

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 2025



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 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)**



## JUNIOR CALENDAR COUNTDOWN TO YOUR FUTURE



Visit [www.ICANSucceed.org/apt](http://www.ICANSucceed.org/apt) or call (877) 272-4692 to schedule an appointment to create a plan for career and college, as well as financial aid. Virtual appointments are available.

### August

- ❑ Prepare for college and career with the ICAN Tip of the Week; sign up at [ICANSucceed.org/signup](http://ICANSucceed.org/signup).
- ❑ Learn about college fairs and events in your area. Visit [ICANSucceed.org/events](http://ICANSucceed.org/events) and [ICANSucceed.org/collegefairs](http://ICANSucceed.org/collegefairs).
- ❑ Keep your grades up. Colleges look at your overall GPA through all four years of high school.
- ❑ Review your college savings plan; start saving money if you haven't already done so.
- ❑ Learn about careers that interest you with an assessment at [MyACT.org](http://MyACT.org) or use your high school's assessment. Talk to your school counselor.
- ❑ Talk to your parents and your school counselor about careers that interest you.

### November

- ❑ Review brochures and viewbooks from colleges that interest you. Make a list of 10 to 15 colleges that fit your career pathway interests.
- ❑ Download the College Checklist from [ICANSucceed.org/materials](http://ICANSucceed.org/materials) to stay organized.
- ❑ Start planning to take the SAT® or ACT® exams, if required. Familiarize yourself with registration deadlines and test dates. Take advantage of online test preparation resources.
- ❑ Explore your options by meeting with college representatives and career speakers at your school.

### February

- ❑ Determine an education/training budget based on salary expectations for your chosen career or industry. Visit [MyACT.org](http://MyACT.org). Check out your Return on Investment (ROI) tool at [iowastudentloan.org/ROItool](http://iowastudentloan.org/ROItool).
- ❑ Make sure you enroll in senior classes that prepare you for your career pathway that fits your assessment results. Include job shadows or internships that give you a hands-on look at your future opportunities.
- ❑ Register now if you plan to take the April ACT®.
- ❑ Talk to your school counselor about AP® courses and CLEP® tests. Consider taking honors or college-level classes.

### May

- ❑ Narrow your college or apprenticeship choices to your top five and highlight the important features of each. Make a second visit if necessary.
- ❑ Take AP exams if needed.
- ❑ Find a summer job related to your career interest.
- ❑ Polish your resume; if required, assemble writing samples, a portfolio, or audition video.

### September

- ❑ Attend the Golden Circle College & Career Fair, Iowa's largest. Talk with Iowa employers, colleges from across the country. For details visit [ICANSucceed.org/goldencircle](http://ICANSucceed.org/goldencircle).
- ❑ Check with your school counselor to register for the PSAT/NMSQT®, a two-part exam similar to the SAT®. Scores are used to determine National Merit Scholars.
- ❑ If interested, research military education benefits. Visit [ICANSucceed.org/militaryoptions](http://ICANSucceed.org/militaryoptions).
- ❑ Learn about apprenticeship opportunities at [ICANSucceed.org/careertraining](http://ICANSucceed.org/careertraining).

### December

- ❑ Research scholarships. Keep an ongoing file of scholarship and financial aid information (such as criteria, amounts, contact persons and deadlines). Check out [ICANSucceed.org/scholarships](http://ICANSucceed.org/scholarships) for free scholarship searches. Avoid scholarship searches that charge fees.
- ❑ Register now if you're planning to take the January SAT® or February ACT®. Visit [Chegg.com](http://Chegg.com) for test prep tools and resources.
- ❑ Make a list of colleges to consider. Use online college match tools such as [Chegg.com](http://Chegg.com) or [CollegeRaptor.com](http://CollegeRaptor.com) to find the best fit.

### March

- ❑ Attend the ICR Future Career & College Fair, Eastern Iowa's largest. Find your career pathway, talk with employers, colleges & universities from across the country. Visit [ICANSucceed.org/icrfuture](http://ICANSucceed.org/icrfuture) for details.
- ❑ It's time to schedule college and apprenticeship program visits. Revisit your career assessment results and schedule visits with programs and schools that meet your career and budget needs. During each visit, meet with the admissions and financial aid offices. Download a helpful checklist at [ICANSucceed.org/materials](http://ICANSucceed.org/materials).
- ❑ If you plan to take the May SAT® register now.
- ❑ Consider taking a summer course at a local college.

### June

- ❑ Schedule final campus visits.
- ❑ Begin completing private scholarship applications.
- ❑ Save your summer earnings to pay for college.
- ❑ Prospective student athletes, there are lots of steps to becoming a college athlete. Learn about college athletic requirements at [ICANSucceed.org/collegiateathletes](http://ICANSucceed.org/collegiateathletes).

