

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 2026



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.*

## SOPHOMORE CALENDAR COUNTDOWN TO YOUR FUTURE

PRESENTED BY



www.iowa.edu



### August

- Visit an ICAN Center and work on your career and college plan with a Student Success Advisor. Call (877) 272-4692 or visit [ICANSucceed.org/apt](http://ICANSucceed.org/apt).
- Prepare for life after high school with the ICAN Tip of the Week sign up at [ICANSucceed.org/signup](http://ICANSucceed.org/signup).
- Find a mentor who can assist you through high school and the planning process, such as a teacher, parent, family member, or family friend.
- Attend an ICAN career and college planning night this fall. Visit [ICANSucceed.org/events](http://ICANSucceed.org/events) for events near you or available to stream online.

### September

- Attend the Golden Circle College & Career Fair, Iowa's largest. Talk with Iowa employers, colleges & universities from across the country. For event details visit [ICANSucceed.org/goldencircle](http://ICANSucceed.org/goldencircle).
- Talk to your school counselor about taking the PreACT® or the PSAT/NMSQT® (Preliminary SAT/ National Merit Scholarship Qualifying Test) as practice for the actual college entrance exams.
- Get involved! Find an activity at your school or in your community that you enjoy.

### October

- Compare several careers and consider the required education or training, tasks that have to be performed, starting salary, and the characteristics that appeal to you most. Visit [ICANSucceed.org/careers](http://ICANSucceed.org/careers) for links to career research tools.
- Have you attended a college fair yet? Visit [ICANSucceed.org/collegefairs](http://ICANSucceed.org/collegefairs).
- Visit [MyACT.org](http://MyACT.org) and take or update your career assessment. Use the results to help plan your high school courses and activities.

### November

- Talk to your school counselor about college admission requirements and make sure you take the right classes. Ask about adding a job shadow to your schedule for next semester.
- Visit [ICANSucceed.org/financial-aid](http://ICANSucceed.org/financial-aid) for information on tuition and other fees at colleges and universities, as well as ways to cover costs.
- Talk to family members, friends, teachers, counselors, and coaches about how they picked their career and their planning experiences.
- Meet with college representatives or career speakers visiting your high school to learn more about your options.

### December

- College can be affordable! Don't let the "sticker price" scare you. With financial aid and planning you can help ensure your out-of-pocket costs are manageable. Schedule an advising session with ICAN by visiting [ICANSucceed.org/apt](http://ICANSucceed.org/apt). Talk with a Student Success Advisor about your future and develop a plan and a budget for success.
- Education after high school doesn't have to include a four-year degree. Find out more about apprenticeships, certificate programs, two-year degrees, and other programs at [ICANSucceed.org/careertraining](http://ICANSucceed.org/careertraining).
- Spend winter break volunteering in your community.

### January

- Keep a record of your extracurricular involvement in an activities resume — a concise summary of your achievements, talents and interests. Download our template [ICANSucceed.org/activitiesresume](http://ICANSucceed.org/activitiesresume).
- 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. Loans must be repaid.
- Review your financial plan for post-high school education or training programs and make sure your plan aligns with your career assessment and salary options. Visit [MyACT.org](http://MyACT.org).

### February

- Attend an ICAN career and college planning night this spring. Visit [ICANSucceed.org/events](http://ICANSucceed.org/events) for events near you or available to stream online.
- Meet with your school counselor to ensure your junior classes meet your career pathway recommendations.
- Begin thinking about potential careers. Which pathways match your skills and interests? MyACT is an online tool that can help you research your options. Visit [MyACT.org](http://MyACT.org).
- Check with your school counselor to see if AP® (Advanced Placement) classes will fit into your schedule. Challenging courses in high school can better prepare you for your next steps.

### March

- Attend the ICR Future Career & College Fair, Eastern Iowa's largest, the last Sunday in March. Find your career pathway, talk with employers, colleges & universities from across the country. For event details visit [ICANSucceed.org/icrfuture](http://ICANSucceed.org/icrfuture).
- Do you know people who work in a job related to your career interest? Talk to them about the educational/training requirements and daily work.
- If your family is planning a summer vacation, try to visit a few college campuses along the way.
- Review your financial plan for college and make sure it aligns with your career assessment and salary options. Visit [MyACT.org](http://MyACT.org).

