

**MY ROAD TRIP TO**

**COLLEGE &  
CAREER**  
(Grades 7-8)

Name: \_\_\_\_\_



Presented by the  
Arizona Department of Education





**WHY PREPARE FOR**

**COLLEGE &  
CAREER?**

***THE FACTS***

**1. The unemployment rate for a high school dropout is \_\_\_\_\_.  
The unemployment rate for a college graduate is \_\_\_\_\_.  
a. 81.2, 75    b. 25.4, 14.2    c. 15.4, 4.7    d. 3.5, 1.2**

**2. Of the 306,221 senior high school football players, \_\_\_\_\_  
will make it to the pros.  
a. 5,000    b. 750    c. 30,000    d. 250**

**3. A high school dropout is \_\_\_\_\_ times more likely than a  
high school graduate to be in jail or prison.  
a. 3    b. 8    c. 2    d. 4**

**4. By 2014, \_\_\_\_\_ % of the fastest-growing careers will require  
some postsecondary education?  
a. 50    b. 25    c. 90    d. 10**

**BONUS: What is the best university in the world?**



# MY ROAD TRIP TO COLLEGE & CAREER READINESS CHECKLIST Grade 9

*I am  
prepared for  
10<sup>th</sup> grade.*

Some items  
on this  
checklist may  
not apply to  
you. Please  
consult a  
counselor and  
check your  
ECAP.

E=Extracurricular FL=Financial Literacy  
C=Careers LS=Life Skills  
A=Academic FA=Financial Aid  
P=Postsecondary

☐ I will find a volunteer opportunity at [www.volunteermatch.com](http://www.volunteermatch.com) or [www.volunteer.gov](http://www.volunteer.gov) and describe my participation. (E, LS)

☐ I will take an interest inventory. (E, C, A, P, LS)

☐ I am taking challenging courses. (A, LS)

☐ I will search [www.collegeboard.org](http://www.collegeboard.org) and/or <http://www.youniversitytv.com/> for colleges that fit my interests. (P)

☐ I have good personal hygiene habits and make healthy choices. (LS)

☐ My use of Facebook/My Space/E-mail account is appropriate. (LS)

☐ I told teachers/counselors/friends that I plan to go to college. (P)

☐ I researched short-term summer jobs at [www.backdoorjobs.com](http://www.backdoorjobs.com). (C)

☐ I will enter a contest at [www.homeworkspot.com](http://www.homeworkspot.com). (A, FL)

☐ I display good study habits. (A, LS)

☐ I will research scholarships at [www.fastweb.com](http://www.fastweb.com) or <http://www.phoenix.gov/collegedepot/>. (P, FL, FA)

☐ I am meeting High School Mathematics and grades 9-10 English Language Arts Standards. (A)

☐ I have good communication skills. (LS)

☐ My summer reading list includes biographies and autobiographies (A, LS)

☐ I will keep a time log for two weeks, summarize the way I spend my time, and list ways I can spend it better. (LS)

☐ I am keeping a calendar with important dates and deadlines. (LS)

☐ I reviewed and updated my ECAP. (E, C, A, P, LS)

☐ I have an adult at school I connect with and can go to for help. (LS)

☐ I keep a folder with my best work in it. (A, LS)

☐ I added money to my college savings account. (FL)

☐ I will attend college fairs. (C)

☐ I keep a weekly assignment journal. (A, LS)

# MY ROAD TRIP TO COLLEGE & CAREER READINESS CHECKLIST Grade 10

*I am  
prepared for  
11<sup>th</sup> grade.*

Some items on  
this checklist  
may not apply  
to you. Please  
consult a  
counselor and  
check your  
ECAP.

E=Extracurricular FL=Financial Literacy  
C=Careers LS=Life Skills  
A=Academic FA=Financial Aid  
P=Postsecondary

☐ I will find a volunteer opportunity and describe my participation. (E, LS)

☐ I will keep a time log for two weeks, summarize the way I spend my time and list ways I can spend it better. (LS)

☐ I will enter a contest at [www.homeworkspot.com](http://www.homeworkspot.com). (A, FL)

☐ I have a summer reading list with biographies/autobiographies. (A)

☐ My use of Facebook/My Space/E-mail Account is appropriate. (LS)

☐ I told teachers/counselors/friends that I plan to go to college. (P)

☐ I searched short-term summer jobs at [www.backdoorjobs.com](http://www.backdoorjobs.com) (FL,LS)

☐ I researched financial aid at [www.fafsa.ed.gov](http://www.fafsa.ed.gov) or [www.finaid.org](http://www.finaid.org). (FA)

☐ I will research scholarships at [www.fastweb.com](http://www.fastweb.com), or <http://www.phoenix.gov/collegedepot/> (P, FL, FA)

☐ I visited with college students during the holidays. (P, LS)

☐ I searched [www.collegeboard.org](http://www.collegeboard.org) and/or [www.youniversitytv.com/](http://www.youniversitytv.com/) for colleges that fit my interests. (P)

☐ I have an adult at school I connect with and can go to for help. (LS)

☐ I meet High School Mathematics and Grades 9-10 English Language Arts Standards. (A)

☐ I have good personal hygiene habits and make healthy choices. (LS)