### October

- ❑ Schedule a planning session for career, college, or financial aid with an ICAN advisor. To schedule visit [ICANSucceed.org/apt](http://ICANSucceed.org/apt) or call (877) 272-4692. Virtual appointments are available.
- ❑ Attend a college/career fair and talk with representatives to start researching potential education and training programs. Visit [ICANSucceed.org/collegefairs](http://ICANSucceed.org/collegefairs).
- ❑ Find information about Iowa colleges at [ICANSucceed.org/explore](http://ICANSucceed.org/explore). Request information from colleges that interest you.
- ❑ Visit with your school counselor to discuss ways to increase your chances of being admitted to your education/training program of choice.

### January

- ❑ Go over your plans for the future with ICAN - schedule an appointment at [ICANSucceed.org/apt](http://ICANSucceed.org/apt).
- ❑ Register now to take the March SAT. Pick up a study guide or review online resources.
- ❑ Prepare for the financial aid process; attend an ICAN seminar. Visit [ICANSucceed.org/events](http://ICANSucceed.org/events) for dates and times.
- ❑ Review your school's master calendar for 'No School' days to schedule campus visits.
- ❑ Explore your options by meeting with college representatives and career speakers at your school.

### April

- ❑ If you take AP courses, consider AP exams. You could earn college credit.
- ❑ When visiting colleges or training programs take notes and highlight what is most important to you. Download the Campus Visits worksheet for questions to ask and departments to visit at [ICANSucceed.org/resourcezone](http://ICANSucceed.org/resourcezone).
- ❑ Compare your impressions of each college and rank them according to preference. Narrow your list.
- ❑ Register now for the June ACT® or SAT®.
- ❑ Update your activities resume with volunteer work, academic achievements and employment.

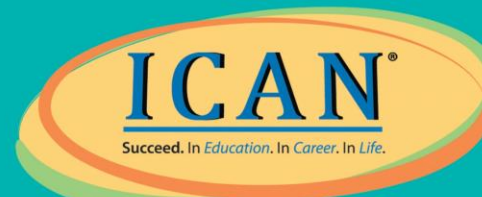
### July

- ❑ Obtain and review college admission applications.
- ❑ Consider which teachers, employers or other adults you'll ask to write letters of recommendation.
- ❑ Create a spending plan. It's easy to get in over your head. Talk with your parents to consider your options or learn more at [ICANSucceed.org/budgeting](http://ICANSucceed.org/budgeting).

This calendar is sponsored by:



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2023-2024

# LIFE AFTER HIGH SCHOOL

A Guide to Career and College Planning



[WWW.ICANSUCCEED.ORG](http://WWW.ICANSUCCEED.ORG)

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# Set Career & Education Goals

- ▶ Set goals based on your assessment results and interests
- ▶ Career planning is an on-going process
  - Do you need to build certain skills
  - Learn more about certain subjects or topics
  - Gain more experience in certain areas
  - Create a financial plan between now and your career
- ▶ Not having goals can increase your overall costs and debt

# 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.



# Well-Rounded Academics

- ▶ Challenge yourself with challenging courses
- ▶ Follow your pathway recommendations for high school courses to gain experience and learn more about your potential future career
- ▶ Go beyond high school graduation requirements
- ▶ Participate in extracurricular activities, volunteer, or work part-time



# Review Four-Year Plans

- ▶ Your Four-Year Plan outlines 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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# Why Optimum Preparation

- ▶ Recommended as courses that best prepare for college-level academics
- ▶ College-bound students, or students with career goals heavily focused in math or science should take the fourth year of math and science
- ▶ Studies show taking a year off can lead to remedial courses at the college-level and make the transition to college much more difficult
- ▶ Remedial courses often DO NOT count as college credit but cost the same as regular college courses

# Entrance Exams

- ▶ Take standardized tests junior year
  - ACT® or SAT® Exams
  - Prepare
  - Score well
  - Retake (if allowed)
  - ACCU-Placer or ASSET®
- ▶ Work closely with admission offices to learn about each college's requirements

# Iowa Board of Regents Admission Index (RAI)

245 or greater is required for admission

Element	Your Statistics		Element Score
ACT or SAT Composite Score	_____	x 3 =	_____
High School GPA	_____	x 30 =	_____
Number of Core Subject Area Courses Completed in High School	_____	x 5 =	_____
Add All Element Scores Together to Find Your RAI Score =			

[www.regents.iowa.gov/RAI](http://www.regents.iowa.gov/RAI)

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# Plan for College

- ▶ Get Involved
  - Clubs and extracurricular activities
  - Volunteer
  - Part-time jobs
- ▶ Advantages
  - Time management
  - Teamwork and leadership skills
  - Scholarships



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# Activities Resume

- ▶ School information
- ▶ Academic information
- ▶ Activities
  - Number of activities
  - Years in activities
  - Leadership in activities
- ▶ Honors/awards/talents
- ▶ Community Service
- ▶ Volunteer Work

