

**MINDSET IS  
EVERYTHING.**

WHETHER YOU  
THINK YOU CAN,  
OR THINK YOU CAN'T,  
YOU'RE RIGHT.

(HENRY FORD)

~~impossible~~  
~~unable~~

# FRAC Counselor, Mrs. Roberts

- ▶ 3 ways that I can help you:
- ▶ 1) Help you bring up your grades / get tutoring
- ▶ 2) Help you with your problems
- ▶ 3) Help you with your career / college plans and IB / scheduling questions
- ▶ Phone: 594-4497
- ▶ Email: [lisa.roberts@knoxschools.org](mailto:lisa.roberts@knoxschools.org)

# Freshman Academy Guidance Workshop - Why Are We Here Anyway? AKA Your High School Escape Plan : )

**The purpose of the meeting is to disseminate college and career information to Freshman Academy.**

▶ **Standards:**

- TN School Counseling Standard 2: Improve Learning and Achieve Challenging Goals

▶ **Objectives:**

- Students will know how to research colleges using the [bigfuture.collegeboard.org](http://bigfuture.collegeboard.org) website
- Students will be able to explore careers to build self-knowledge in the world of work using the U.S. Bureau of Labor Statistics site
- Students will know how to access free test prep software to prepare for college entrance exams
- Students will know graduation requirements, use effective goal setting, and how to calculate GPA

# Objectives for FRAC College and Career Workshop

**At the end of this workshop, you will be able to demonstrate that you know:**

1. How education is linked to employment and income
2. How to discover your career interests
3. How to research colleges and training related to your career goals based on those interests
4. What colleges and training centers are looking for in a high school graduate
5. High School graduation requirements
6. How to calculate your GPA
7. How to set and achieve SMART Goals

# Pre-Survey Time!

## How to access the survey:

Step 1: Open a browser and go to [wesths.knoxschools.org](https://wesths.knoxschools.org)

Step 2: Click on School Counseling at the top of the page

Step 3: In the dropdown menu, click [College & Career Center](#)

Step 4: Select the Pre-Survey Link

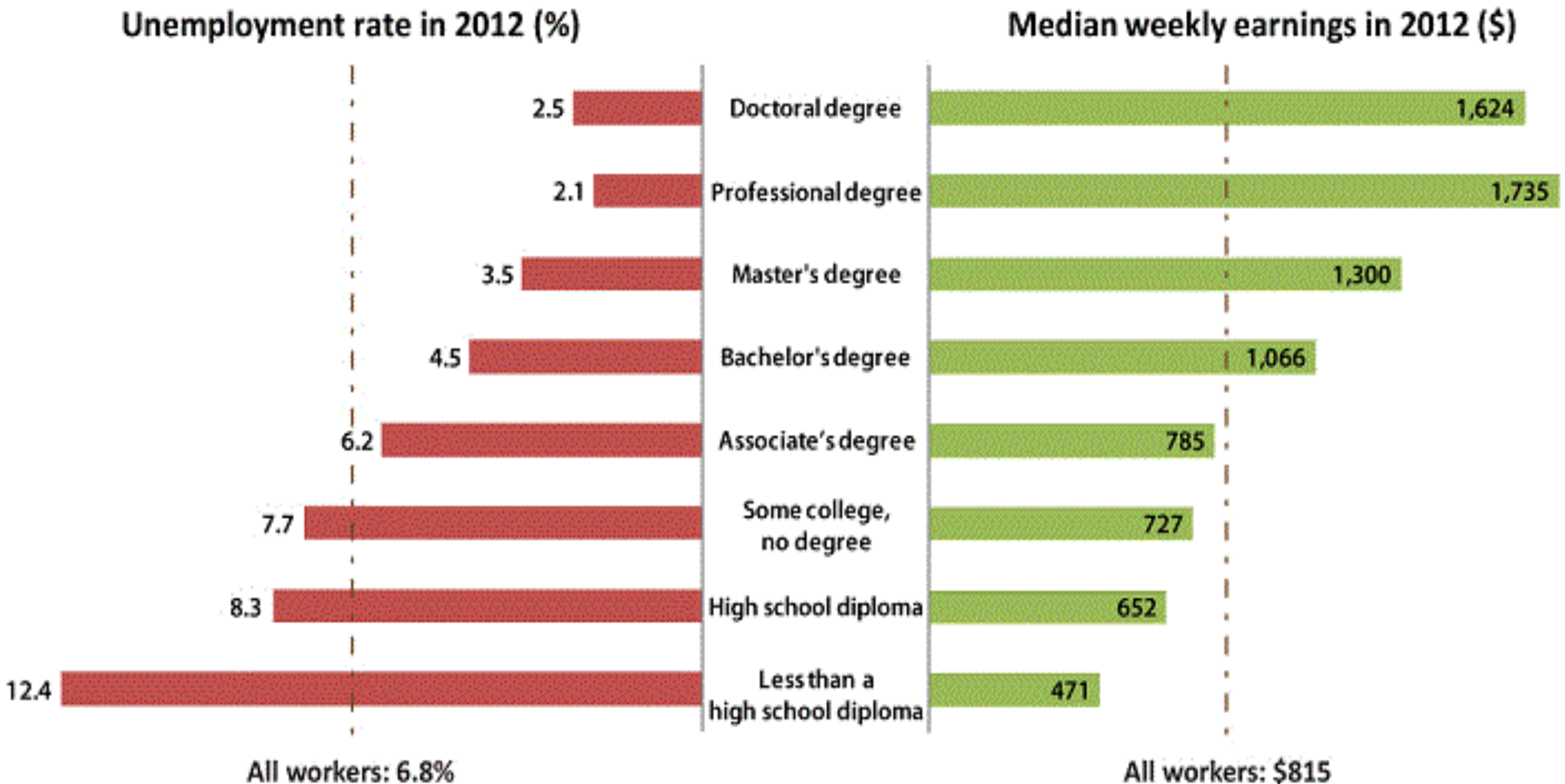
Step 5: Take Pre-Survey now: [Link to Pre-Survey](#)