☐ I have reviewed and updated my ECAP. (E, C, A, P, LS)

☐ I will check colleges for required courses & tests. (P)

☐ I display good study habits. (A)

☐ I will take an interest inventory. (C)

☐ I will keep a calendar with important dates and deadlines. (LS)

☐ I will take the PSAT or PLAN. (P)

☐ I added money to my college savings account. (FL)

☐ I researched the SAT/ACT. (P)

☐ I am taking challenging courses. (A,LS)

☐ I will keep a folder of my best work. (A, LS)

☐ I will look for summer school programs at college. (A, P)

☐ I will attend college fairs. (P)

☐ I keep a weekly assignment journal. (A, LS)

☐ I have good communication skills. (LS)

# MY ROAD TRIP TO COLLEGE & CAREER READINESS CHECKLIST Grade 11

*I am  
prepared for  
12<sup>th</sup> grade.*

Some items on  
this checklist  
may not apply  
to you. Please  
consult a  
counselor and  
check your  
ECAP.

E=Extracurricular  
C=Careers  
A=Academic  
P=Postsecondary  
FL=Financial Literacy  
LS=Life Skills  
CA=College Applications  
FA=Financial Aid

☐ I will find a volunteer opportunity and describe my participation. (E, LS)

☐ I will keep a time log for three weeks, summarize the way I spend time, and list ways I could spend my time better. (LS)

☐ I will enter a contest at [www.homeworkspot.com](http://www.homeworkspot.com) (A, FL)

☐ I have a summer reading list with biographies and autobiographies. (A)

☐ My use of Facebook/My Space/E-mail Account is appropriate. (LS)

☐ I will take the SAT/ACT or both. (A, P)

☐ I will go to [www.number2.com](http://www.number2.com) [www.collegeboard.com](http://www.collegeboard.com) [www.act.org](http://www.act.org) to help prepare for SAT/ACT. (A, P)

☐ I will research majors and careers at [www.princetonreview.com](http://www.princetonreview.com) [www.bls.gov/oco/home.htm](http://www.bls.gov/oco/home.htm) <http://www.azcis.intocareers.org/> (C, P)

☐ I added money to my college savings account. (FL)

☐ I have an adult at school I connect with and can go to for help. (LS)

☐ I have good personal hygiene habits and make healthy choices. (LS)

☐ I will research scholarships at [www.fastweb.com](http://www.fastweb.com) or <http://www.phoenix.gov/collegedepot/>. (P, FL, FA)

☐ I have good communication skills. (LS)

☐ I asked for college applications. (CA)

☐ I am meeting High School Mathematics and Grades 11-12 English Language Arts Standards. (A)

☐ I am taking challenging courses. (A, LS)

☐ I will take an interest inventory. (E, C, A, P, LS)

☐ I keep a calendar with important dates and deadlines. (LS, CA)

☐ I retook the PSAT. (A, P, FA)

☐ I reviewed my ECAP. (E, C, A, P, LS)

☐ I will attend college fairs (P)

☐ I keep a folder of my best work. (A, LS)

☐ I scheduled interviews with admissions counselors. (P, CA)

☐ I will look for summer school programs at college. (P)

☐ I keep a weekly assignment journal. (A, LS)

☐ I reduced my college choices. (P)

# MY ROAD TRIP TO COLLEGE & CAREER READINESS CHECKLIST **Grade 12**

*I am prepared  
for college  
and career.*

Some items on  
this checklist  
may not apply  
to you. Please  
consult a  
counselor and  
check your  
ECAP.

E=Extracurricular      FL=Financial Literacy  
C=Careers              LS=Life Skills  
A=Academic           CA=College Applications  
P=Postsecondary      FA=Financial Aid

☐ I will get an application  
and aid information from  
colleges I am interested in.  
(P, CA, FA)

☐ I will send in applications  
and contact colleges to see if  
they received them. (P, CA)

☐ I will  
have high  
school send my  
transcript to  
colleges. (P, CA)

☐ I made a final  
visit to college. (P)

☐ I will keep a  
time log for one  
month, summarize  
the way I spend  
time, and list  
ways I can  
spend it  
better.  
(LS)

- ☐ I am taking challenging courses. (A, LS, P)
- ☐ I have a master calendar with dates, fees and deadlines. (P, LS, CA)
- ☐ I attended financial aid events & talked to a counselor. (FA)
- ☐ I am reading biographies and autobiographies. (A)
- ☐ I reviewed and updated my ECAP. (E, C, A, P, LS)
- ☐ I am keeping a folder of my best work. (A, LS)
- ☐ I will enter a contest at [www.homeworkspot.com](http://www.homeworkspot.com). (A, FL)
- ☐ I keep a weekly assignment journal. (A, LS)
- ☐ I have good personal hygiene habits and make healthy choices. (LS)
- ☐ I will research scholarships at [www.fastweb.com](http://www.fastweb.com) or  
<http://www.phoenix.gov/collegedepot/>. (P, FL, FA)
- ☐ I meet High School Mathematics and Grades 11-12 English Language  
Arts Standards. (A)
- ☐ I have good communication skills. (LS)

☐ I will  
submit FAFSA  
after Jan.1,  
compare aid awards  
and notify colleges  
of acceptance or aid.  
(CA, FA)

