor each year.

# Optimum Preparation

Subject Area	Optimum Years	Sample Courses
English/ Language Arts	<b>4 years</b>	advanced composition, speech, communication, journalism
Math	<b>4 years</b>	algebra, geometry, trigonometry, calculus, stats
Science	<b>4 years</b>	biology, earth science, chemistry, physics (with lab)
Social Studies	<b>3 – 4 years</b>	geography, U.S. history, world history, government, economics
World Language	<b>4 years</b>	any one language
Electives	<b>1 – 3 years</b>	Fine/performing arts, computer science/technology, CTE (business, family/consumer science, industrial tech, ag)

Source: Iowa Board of Regents

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# Be Active & Get Involved

- ▶ Gain experience and skills outside of the classroom
  - Extra-Curricular Activities & Community Service
- ▶ Build Skills
  - Leadership
  - Teamwork
  - Organization & Time Management
- ▶ Improve Interpersonal Abilities
- ▶ Learn about careers

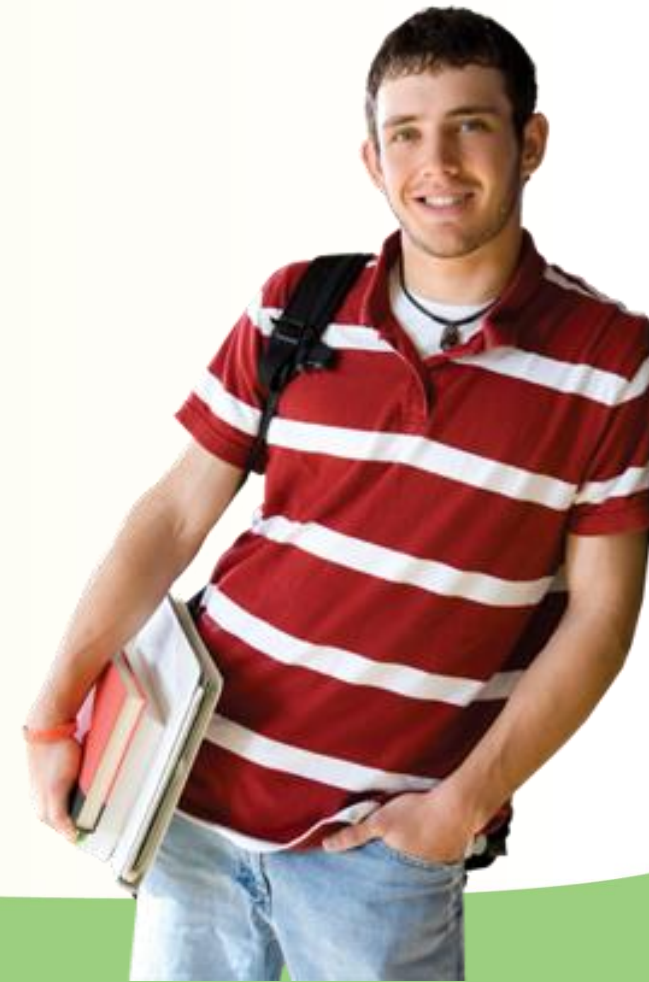
# Involvement = Scholarships

## ▶ Get Involved

- Clubs and extracurricular activities
- Volunteer
- Part-time jobs

## ▶ Advantages

- Time management
- Teamwork and leadership skills
- Scholarships



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# A Parent's Role

- ▶ Provide Support & Guidance, but avoid hovering and doing everything for your student
  - Teach Life Skills
  - Time Management/Everyday Life
  - People Skills
  - Money Management

# Time Management & Everyday Life

- ▶ Make sure your students know how to do everyday tasks
  - Laundry
  - Cooking
  - Basic car maintenance
- ▶ Time Management
  - Use personal calendar or app
  - Track appointments and due dates for bills
- ▶ Prioritize
  - How much is too much?
  - What comes first? When is it OK to say NO?

# Character Education

## “People Skills”

- ▶ Being articulate, well-dressed and professional, with the ability to present themselves and their ideas to a group, are skills everyone should possess
  - Confident handshakes
  - Eye contact and posture
  - Public speaking
  - Decorum and respect

# Money Management

## ▶ Banking

- Setup a checking/savings account
- Familiarize and use online banking

## ▶ Budgets

- Setup and stick to a budget. Use an online app

## ▶ Credit

- What is credit, how does it work and affects your credit score

## ▶ Loans and interest rates

- What types of loans are available. How do interest rates work



- Tip of the Week Video
- Grade-Level Alerts
- Event Alerts & Reminders
- Social Media



[ICANSucceed.org/facebook](https://www.facebook.com/ICANSucceed)



[twitter.com/ICANSucceed](https://twitter.com/ICANSucceed)



CHANNEL: [IowaCollegeAccess](https://www.youtube.com/channel/IowaCollegeAccess)



Instagram

[instagram.com/iowacollegeaccess](https://www.instagram.com/iowacollegeaccess)

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33rd Annual

# GOLDEN CIRCLE College & Career Fair

**SUNDAY, SEPT. 24, 2023**

1p.m. - 3 p.m.