# Expectations

- ▶ You may discuss your work with those around you quietly
- ▶ When I ask for your attention, please stop and look at me
- ▶ Please raise your hand to speak
- ▶ Be respectful by listening when others are talking
- ▶ Participation is required – stay on task
- ▶ Complete the worksheet, then continue to explore independently for rest of period

# We all need \$\$\$\$\$\$\$\$ to live— How will YOU earn it?

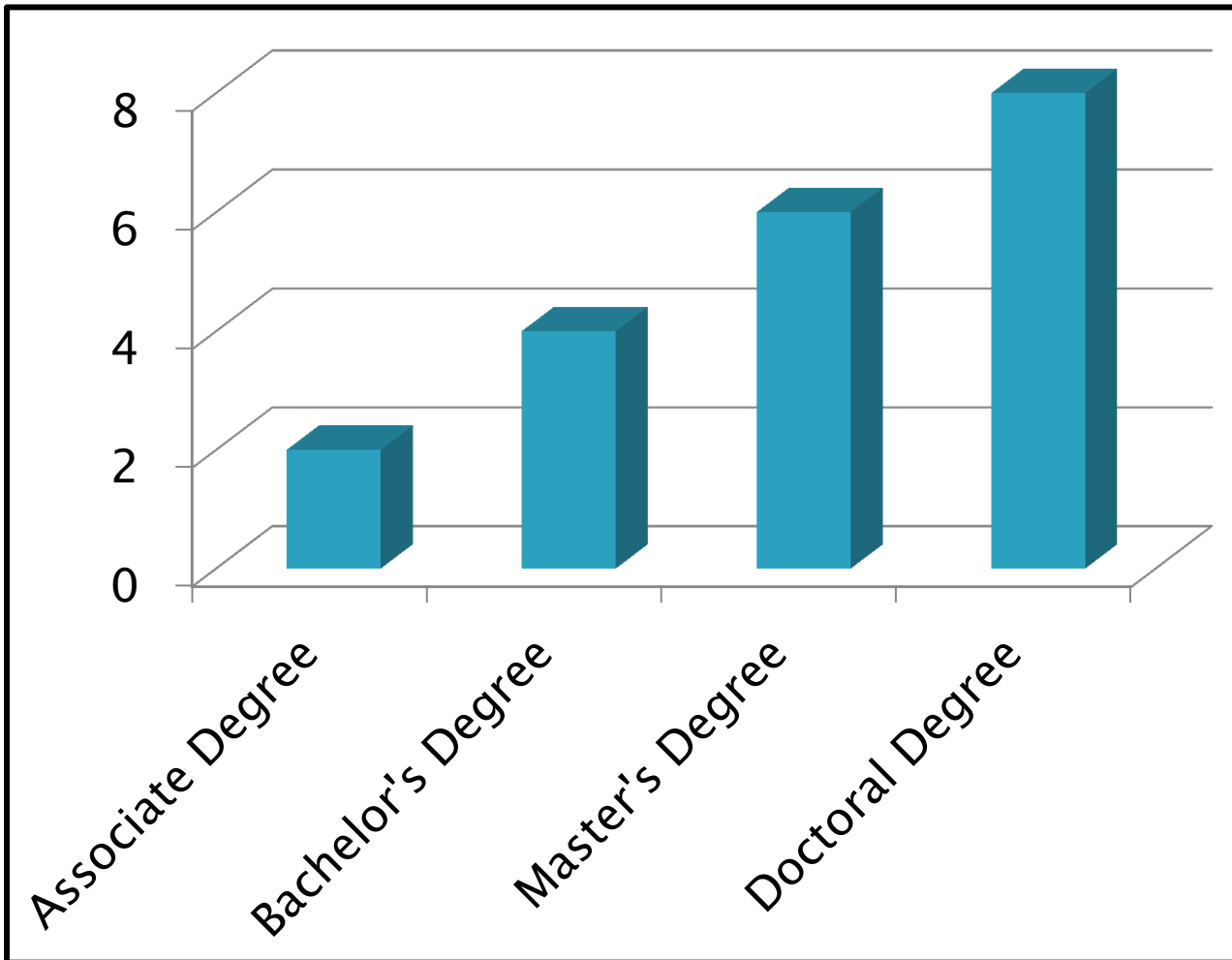
## Earnings and unemployment rates by educational attainment