☐ I took an interest  
inventory. (E, C, LS)

☐ I added money  
to my college savings  
account. (FL)

☐ I will volunteer  
and describe my  
participation.  
(E, LS)

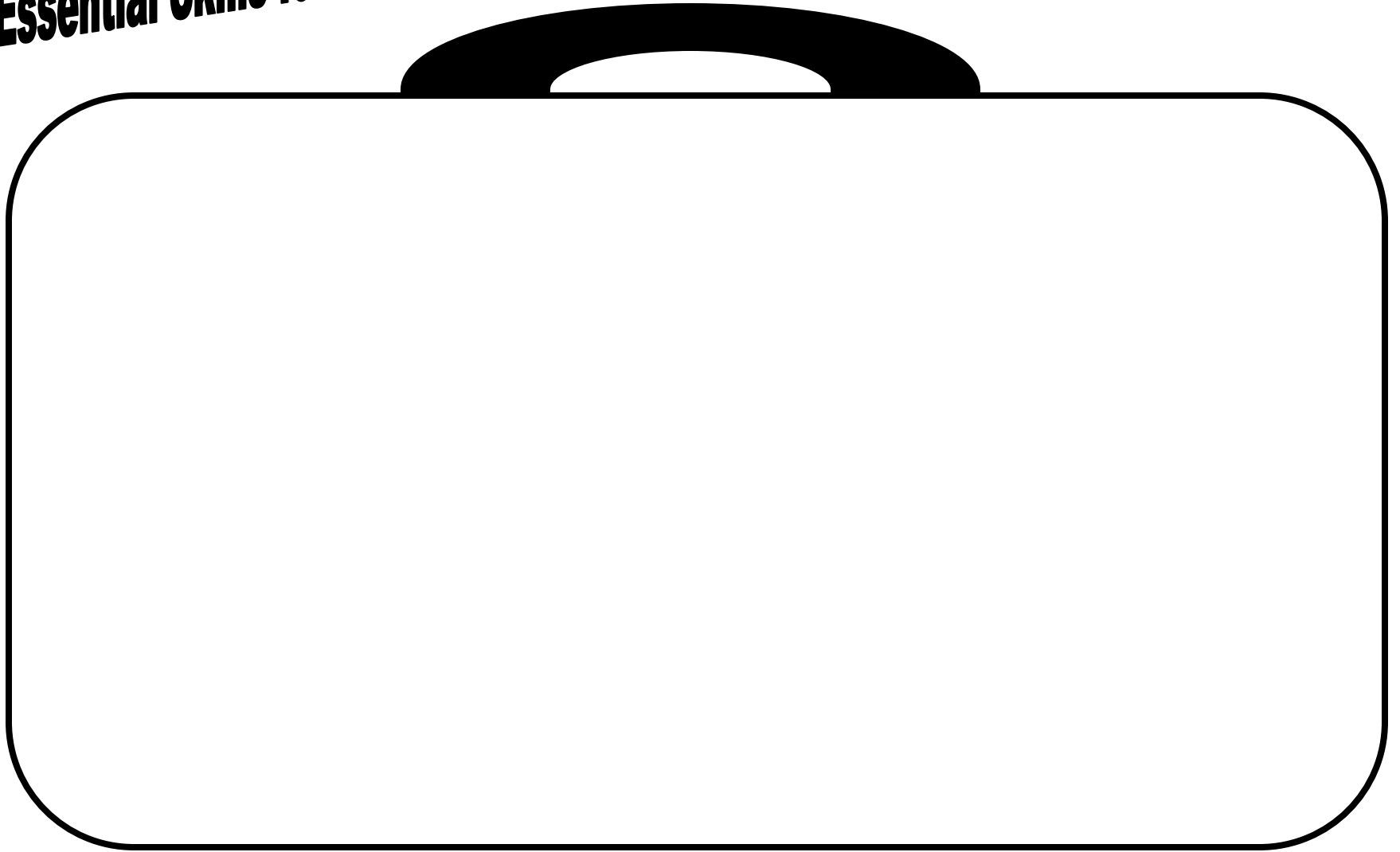
☐ I will look  
for summer  
school  
programs at  
college. (A, P)

☐ I will keep  
copies of  
everything I  
send to colleges.  
(CA, LS)

☐ I have an  
adult at school  
I connect with  
and can go to  
for help. (LS)



# **Essential Skills for College and Career Readiness**



# 4 + 4 (ECAP):

# HIGH SCHOOL

Freshman Year: Date of ECAP 1 \_\_\_\_\_ Counselor \_\_\_\_\_ Date of ECAP 2 \_\_\_\_\_ Counselor \_\_\_\_\_

Sophomore Year: Date of ECAP 1 \_\_\_\_\_ Counselor \_\_\_\_\_ Date of ECAP 2 \_\_\_\_\_ Counselor \_\_\_\_\_

Junior Year: Date of ECAP 1 \_\_\_\_\_ Counselor \_\_\_\_\_ Date of ECAP 2 \_\_\_\_\_ Counselor \_\_\_\_\_

Senior Year: Date of ECAP 1 \_\_\_\_\_ Counselor \_\_\_\_\_ Date of ECAP 2 \_\_\_\_\_ Counselor \_\_\_\_\_