Mallory Morgan	
419 Main Street • Anytown, Iowa 12345 • (999) 555-1234 • mmorgan@gmail.com	
<b>Education</b>	
Iowa High School	
GPA 3.77; Class Rank 84/386	
ACT Composite - 26	
Academic Awards: Academic Letter, National Honor Society and Honor Roll (4 yrs)	
<b>School Activities</b>	
Editor-in-Chief of The Spectator (school newspaper)	Grades 11-12
Student Council Vice-President	Grade 12
Class Treasurer	Grade 11
School Play - set designer	Grades 10-12
Soccer	Grades 9-12
Team Captain - Grade 12	
<b>Community Involvement</b>	
Assistant Little League Coach	Grades 11-12
Church Youth Group	Grades 9-12
Hospital Volunteer	Grade 11
Food Pantry Volunteer	Grades 9-11
Humane Society Volunteer	Grade 10
Total Community Service Hours	232 Hours
<b>Employment</b>	
Waitress, The Restaurant	Grades 11-12
Provided menus, met special customer needs, took orders, brought food to tables, refill glasses, and cleaned tables.	
Grocery Clerk, The Store	Grade 9
Provided customer service, including greeting customers, bagging groceries and answering their questions. Also assisted with stocking shelves and maintaining a clean and safe environment. Assisted with other duties as assigned.	
<b>Honors &amp; Awards</b>	
AP Scholar	Grades 11-12
Service & Leadership Award	Grade 11
Soccer MVP	Grade 11

# Education & Training Options

- ▶ Apprenticeship/Career Training Program
- ▶ Certificate (3-9 months)
- ▶ Diploma (9 months-1 yr)
- ▶ Associate's Degree (2 yrs)
  - Associate of Applied Science (Career/Technical)
  - Associate of Arts or Science (4yr transfer)
- ▶ Bachelor's Degree (4 yrs)
- ▶ Master's Degree (5+ yrs)
- ▶ Doctorate Degree (6++ yrs)
- ▶ Military or Specialized Training

# Tips for College Fairs

- ▶ Visit at least five college booths
  - Compare schools
  - Separate from your friends
  - Look on your own
- ▶ Look over exhibitor list
  - Have they sent you information?
- ▶ Collect brochures & business cards
  - Get a contact name
- ▶ Make a good impression
  - Representative you meet may be involved in admission decisions

# Make Campus Visits

Start visits sophomore and junior year and while college is in session.

- ▶ Make appointments
  - Campus tour
  - Overnight stay - if allowed
  - Sit in on a class
  - Meet with faculty and/or current students
  - Visit the Financial Aid Office
- ▶ Is there a career center on campus?
- ▶ Ask questions and revisit if needed
- ▶ Write down your impressions. Take pictures
- ▶ How does it feel?



# Prepare for College

## ▶ Junior Year

- Focus on grades and involvement in high school
- Pick 7-10 schools based on your research & visit
- Request information/attend college fairs
- Talk to college representatives at your high school
- Start application process during the summer

# How Can Parents Help?

- ▶ Layout family expectations early so there are no surprises
- ▶ **Academic** - Grade expectations and consequences
- ▶ **Financial** - Who's paying the bills?
  - Where will spending money come from?
  - Are there spending limits?
  - Are credit cards part of the plan?
- ▶ **Social Life** - Is a car going to campus?
  - Whose car and when can it be used?



- 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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### Quick links

- [What to Bring to Your FAFSA Appointment](#)
- [How to Setup Your FSA ID](#)

### Mission

Empowering Iowans to achieve lifelong success through education, training, and informed decision-making.

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



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

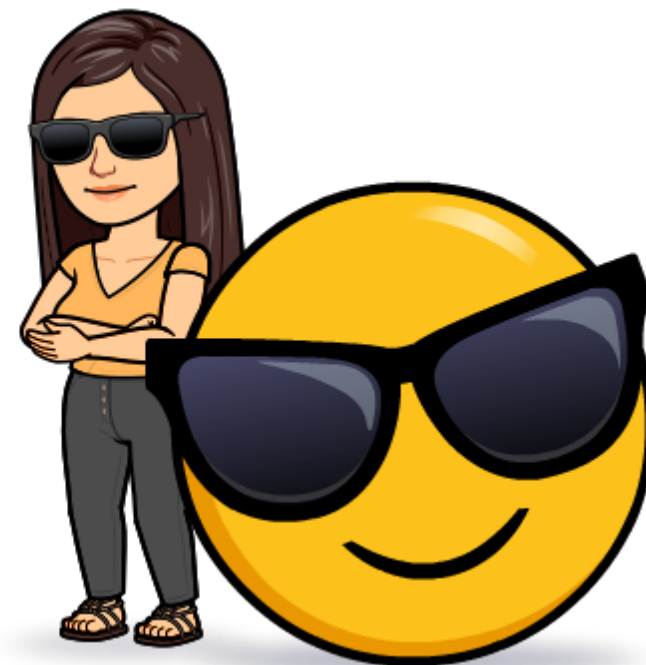
- Email service for parents of students in 8<sup>th</sup> through 12<sup>th</sup> grade
- The email service is designed to help parents and their students plan for education and training after high school by:
  - Giving timely information based on the grade of the student and time of the year
  - Helping 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)





# 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** 