Source: Bureau of Labor Statistics, Current Population Survey



# Degree Levels



■ Years to Complete Degree



# Create Your High School Escape Plan Now:

- ▶ Step 1: Go to Bureau of Labor Statistics Website→Students  
→Student Resources→Career Exploration:  
<http://www.bls.gov/k12/content/students/careers/career-exploration.htm>
- ▶ Step 2: Choose one career that requires at least some college under the tab “How to Become One”
- ▶ Step 3: Write down the career name, pay, training, and major on High School Escape Plan worksheet
- ▶ Step 4: Choose one college that will provide a needed major using [BigFuture.org](http://BigFuture.org) college (optional: use College Search Step-by-Step for interactive guide)
- ▶ Step 5: Choose Applying side tab and find GPA requirement
- ▶ Step 6: Look up your grades on Student Portal to calculate “practice” GPA to compare to college
- ▶ Step 7: Set a SMART goal and seek help if needed

# Calculating Your GPA

A = 4 points or



B = 3 points or



C = 2 points or



D = 1 points or

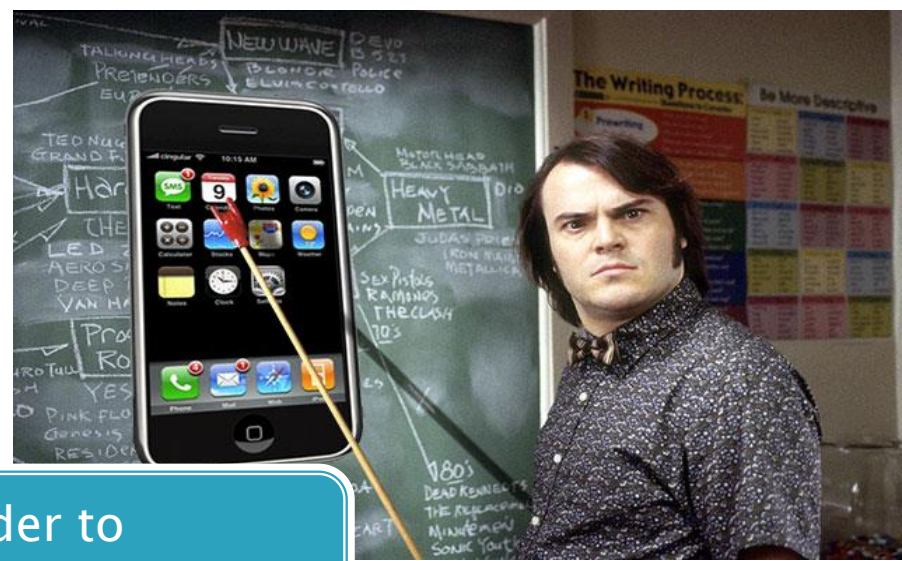


F = 0 points – you're broke



How to Average:  
1) Add up all the points  
2) Divide by the number of classes (8).  
Count Algebra 1A/B grade as 2 grades.