CH ID # \_\_\_\_\_

PLACE LABEL HERE

SAIS ID # \_\_\_\_\_

## 4-YEAR HIGH SCHOOL PLAN

Freshman	Sophomore	Junior	Senior
Review Initials: Date    Student    Parent	Review Initials: Date    Student    Parent	Review Initials: Date    Student    Parent	Review Initials: Date    Student    Parent

# 4-YEAR HIGH SCHOOL PROGRESS\*

## ENGLISH (4 Credits)

	IN PROGRESS	CREDIT EARNED
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>

## MATH (4 Credits)

(4 credits for University Admission)	IN PROGRESS	CREDIT EARNED
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) * _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) * _____	<input type="checkbox"/>	<input type="checkbox"/>

## SCIENCE (3 Credits)

(3 credits for University Admission)	IN PROGRESS	CREDIT EARNED
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) * _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) * _____	<input type="checkbox"/>	<input type="checkbox"/>

## HEALTH (Optional)

	IN PROGRESS	CREDIT EARNED
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>

## AMER.CULTURE/COLL PREP\*\*

	IN PROGRESS	CREDIT EARNED
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>

## FINE ART / CTE (1 Credit)

(Must be Fine Art for University Admission)	IN PROGRESS	CREDIT EARNED
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>

## SOCIAL STUDIES (3 CREDITS)

(1 credit for University Admission + American History)	IN PROGRESS	CREDIT EARNED
(.5) World History / Geography 1	<input type="checkbox"/>	<input type="checkbox"/>
(.5) World History / Geography 2	<input type="checkbox"/>	<input type="checkbox"/>
(.5) US AZ History 1	<input type="checkbox"/>	<input type="checkbox"/>
(.5) US AZ History 2	<input type="checkbox"/>	<input type="checkbox"/>
(.5) Government	<input type="checkbox"/>	<input type="checkbox"/>
(.5) Economics	<input type="checkbox"/>	<input type="checkbox"/>

## ELECTIVES (7 Credits)

(Includes 2 years of same foreign language for University Admission)	IN PROGRESS	CREDIT EARNED
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>
(.5) _____	<input type="checkbox"/>	<input type="checkbox"/>

Arizona Department of Education / Carl Hayden High School / <http://www.ade.az.gov/ecap/>

\*Credits are not required until Graduating Class of 2013

\*\*Requirement for GEAR UP students only

June 2008

Student Last \_\_\_\_\_

First \_\_\_\_\_

Date \_\_\_\_\_



# PLANNING & PROGRESS

MY PROGRESS									
9th Grade		10th Grade			11th Grade			12th Grade	
*Post HS Plan:		*Post HS Plan:			*Post HS Plan:			*Post HS Plan:	
Cumulative GPA:		Cumulative GPA:			Cumulative GPA:			Cumulative GPA:	
Career Goal/Interest:		Career Goal/Interest:			Career Goal/Interest:			Career Goal/Interest:	
		PSAT Score:			PSAT Score:			ASSET Scores: (CC placement)	
		Test Date:			Test Date:			Test Date:	
Explore Results:		PLAN Results:			ACT Scores:			ACT Scores:	
Test Date:		Test Date:			Test Date:			Test Date:	
		ASVAB Results:			SAT Scores:			SAT Scores:	
		Test Date:			Test Date:			Test Date:	
					ASVAB Results:			SAT Subject Scores:	
					Test Date:			Test Date:	
								Other Results:	
								Test Date:	
AIMS Results:		Math	Reading	Writing	(if applicable)			(if applicable)	
					Math	Reading	Writing	Math	Reading

\* Choose one:    ★ Attend a 4-year university  
 ★ Start at a community college & transfer to a university (2+2)  
 ★ Complete a 2-year degree at a community college  
 ★ Attend a vocational / technical institute

★ Enlist in the military  
 ★ Work  
 ★ Other  
 ★ Undecided

## MY VOLUNTEER / COMMUNITY SERVICE / EXTRACURRICULAR

Activity	Address & Phone	Dates	Description
Supervisor:			
Supervisor:			
Supervisor:			

## MY EMPLOYMENT HISTORY

Company Name	Position/Title	Address & Phone	Employment dates	Job Duties
Supervisor:				
Supervisor:				
Supervisor:				







Middle school is a great time to explore your future so you won't be...  
**CAREER CLUELESS**  
 Take inventory of your interests to find a career path

Follow the three-step instructions below to discover your career interests.

It's easy—and fun.

- 1 In each section, circle the subjects, activities or people that are the most appealing to you.
- 2 Count the number of items you circled in each section. Write this number at the end of each section.
- 3 Write the letters from the three sections containing the highest numbers below, from greatest to smallest. This is your **career code**.