### April

- Saving money is the best way to prepare for the cost of a college education. Check out [ICANSucceed.org/payforcollege](http://ICANSucceed.org/payforcollege) for information on paying for college.
- Get a taste of a future career through job shadowing, volunteer work, or an internship.
- Talk with your parents about your college and career goals and how to attain them, including a plan to cover college costs. Start analyzing your Return on College Investment at [lowastudentloan.org/ROCItool](http://lowastudentloan.org/ROCItool). The ROCI tool helps compare careers and costs in the current job market so you know how much to invest for each career that interests you.

### May

- Check the status of your college savings plans and keep putting money away for college.
- Ask your school counselor if there are any summer camp programs you could attend to help get you ahead.
- Look for a summer job that's related to your interests. Be sure to save some of your summer earnings for college.

### June

- Start a summer reading list. Try reading books that will help increase your vocabulary.
- Participate in hobbies and activities that enable you to explore your career interests.
- If you're an athlete hoping to play sports in college, plan ahead. Learn about the requirements of college athletics at [ICANSucceed.org/collegethletics](http://ICANSucceed.org/collegethletics).

### July

- Are you attending summer camp on a college campus? If so, take a look around to see if you could imagine attending that college.
- Talk to your parents about college expenses and create a plan to cover them.
- Stay in touch with teachers, school counselors, coaches, and community members. Later you may ask them to write letters of recommendation for scholarship and/or college admission applications.

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

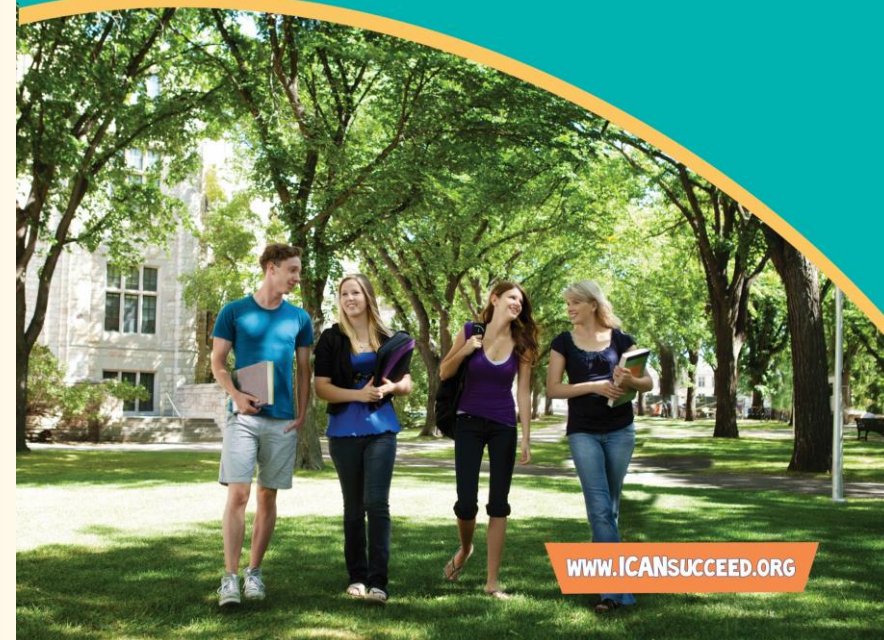
©2010-2023 ICAN® | ICAN is a nonprofit 501(c)(3) organization funded through donations, grants and partnerships. ICAN® does not endorse the product, service or advice of any outside institution or entity. Students should consider many options in pursuing higher education and find the right fit for their life situation and career aspiration.



2023-2024

## LIFE AFTER HIGH SCHOOL

A Guide to Career and College Planning



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

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# Career Assessments

- ▶ Exploration begins with assessment - a series of short questions that help determine career pathways that fit your personality and interests
- ▶ Assessments:
  - Help you identify strengths and interests
  - Match your results to career pathways or industries
  - Link pathways to specific careers & salary expectations
  - Link careers to education and training requirements
  - List education requirements that lead to potential majors or career training programs
  - Help narrow your options to those that fit you

# 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.

# 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



# Get Hands-On Experience

- ▶ Iowa Intermediary Network can help
  - [ICANSucceed.org/intermediaries](http://ICANSucceed.org/intermediaries)
  - Job Shadow - Spend a day with a professional in a career of interest
  - Internships - Take a more in-depth look at a career
- ▶ Volunteer
  - [www.volunteeriowa.org](http://www.volunteeriowa.org); [www.volunteermatch.com](http://www.volunteermatch.com)
- ▶ Join clubs that enhance your interests

# 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

# Graduation vs. Admission Requirements

Iowa State University	University of Iowa	University of Northern Iowa
Two years of a single world language for admission to the College of Liberal Arts and Sciences and the College of Engineering. World language courses are not required for admission to the Colleges of Agriculture, Business, Design or Human Services.	Two years of a single world language are required for admission. For many degrees, the fourth year of proficiency is required for graduation.	World language courses are not required for admission. However, two years of a world language in high school with a C- or above in the last term will meet the university graduation requirement.