# Monitoring Progress on Your Cell



It's important to track your progress in order to succeed

Take out a phone if you have one now

Pull up [aspen.knoxschools.org](http://aspen.knoxschools.org) in your browser

Add to your homescreen

Log in regularly so you know what your teachers are reporting to your parents

# SMART Education Goals

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## Specific

- State exactly what is to be done with the education aspect involved

## Measurable

- Write the exact grade or class that the goal is for

## Attainable

- Determine how it can be reached, which is often determined by academic work

## Realistic

- Do not set goal for something unattainable or unrealistic

## Time Bound

- Specifically state when the goal needs to be reached

# SMART Education Goal

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- ❑ Goal – “I want to attend college.”
- ❑ SMART goal –
  - **Specific** – I want to attend a four year college
  - **Measurable** – Because I want to attend a four year college, I will earn a B in algebra
  - **Attainable** – Because I want to attend a four year college, I will earn a B in algebra this semester
  - **Realistic** – Because I want to attend a four year college, I will earn a B in algebra this semester to prepare me for the college entrance exam
  - **Time Bound** – Because I want to attend a four year college, I will earn a B in algebra this semester to prepare me for the college entrance exam when I am a junior in high school



WHOEVER YOU ARE  
WHEREVER YOU ARE

You only have to  
know one thing:

#YouCanLearnAnything



<https://www.youtube.com/watch?v=JC82II2cjqA>

**KHANACADEMY**

# Focused Plan of Study

## Focused Plan of Study: West High School, Knox County Schools

Student Name (please print)	Student Signature	Date
Counselor Signature	Parent Signature	Date

**Postsecondary Plan (Circle One):** 4yr College/University      Community College  
 Technical School      Military      Apprenticeship      Work      Unknown

### GRADUATION REQUIREMENTS

**English: 4 Credits**      **Math: 4 Credits**      **Science: 3 Credits**      **Social Studies: 3 Credits**

English I, II, III, IV      Must include at least:  
 Alg. I, Geometry, Alg. II,  
 and one Advanced Math

Biology  
 Chemistry or Physics  
 Additional Lab Science

W. History or W. Geography  
 US History  
 US Govt. (1/2 cr.)  
 Econ (1/2 cr.)

**Personal Finance: ½ Credits**      **Wellness & PE: 1 ½ Credits**      **Elective Focus: 3 Credits**

Lifetime Wellness (1 cr.) and PE or Documented Activity (1/2 cr.)

**University Admissions: 3 credits\*\*\***      **\*\*\*May be waived if NOT attending university, but an additional elective focus must be added**

World Language: 2 credits of same language and Fine Art: 1 credit

**Elective Focus (Circle One):** Math/Science      AP/DE/IB      Humanities      CTE  
 Human Services      Fine Arts      Physical Fitness      JROTC      Business Ed

World Language: 2 credits of same language and Fine Art: 1 credit

**Elective Focus (Circle One):** Math/Science      AP/DE/IB      Humanities      CTE  
 Human Services      Fine Arts      Physical Fitness      JROTC      Business Ed

**\*\*Review your original 4-year plan and make changes where necessary. Complete this updated plan before turning in your Course Selection sheet. Keep a copy for your records.\*\***

9 <sup>th</sup> Grade (8 credits)	10 <sup>th</sup> Grade (8 credits)	11 <sup>th</sup> Grade (8 credits)	12 <sup>th</sup> Grade (8 credits)
English 9	English 10	English 11	English 12
Math:	Math:	Math:	Math :
Science:	Science:	Science:	Science OR Elective:
World History/Geography	US Government/ Test Prep	US History	Economics/Personal Finance
Elective:	Lifetime Wellness	Elective:	Elective:
Elective:	Elective	Elective:	Elective:
Elective:	Elective:	Elective:	Elective:
Elective:	Elective:	Elective:	Elective:



# West Offers Real Work Skills

- ▶ Electives are not just for fun – they can help you get on track for a good paying job right out of high school! \$\$\$\$\$\$
- ▶ 3 electives in one group are required for your graduation focus
- ▶ Please check with your counselor to be sure your focus is approved for graduation

# Post Survey Time!

## How to access the survey?

Step 1: Open the internet, go to [wesths.knoxschools.org](http://wesths.knoxschools.org)

Step 2: Click on School Counseling

Step 3: In the dropdown menu, click [Colleges & Careers Centers](#)

Step 4: Select the link <http://goo.gl/forms/3W2mWWF2O5> under  
FRAC Survey

Step 5: Take Post Survey now: [Post Survey Link](#)

# A PEP TALK

for teachers  
and students



# YOU, Yes, YOU Can Do it! Help is on the Way!

- ▶ Use your SMART Goal: Follow through
- ▶ Mindset is everything! Adopt a growth mindset.
- ▶ Please come see **Mrs. Roberts in Student Services** for FRACademic Success Sessions
- ▶ Use your teachers' help during, before and after school – ask them – they won't bite! (mostly : ))
- ▶ Tutoring is offered for all your classes before and after school with your teacher
- ▶ Additional Library Hours:
  - Mondays–Thursdays: 7:45–4:30 and Fridays: 7:45–4:00