**R**

Farming  
 Auto mechanics  
 Carpentry  
 Setting type for a print job  
 Wildlife biology  
 Building things  
 Fixing electrical things  
 Driving a truck

**TOTAL R =** \_\_\_\_\_

**I**

Advanced math  
 Astronomy  
 Physics  
 Using a chemistry set  
 Being in a science fair  
 Doing puzzles  
 Building rocket models  
 Working in a science lab

**TOTAL I =** \_\_\_\_\_

**A**

Being in a play  
 Drawing or painting  
 Foreign languages  
 Reading about art or music  
 Going to concerts  
 Fashion design  
 Creative writing  
 Playing an instrument

**TOTAL A =** \_\_\_\_\_

**E**

Talking with people at a party  
 Working on a sales campaign  
 Buying materials for a store  
 Selling a product  
 Being with leaders  
 Being elected class president  
 Giving speeches  
 Talking to sales persons

**TOTAL E =** \_\_\_\_\_

**S**

Studying foreign cultures  
 Community service  
 Teaching children  
 Helping people  
 Making new friends  
 Attending sports events  
 Belonging to a club  
 Working with elderly people

**TOTAL S =** \_\_\_\_\_

**C**

Word processing on a computer  
 Using a cash register  
 Working 9 to 5  
 Typing reports  
 Following a budget  
 Using business machines  
 Keeping detailed reports  
 Filing letters and reports

**TOTAL C =** \_\_\_\_\_

**MY CAREER CODE**

\_\_\_\_\_

Source: [www.learnmoreindiana.org](http://www.learnmoreindiana.org)

# CAREER CODES:

**R**

## REALISTIC

Realistic people have athletic or mechanical abilities. They usually like to work outdoors with objects, machines, tools, plants or animals.

Auto body repairer  
Landscaper  
Cabinet maker  
Commercial driver

Electrician  
Farmer  
Mechanic  
Surveyor

**A**

## ARTISTIC

Artistic people have innovative or intuitive abilities. They usually like to work in an unstructured situation, using their imagination or creativity.

Actor/Actress  
Architect  
Composer  
Dancer

Interior decorator  
Musician  
Stage director  
Writer

**E**

## ENTERPRISING

Enterprising people also like to work with people, but they like to influence, persuade, or perform. They like to lead or manage for organizational goals or economic gain.

Sales person  
Buyer  
Flight attendant  
Cosmetologist

Manager  
Lawyer  
Insurance agent  
Travel agent

**C**

## CONVENTIONAL

Conventional people like to work with data, have clerical or numerical ability and pay attention to detail.

Accountant  
Air traffic controller  
Computer operator  
Telephone operator

Receptionist  
Secretary  
Tax preparer  
Mail carrier

**I**

## INVESTIGATIVE

Investigative people like to observe, learn, investigate, analyze, evaluate or solve problems.

Engineer  
Chemist  
Biologist  
Fire investigator

Meteorologist  
Doctor  
Pharmacist  
Veterinarian

**S**

## SOCIAL

Social people like to work with others. They like to inform, enlighten, help, train, develop or cure people. They also may be skilled with words.

Teacher  
Counselor  
Psychologist  
Speech therapist

Athletic trainer  
Dental hygienist  
Physical therapist  
Probation officer

### Do you feel that you fit?

It's OK if you don't think you fit any of the results above. Most occupations include more than one career code letter. For example, while doctors are mainly investigative, they also fall within the social and artistic areas. Interest inventories can help you explore career ideas that may not have occurred to you, but they are not meant to limit your choices.

### Now what?

- 1 Talk to your school counselor about your preferences and career options.
- 2 Drop your career code into the RIASEC Entry tool at [www.learnmoreindiana.org](http://www.learnmoreindiana.org).
- 3 Investigate your career options through the Learn More College Connection, [www.learnmoreindiana.org](http://www.learnmoreindiana.org).

**Record your career code in your Indiana Guidance Portfolio.**

Source: [www.learnmoreindiana.org](http://www.learnmoreindiana.org)

**prep**



## ***TOP JOB PROSPECTS***

\*Jobs that are expected to grow the fastest through 2016:

- ❖ Network systems/data communications analyst
- ❖ Personal and home care aides
- ❖ Home health aides
- ❖ Computer-software engineers
- ❖ Veterinary technologists/technicians
- ❖ Medical assistants
- ❖ Skin-care specialists
- ❖ Physical-therapist assistants
- ❖ Pharmacy technicians
- ❖ Mental-health counselors
- ❖ Forensic-science technicians

[www.bls.gov/OCO](http://www.bls.gov/OCO)

Lori Baker, 602-444-NEWS (6397) » lori.baker@arizonarepublic.com » chalktalk.azcentral.com

# Hot jobs — for 2 years of education

## Recently laid-off going back to school

By Anne Ryman  
THE ARIZONA REPUBLIC

The recession has lots of people thinking about going back to school and changing careers. Those who have been laid off are looking for new career opportunities, and more importantly, they want a job once they get out of school.

Some view it as an opportunity.

Euteva Lister of Waddell went back to school in January after being downsized from her job in insurance billing. She plans to graduate with a cosmetology degree in February from Empire Beauty School in Avondale.

"People at my age get comfortable at what they are doing," said the 51-year-old, who was laid off once before. "This kind of gave me the kick in the butt to go to something I really wanted to do."

While no career is recession-proof, here are some fast-growing occupations that require two years or less of college and that are poised to be popular through at least 2016, according to the U.S. Bureau of Labor Statistics.

### » 1. Medical assistant

**Why it's hot:** Like many health-care jobs, medical assistants are increasingly in demand as doctor's offices and hospitals try to meet the needs of an aging population.

**What they do:** Everything from making appointments and greeting patients to checking vital signs, drawing blood and giving immunizations.