Prairie Meadows Conference Center  
(Next to Adventureland)

1 Prairie Meadows Dr - Altoona

**IOWA'S LARGEST  
COLLEGE & CAREER FAIR**

**BRINGS TOGETHER EXHIBITORS**

**COLLEGES & UNIVERSITIES**

**CAREER TRAINING**

**APPRENTICESHIPS**

**IN ONE PLACE**

[ICANSucceed.org/goldencircle](https://ICANSucceed.org/goldencircle)



Sponsored by:



# SP<sup>3</sup> – Student Planning Pointers for Parents

- Email service for parents of students in 8<sup>th</sup> through 12<sup>th</sup> grade
- The email service is designed to help parents and their students plan for education and training after high school by:
  - Giving timely information based on the grade of the student and time of the year
  - Helping prompt conversations between parents and students about preparing for life after high school
- How It Works
  - Register at [www.SP3.org](http://www.SP3.org)
  - Receive two emails per month on relevant topics
  - Use the tools and tips with your student
  - Be entered into quarterly drawings for 529 colleges savings plan deposits (40 winners of \$250 deposits each quarter)



# ISL Education Lending Scholarship

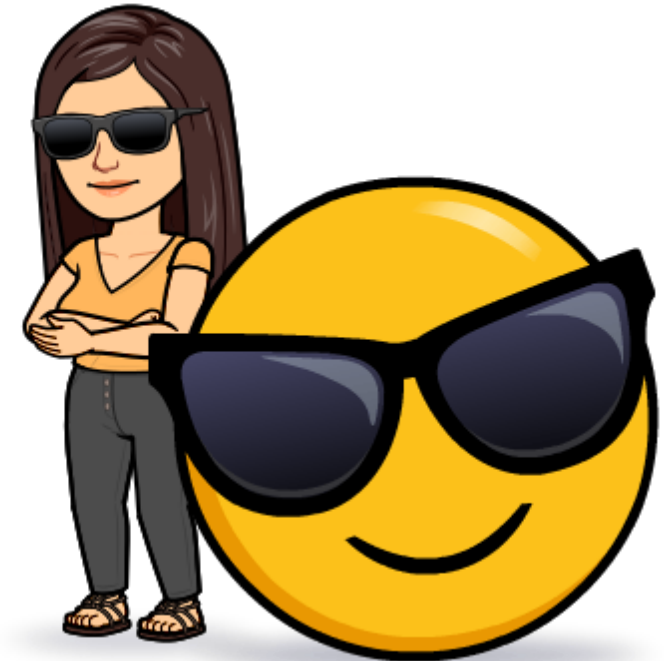
[www.iowaStudentLoan.org/CollegeSavings](http://www.iowaStudentLoan.org/CollegeSavings)

- ▶ 45 \$1,000 deposits into college savings accounts
- ▶ Open to Iowa residents who are:
  - Iowa high school student
  - Undergraduate college students
  - Parents/guardians or individuals who hold College Savings Iowa accounts for the student
- ▶ Open September 1–November 30, 2023
- ▶ Recipients chosen through random drawings
- ▶ Educational components
  - Tips with multiple-choice questions at registration
  - Emailed tips throughout program period



# Virtual College Coach - Texting

- **What?**
  - College coach to guide you through the college-going process via text
- **Why?**
  - Your coach is available to answer questions right through your phone!
  - Assistance navigating the college-going process
  - Guidance through the summer transition
- **Who?**
  - High school students, grades 9-12
  - High school student parents, grades 9-12



# Text with your Virtual College Coach

- Receive tips & reminders throughout the college-going steps:
  - Prepare
  - Apply
  - Finance
  - Decide
  - Go
- Deadline-driven:
  - Scholarship Alerts
  - FAFSA Completion
  - Submitting Applications
- Information about state-wide or regional college-going events





# Sign Up!

Students & parents can sign up for text message support on our webpage:  
[www.iowaCollegeAid.gov/VirtualCoach](http://www.iowaCollegeAid.gov/VirtualCoach)

Or scan the QR Code:



**SIGN  
ME UP** 

