



Explore-Work.com Trainer's Guide:

Education and Training

Counseling on opportunities for enrollment in comprehensive transition or postsecondary educational programs is designed to help students make informed decisions about their future.

Students are provided with information on career options, the types of academic and occupational training needed to succeed in the workplace, and post-secondary opportunities associated with career fields or pathways.

Students work with their counselors and families to decide on a career and training path that meets the goals they have for themselves.

Exploration of the variety of post-secondary options helps students better understand that continuing education is directly related to their future employment goals. Post-secondary education and training options addressed include:

- Advising students and parents or representatives on academic curricula
- Providing information about college application and admissions processes
- Completing the Free Application for Federal Student Aid (FAFSA)
- Providing resources that may be used to support individual student success in education
- Training (i.e., disability support services)

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Learning Goals

Learning Objectives:

- Understand how education beyond high school is needed to access jobs in many areas.
- Describe how further education and training may help you meet your individualized career and personal goals.
- Understand a variety of post-secondary education and training opportunities, including career-related workshops/training programs, community colleges, military service, trade/technical schools, universities, and post-secondary programs for students with intellectual and developmental disabilities.
- Understand disability-related accommodations laws and your related rights and responsibilities in a post-secondary setting.
- Gain awareness of educational resources and websites.
- Understand admission testing requirements and the possibility of testing accommodations.
- Learn about resources for financial aid, including grants and loans.
- Learn about vocational rehabilitation services and other resources that could support you to meet your educational goals.

facts → feelings → behavior change

Things to Know	Things to Feel	Things to Do
<p><i>(E.g., facts, terminology, skills...)</i></p> <ul style="list-style-type: none"> • Understand that education beyond high school is needed for many jobs. • Understand the variety of post-secondary resources 	<p><i>(E.g., perceived credibility and relevance of the new knowledge, my appropriate role, perceived peer approval for taking action, self-efficacy...)</i></p> <ul style="list-style-type: none"> • Empowered to find the resources you need to continue your education. 	<p><i>(E.g., intentions to change behavior, incremental changes, talking to others about new behavior, establishing habits/routines...)</i></p> <ul style="list-style-type: none"> • Explore post-secondary options as related to my job goals.

Things to Know	Things to Feel	Things to Do
<p>and opportunities available.</p> <ul style="list-style-type: none"> • How to prepare in high school for different post-secondary experiences. • Know your rights as related to 	<ul style="list-style-type: none"> • I can be successful in a post-secondary setting. • I can become whatever I want to be. • I have choices. • I can be independent. 	<ul style="list-style-type: none"> • Decide on a path and prepare as early as possible. • Construct a plan for preparing for my future. • Investigate services and resources to help me achieve my goals.

Course Lessons and Activities

Course Introduction for Students: To get the job you dream about, you will need some kind of training after high school. Luckily, there are LOTS of different ways to continue learning.

Post-secondary education counseling means exploring what educational or training opportunities are available to help you achieve your work goals.

This training will help you better understand the many options you have for continued learning after high school and what you can do now to prepare for your future. You will also gain a better understanding of your rights and responsibilities as related to disability accommodations in educational settings. You'll discover many resources to help you explore and make decisions about your future.

A Note about Time Estimates: The time estimates are just that. Lesson time expectations should be adapted to best meet the need of the learner.

Lesson 1: The Future is Wide Open

Lesson activities | **Time Estimate: 30 minutes or more**

- My Journal: Self-Reflection Activity
- Video: My Future Is Wide Open
- Click Pic: Lots of Choices
- Whiz Quiz: Are You an Education Whiz?

Lesson 2: Where Do I Go from Here?

Lesson activities | **Time Estimate: 1 hour or more**

- Action Plan: My Training and Education Next Steps
- Scavenger Hunt: Education Goal
- My Journal: Scavenger Hunt Results

Lesson 3: Where I'm At

Lesson activities | **Time Estimate: 15 minutes or less**

- Self-Reflection Journal: Planning for My Future

Lesson 1: The Future is Wide Open

Lesson Introduction

Let's dive in and find out more about how to get the future job you want. By now, you may have a good idea of a career path that is interesting to you and would be a good fit for your skills and talents.

This course is all about understanding the training and education choices available.

Activity: [My Journal: Self-Reflection Activity](#) | [Link to Self-Reflection Activity](#)

Before we get started, let's check on how you are feeling and what you're thinking.

Trainers Note: Email Addresses

An email address is required throughout this training to enable feedback to the learner. Emails may contain custom messages, additional resources, or next steps based on the student's response. The student can choose to share emails received with teacher, counselor, or training facilitator to offer opportunities for further conversation and exploration.