**Training:** One-year certificate and two-year associate degree.

**Starting salary:** About \$12 an hour, with bilingual speakers often making more.

**Programs to check out:** Phoenix College (Information: 602-285-7800 or phoenixcollege.edu), Maricopa Skill Center (Information: 602-238-4300 or www.maricopaskillcenter.com).

### » 2. Skin care

**Why it's hot:** Everyone cares about their appearance and how

they look. It's a reflection of who they are inside, said Frank Schoeneman, chairman of Empire Beauty Schools.

With the recession, people lose self-confidence, so they turn to services such as hair and skin care to help them feel better.

**What to know:** The biggest challenge is establishing a client base. Once you have that, you can set your own hours, and your clients become some of your best friends, said Jennifer Jenkins, director of cosmetology at Maricopa Skill Center.

**What they do:** Students train as cosmetologists — who cover skin, hair and nails — or as aestheticians — who cover skin care, facials and makeup.

**Training:** Varies depending on focus. Cosmetology programs can generally be completed in a year or less.

**Starting salary:** Varies, but graduates generally earn half of what they charge.

**Programs to check out:** Empire Beauty School (Info: 1-866-232-2771 or www.empire.edu), Maricopa Skill Center (Info: 602-238-4300 or www.maricopaskillcenter.com).

### » 3. Physical-therapy assistant

**Why it's hot:** People are living longer and more frequently surviving life-threatening ailments such as strokes. Physical therapy is needed to help them live a quality life.

An emphasis on early intervention also is fueling demand for more physical-therapy assistants. Some patients with developmental delays are as young as a few months old.

**What to know:** Programs are popular and can have waiting lists. Students should have an interest in the human body and how the body functions.

"You're a little bit of a coach, and a friend and a mentor. Sometimes you're a taskmaster," said Peter Zawicki, director of the physical therapist assistant program at Gateway Community College. (Info: 602-286-8046 or www.gatewaycc.edu.)



MICHAEL SCHENNUM/THÉ ARIZONA REPUBLIC

Recent graduate Maya Kocharova works on Andrea Ramirez's skin in the cosmetology class at Maricopa Skill Center in Phoenix.

**What they do:** Work with patients under the supervision of a physical therapist, who evaluates the patient and decides the plan of care.

**Training:** Associate's degree.

**Starting salary:** \$20 to \$25 per hour. On-call or non-benefit jobs can pay \$30 to \$35 an hour.

**Programs to check out:** Gateway Community College. (Info: 602-286-8046 or www.gatewaycc.edu.)

### » 4. Pharmacy technician

**Why it's hot:** Wherever there is a pharmacy, there is a need for pharmacy technicians. With the aging population and advances in medical care, people increasingly use medicine to maintain a good quality of life.

**What to know:** Pharmacy techs need to take a test and get national certification after they complete the program. Graduates sometimes continue their education and become pharmacists or go into pharmaceutical sales.

**What they do:** Prepare prescriptions, count out tablets, label bottles and handle administrative duties such as answering phone calls, stocking shelves, greeting customers and operating a cash register.

**Training:** 12 weeks.

**Starting salary:** \$10 an hour. **Programs to check out:** Phoenix College (Info: 602-285-7800 or phoenixcollege.edu.)

### » 5. Network administration

**Why it's hot:** The explosion of computer networks and the Internet has created a big demand for specialists to make sure networks function well.

**What to know:** Students should be detail-oriented, said Fernando Garcia, a Cisco certified instructor at Glendale Community College.

They don't necessarily need to know anything about computer networking when they start the program, but attention to detail is critical.

**What they do:** Set up, wire and work with computer networks and the Internet.

**Training:** Three-semester program.

**Starting salary:** High \$20,000 to low \$30,000. Students can get additional certifications and the more experience they have, the higher their salaries.

**Programs to check out:** Glendale Community College. (Info: 623-845-3000 or www.gccaz.edu.)

### » 6. Veterinary technician

**Why it's hot:** People are spending more on their pets as the human-animal bond has gone from viewing pets as possessions to viewing them as members of the family.

Veterinarians are increasingly spending their time in surgery and diagnosing and prescribing treatments while vet techs are doing a lot of the other duties.

## Growing occupations

- » Network-systems and data-communications analysts.
- » Personal and home health-care aides.
- » Computer-software engineers.
- » Veterinary techs.
- » Financial advisers.
- » Makeup artists.
- » Medical assistants.
- » Veterinarians.
- » Substance-abuse and behavioral-disorder counselors.
- » Skin-care specialists.
- » Financial analysts.
- » Social and human-service assistants.
- » Gaming officers and gaming investigators.
- » Physical-therapist assistants.
- » Pharmacy techs.
- » Forensic-science techs.
- » Dental hygienists and dental assistants.

Source: U.S. Bureau of Labor Statistics

**What to know:** The curriculum is very rigorous and scientific. It's not enough to just like animals, said Jill Shepot, director of Mesa Community College's Veterinary Technology Program. You should like science and also remember this is a people field, so good communication skills are necessary.

"The animals don't come in by themselves," she said.

**What they do:** Vet techs do everything short of surgery or prescribing medicines. They take medical history, give medications, injections and even some medical procedures such as cleaning and monitoring anesthesia.