# Career Training Bound

- ▶ Supplement required courses with career and technical education courses
  - Intro to ACE
  - Engineering Concepts
  - Construction Technology
  - Health Science
- ▶ Investigate Career Academy programs for hands-on learning and career prep experiences

# 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

# 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)



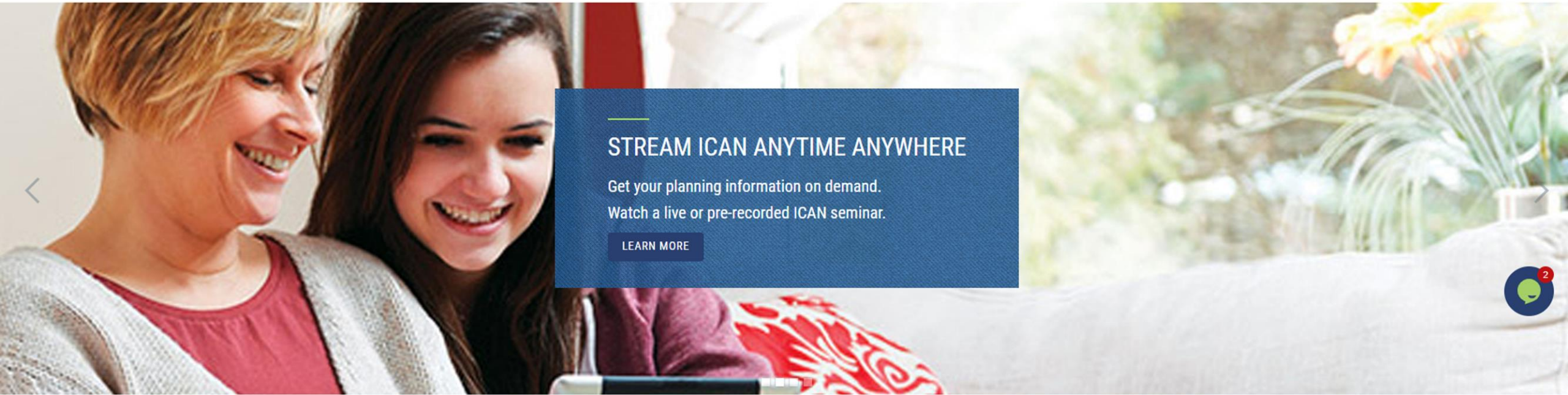
CHANNEL: [IowaCollegeAccess](https://www.youtube.com/channel/IowaCollegeAccess)



Instagram

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

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Get your planning information on demand.  
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### Quick links

- [Support ICAN - Donate Today](#)
- [What to Bring to Your FAFSA Appointment](#)
- [How to Setup Your FSA ID](#)
- [Sign up for ICAN E-Alerts](#)

### Mission

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

### Partners

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

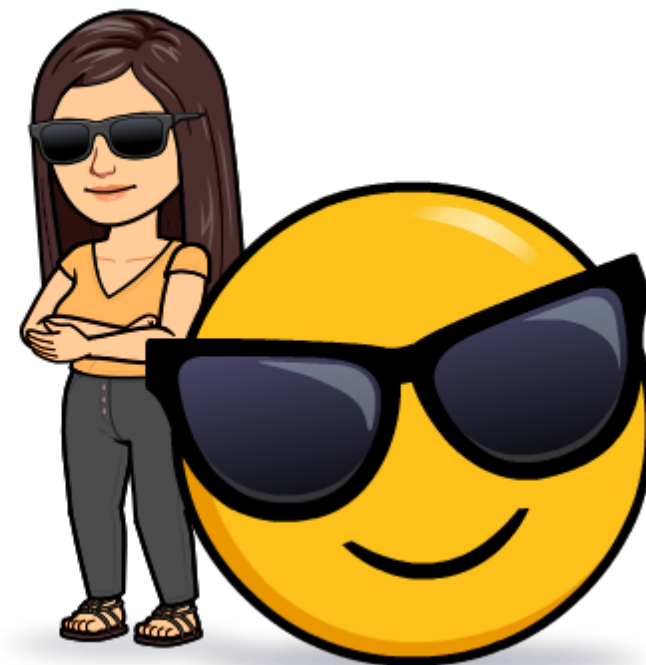






# Virtual College Coach - Texting

- **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** 