Email *

1. I know what type of education I need for the work I'm interested in.

- I have no idea.
- I haven't thought about it much.
- I'm starting to figure it out.
- Yes! I've done my research.

2. I know how to find resources to help me meet my learning goals.

- I have no idea.
- I haven't thought about it much.
- I'm starting to figure it out.
- Yes! I have learned a lot about what resources are available.

3. I know about several different options I have after high school.

- I have no idea.
- I haven't thought about it much.
- I'm starting to learn about them.
- Yes! I know what my options are.

4. I know what requirements I need to meet in order to attend the type of school I want to go to.

- I have no idea.
- I haven't thought about it much.
- I'm starting to understand the requirements.
- Yes! I know what I need to do and I'm on track.

5. I know how to get the disability accommodations I will need at school or work.

- I have no idea.
- I haven't thought about it much.
- I'm starting to understand how to get them.
- Yes! I know how to ask for what I need.

6. I feel prepared for life after high school.

- Not at all!
- I haven't thought about it much.
- I'm starting to get prepared.
- Yes! I feel prepared for my next steps.

Check off things you've already done to prepare for your future:

- I've made a list of goals I want to achieve in high school.
- I've talked to people about the options I have after high school.
- I've looked into college or training.
- I've had a part time job or other work experience such as internship, volunteer, experience.
- I have a resume.

I want to continue my education because: [select all that apply]

- I want to work in a field that requires a degree or certificate.
- I want to learn new skills.

- I want to make new friends who are interested in the same things as I am.
- I don't know what job I want to do and I want to find out more about the world.
- I want to learn a skill that can help me get a job right away.
- I don't want to continue my education.

Share Your Results:

Would you like to share your results with someone else? Your teacher, counselor, parent or friend?

- Yes – Enter Email Below.
- No thanks.

Learner Email Response:

The learner will get an email response upon submission of the journal activity. The email will have the following information:

Subject: Explore Work - Self-Reflection Post: Planning for My Future

Hi [learner's name],

Thank you for completing the self-reflection about planning for your future. Has anything changed since you began this lesson?

Here is a copy of your responses:

[all responses are included here]

Activity: [Video: My Future is Wide Open](#) | [Link to Video: My Future Is Wide Open Activity](#)

Now, let's get back to thinking about your future!

Get ready, because we're going to explore what educational or training opportunities are available to help you achieve your work goals.

Video Transcript:

Finishing high school is the first step to creating the future you want.

You might be thinking you want to go to college or technical school after high school.

You might be thinking that you want to start earning money right after you graduate.

You might be thinking, "I have no idea what I want!"

Whatever your goals in life, learning will likely be a part of your future, whether you learn in a classroom, get training from an employer, complete an internship....or...any number of ways to learn!

Education is important. It can help you:

- Get the job you want
- Make more money
- Feel a sense of accomplishment
- Give you independence
- Help you meet people like yourself
- Get a better job

In this lesson we're going to explore how learning can help YOU reach YOUR career and life goals. Let's get started!

Activity: Click Pic: Lots of Choices | [Link to Click Pic Activity](#)

When it comes to finding education and training to get the job you want, there's lots of choices. Choose an option below to find out more!

AmeriCorps:

- **Click to Learn More:**
 - complete a year of service to get money for school expenses
 - develop skills by working on a specific project
 - explore a career path
 - visit the [AmeriCorps website](#) for more information
- **Interested in volunteering and making new friends?**
 - You get hands-on work experience, networking opportunities, and professional skills training along with making new, like-minded friends.

Trade or Technical Schools (AKA Vocational schools):

- **Click to Learn More:**
 - education and training for a specific job
 - examples include jobs in computer programming, graphic design, accounting, veterinarian assistants, plumbers, and truck drivers
 - earn an Associate of Arts (AA) degree or an Applied Science (AAS) degree
 - credits earned may transfer to a college or university
 - usually takes less time to complete than college
- **Want to start a career as soon as possible?**
 - Learn a valuable trade in a relatively short amount of time and start working sooner.

Online Classes:

- **Click to Learn More:**
 - many schools have the option to take online courses
 - you have a more flexible schedule and you can work at your own pace
 - you still get to interact with the teacher and other students through chats or using online tools like Skype
 - earn many types of degrees and certifications
- **How do you learn best?**
 - You need to be self-motivated and organized to be successful at these.

Four-year Colleges and Universities:

- **Click to Learn More:**
 - earn a bachelor's degree by completing a program at a college or university
 - colleges may be smaller or part of a large university
 - each school has different requirements for getting in
 - you can also earn an advanced degree as required for some career fields
- **Do You Like Variety?**
 - Four-year colleges and universities offer many social opportunities and a wide range of classes to explore.