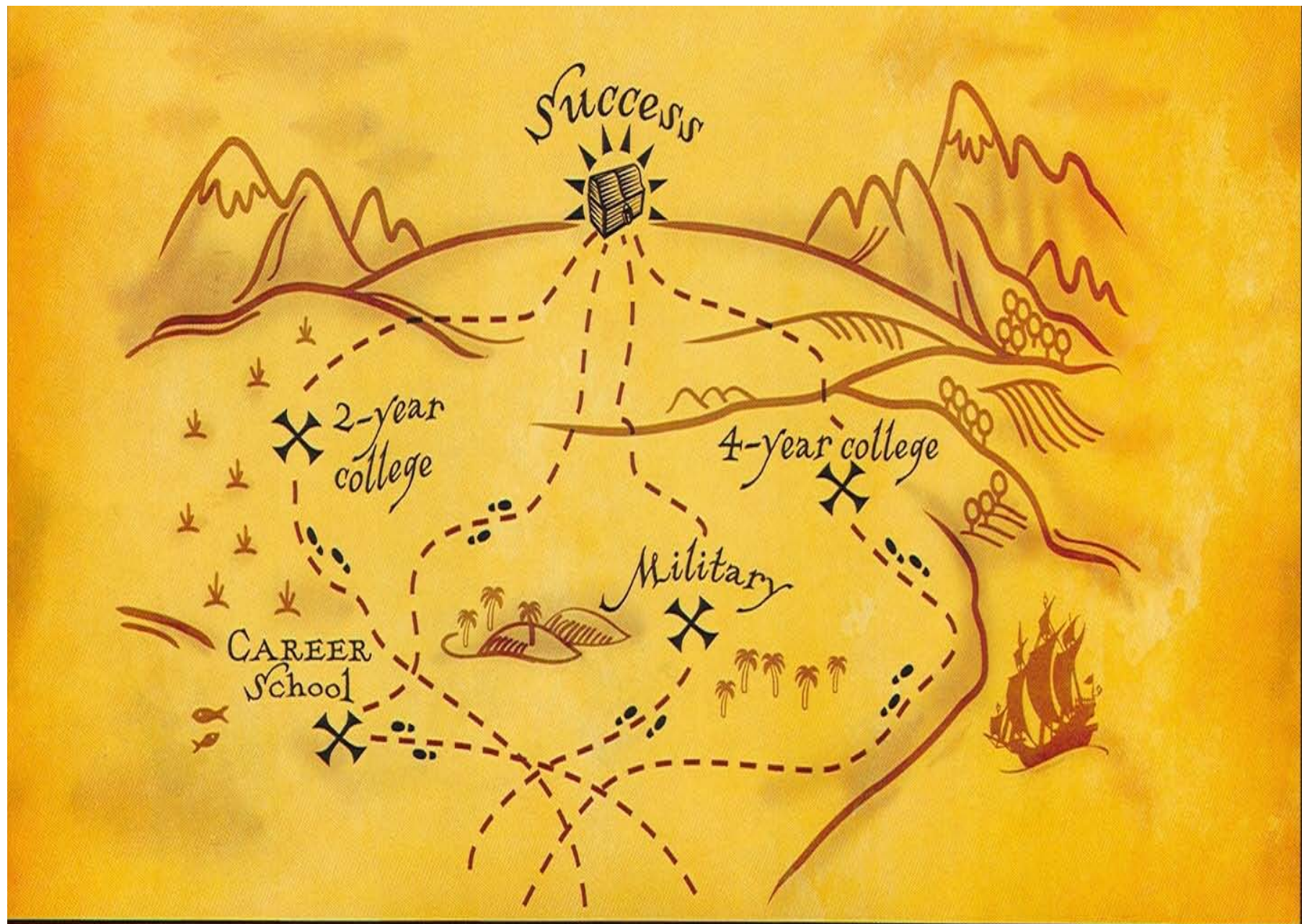
**Training:** Two years if completed general-education requirements and other pre-requisites; three years otherwise.

**Starting salary:** \$26,000 to \$28,000.

**Programs to check out:** Mesa Community College. (Info: 480-461-7000 or www.mc.maricopa.edu.)

Reach the reporter at anne.ryman@arizona-republic.com or 602-444-8072.





















**MY ROAD TRIP TO**

**COLLEGE  
&  
CAREER**

***Time Manager***














# MY TIME MANAGER

Regular School Day

How many hours/minutes a day do you:	Time	How many hours/minutes a day do you:	Time	Daily Total
 Play video games?		 Spend in school?		
 Spend with friends?		 Study or do homework?		
 Prepare and eat meals?		 Watch TV?		
 Spend in extracurricular activities?		 Talk on the phone or text message?		
 Commute to and from school?		 Do chores?		
 Spend online or on the computer?		 Get showered and dressed?		
 Sleep?		 Do other?		
<b>TOTAL</b>		<b>TOTAL</b>		<b>24</b>
What does the way I spend my time say about me?				
How could I spend my time more constructively?				

