

Activity Guide

Grades 5 - 8 Checklists

What does My Checklist do?

Checklists help you plan for your future and keep track of your progress. These activities will help you answer the following questions:

- Who am I?
- Where am I going?
- How do I get there?

Message to Students

Fifth and sixth grade is a time to identify your interests, abilities, strengths, and ways to get involved in school and in the community. These activities will help you learn about the world of work and plan for your future.

Grades 5 & 6 Checklist Activities might include:

Who am I?

- ☐ Complete "Things I like to do" worksheet
- ☐ Identify and record five things you like to do
- ☐ Identify and record one thing you want to learn to do
- ☐ Complete "My Community" worksheet
- ☐ Identify and record two businesses in your community you would like to learn more about
- ☐ Complete "Getting to know my school" worksheet
- ☐ Complete "Should I join" worksheet
- ☐ Identify and record what activities, clubs, or hobbies you would like to try before going to high school

Where am I going?

- ☐ Complete Occupations Scavenger Hunt
- ☐ Complete "How do I make decisions?" worksheet

How do I get there?

- ☐ Plan your 7th and 8th grade classes
- ☐ Parent/Guardian review



Message to Students

Seventh grade is an important time in your life. Study to do well in your classes. Get involved in sports, clubs and other interesting things. Start thinking about your high school future and preparing for it. These activities will help you learn about the world of work and plan for your future.

8th grade is getting you ready for your transition into high school. Take challenging classes and study to do well. Become involved in extracurricular activities and opportunities. Check with your school counselor and teachers for ideas.

Grade 7 Checklist Activities:

Academic Goals

- ☐ Plan your 8th grade classes. Take challenging classes and do well in school.
- ☐ Record any awards or achievements you have gotten during this school year.

Career Goals

- ☐ Take the Career Clusters inventory or assessment and record results in your PRE-ECAP portfolio. Write down a career that you might be interested in pursuing.

Postsecondary Planning

- ☐ Write down your post high school educational goals.
- ☐ Learn college and career vocabulary words.

Extracurricular Activities

- ☐ Document in your PRE-ECAP portfolio any club, sports, Fine and Performing Arts,
- ☐ Document any leadership experiences you have been involved in.
- ☐ Document service or volunteer things you have been involved in.

Grade 8 Checklist Activities:

Academic Goals

- ☐ Review your 8th grade courses. Are you ready for high school?
- ☐ Plan your high school courses.
- ☐ Record any awards or achievements you have gotten during this school year.

Career Goals

- ☐ Take a interest survey or career assessment and record your results in your PRE-ECAP portfolio.
- ☐ Discuss the results with your school counselor and parents. What kinds of careers do you think you might be interested in?
- ☐ Write your career goal down.

Postsecondary Planning

- ☐ Write down your post high school educational goal. Do you think you might attend:
 - o a 2-year community college
 - o a 4-year university
 - o a technical/ vocational school
- ☐ Learn college and career vocabulary words.

Extracurricular Activities

- ☐ Document in your PRE-ECAP portfolio any club, sports, Fine and Performing Arts or other similar experiences you have been involved in.
- ☐ Document any leadership experiences you have been involved in.
- ☐ Document service or volunteer things you have been involved in.
- ☐ Research a summer job. Do you have a resume?