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**MY ROAD TRIP TO**

**COLLEGE  
&  
CAREER**

*The Journey of a  
Thousand Miles Begins  
with a Single Step  
Chinese Proverb*

# My Road Trip to College and Career



## Feedback

Please take time to reflect on the workshop and complete the following statements:

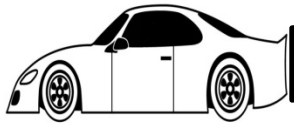
I learned:

I would like to learn more about:

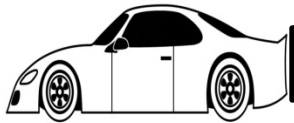
I want to remember:







1. **ACT:** a national college admissions examination that consists of four subject areas: English, mathematics, reading, science, plus an optional writing test.
2. **admissions officer/counselor:** college staff person who interviews potential college students.
3. **Advanced Placement:** college-level courses offered at high school in which a student has the opportunity to earn advanced placement, credit or both at a college or university.
4. **Advancement Via Individual Determination (AVID):** college readiness system designed to increase the number of students who enroll in four-year colleges.
5. **application:** a written or printed form on which a request is made.
6. **Arizona High School Graduation Requirements:** the minimum subject credits required to graduate from high school: **English-4; Math-4; Science-3; Social Studies-3; CTE/Fine Art-1; Elective-7.**
7. **associate's degree:** approximately 60 credit hours of study from a community/junior college qualifications of an applicant.
8. **bachelor's degree:** undergraduate degree granted by four-year colleges and universities; approximately 120-128 hours are typically needed to finish school with this degree.
9. **career:** a chosen pursuit, a profession or occupation; the general course or progression of one's working life or one's professional achievements.
10. **college:** a school, sometimes but not always a university, offering special instruction in professional or technical subjects.  
**college major:** a college or university student's main field of specialization during his or her undergraduate studies.
11. **college fair:** allow students the opportunity to interact with admission representatives from a wide range of postsecondary institutions in one location to discuss course offerings, admission and financial aid requirements, college life in general, and other information pertinent to the college selection process.
12. **college virtual tour:** allows a student to view college environment while on-line.
13. **community college:** sometimes called junior college, technical college, or city college, is primarily a two-year public institution providing higher education, granting certificates, diplomas, and associate's degrees.
14. **course of study:** group of courses students are required to take in order to earn a college degree; major.
15. **credit or credit hours:** points awarded for successful completion of high school or college courses; credit hours usually equal the number of hours a class meets per week.
16. **degree:** academic title given to students who have completed a course of study.
17. **doctoral degree:** the most advanced degree, awarded after three to five years of additional study following completion of a master's degree.
18. **dual enrollment:** a student enrolled in high school is also enrolled at a local institution of higher learning, such as a community college or university. The student may take classes at either institution for credit toward their high school diploma, as well as for college credit.



19. **Education and Career Action Plan (ECAP)**: reflects a student's current plan of coursework, career aspirations, and extended learning opportunities in order to develop the student's individual academic and career goals.
20. **essay**: short literary composition on a particular theme or subject.
21. **FAFSA**: Free Application for Federal Student Aid
22. **goals**: statements about what you intend to achieve.
23. **Grade Point Average (G.P.A.)**: the average of all grades received.  
**grant**: giving of funds for a specific purpose; it does not have to be paid back.
24. **honors course**: course that offers the same material as a regular class, but enriched with greater depth and a faster pace.
25. **postsecondary education**: education beyond the high school level, especially education at the college or university level.
26. **International Baccalaureate (IB)**: three programmes of international education and rigorous assessment designed to help students aged 3-19 develop the intellectual, personal, emotional and social skills to live, learn and work in a rapidly globalizing world.
27. **internship**: a job in a student's field of study; may be required in some academic programs and may include salary and college credit.
28. **interview**: a formal meeting in person, especially one arranged for the assessment of the qualifications of an applicant.
29. **job**: a regular activity performed in exchange for payment; a position in which someone is employed.
30. **letter of recommendation**: a letter sent by someone that recommends a person with favorable statements concerning character, qualifications, or ability.
31. **master's degree**: academic degree conferred by a college or university upon those who complete at least one year of prescribed study beyond the bachelor's degree.
32. **PLAN**: pre-ACT test that helps 10th graders build a solid foundation for future academic and career success.
33. **prerequisite**: a course or courses that must be successfully completed before a student can enroll in the next-level course or more advanced courses.
34. **PSAT/NMSQT**: Preliminary SAT/ National Merit Scholarship Qualifying Test is offered mostly to juniors who want to practice for the SAT and perhaps qualify for scholarships.
35. **SAT**: a standardized test for college admissions in the United States.
36. **scholarship**: grant of financial aid awarded to a student, for the purpose of attending a college; it does not have to be paid back.
37. **student loans**: money you borrow to pay for school; this money can be borrowed from both the federal and state governments as well as from the schools themselves and private sources (banks); mostly repay.
38. **transcript**: the cumulative official record containing the courses, semester hours, and grades earned by a student.
39. **university**: an institution for higher learning which contains a collection of colleges. When you go to a university you are going to be graduating from one of their colleges, such as the business college.
40. **work-study**: an education plan in which students alternate between paid employment and formal study; money earned does not have to be paid back.

11/11/2016



Arizona Department of Education  
Special Projects Sction

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The My Road Trip to College and Career resources for students, parents and educators can be located at on ADE's webpage