Two-year Colleges:

- **Click to Learn More:**
 - public community colleges are open to everyone
 - private junior colleges sometimes require an entrance test or some work experience to get in
 - earn an Associate of Arts (AA) degree or an Applied Science (AAS) degree
 - credits you earn while getting an AA degree often transfer to a four-year college or university
- **Don't like crowds?**
 - Community colleges often have smaller campuses and class sizes than four-year colleges.

Military Service:

- **Click to Learn More:**
 - may provide opportunities for travel
 - the military can help you pay for college or training
 - some programs allow you to use military training for college credit
 - get experience and skills for getting a job outside the military
- **Do you want to serve your country?**
 - The military offers lots of ways to do so, as well as many other types of benefits.

Learning Outside of a Classroom:

Consider getting an apprenticeship or other work experience

- **Click to Learn More:**
 - start your own business
 - learn on-the-job and work your way up the career ladder
 - consider free or inexpensive online courses in a field you're interested in
- **Looking for a change of environment?**
 - Balance your learning with real world, hands on experiences.

Activity: Whiz Quiz: Are You an Education Whiz? | [Link to Education Whiz Quiz Activity](#)

Isn't learning about the possibilities in education fun?

Let's see what you know!

Test your knowledge about Education. Read each statement and select one answer per question.

What is your first name? *

Email *

1. What type of school do you need to attend to earn a bachelor's degree?
 - A. Trade or technical school
 - B. A four year college or university
 - C. A community college
2. It is possible to take college courses online.
 - True
 - False
3. You can get education and hands-on training for a specific job at a trade or technical school.
 - True

False

4. The civilian workforce is part of _____.

- A. A four year college
- B. The military
- C. A trade school

5. I can earn a two year degree (AA) at a _____.

- A. Trade or technical school or a two-year college.
- B. A four year college or university
- C. Place of employment

Share Your Results:

Would you like to share your results with someone else? Your teacher, counselor, parent or friend?

- Yes – Enter Email Below.
- No thanks.

Learner Email Responses:

The learner will get an email response upon submission of this form based on their selection. The email will have the following information:

Subject: Explore Work - Whiz Quiz Lesson 1 - Score

Dear [learner's name],

[Score: 0 – 3 Email Response]

Thank you for taking the Whiz Quiz. You are an Education Newbie.

Your quiz score: [quiz score]

Like all of us, you are a work in progress. Taking the time to learn more about the options you have after high school will help you reach your future goals.

[Score: 4 Email Response]

Thank you for taking the Whiz Quiz. You are an Education Hopeful!

Your quiz score: [quiz score]

You are on your way to learning more about the options you have after high school! Keep learning about what options might be a good fit for you.

[Score: 5 Email Response]

Thank you for taking the Whiz Quiz. Congratulations! You are an Education Hotshot!

Your quiz score: [quiz score]

You are well on your way to achieving your goals for the future. Keep up the great work!

[all responses are included here]

Lesson 2: Where Do I Go from Here?

Lesson Introduction

What type of education or training do you need to reach your career or job goals? If you aren't sure, before finding out more about education and training, take some time to look into the kind of education and training you need to meet your goal.

Explore the [My Next Steps Website](#) for more information. for more information.

Once you have an idea of the type of education required to reach your career goals, what are the next steps? Complete the survey below to get a **customized plan** for finding out more about education and training next steps for you! You can also [download and save our Post-Secondary Education and Training Guide \(pdf\)](#).

What is your first name? *

Email *

What Do You Want to Learn More About? *

- Four year college
- Two year college
- Trade/technical school
- Military service
- Online Education
- Other ways to learn

You can also [download and save our Post-Secondary Education and Training Guide \(pdf\)](#).

Share Your Results:

Would you like to share your results with someone else? Your teacher, counselor, parent or friend?

- Yes – Enter Email Below.
- No thanks.

Learner Email Responses:

The learner will get an email response upon submission of this form based on their selection. The email will have the following information:

Subject: Explore Work - Education: Information on Four Year Colleges

Hi [learner's name],

It looks like you are interested in going to a four year college or university. Excellent! Make sure to ask your teachers and counselors about how to make this goal happen. This email will provide you with some tips and ideas to get started!

Going to College: What Can You Expect Video

This five minute closed captioned video features two students with learning disabilities It explains how accommodations can be different in college compared to what students have in high school. It describes how one discloses a disability at the college level including the importance of knowing what the disability is, how it impacts the student, and what accommodations have worked well in the past. Additionally it stresses the importance of long term planning, online searching, and on campus visits. [Watch the Video: Transitioning to College with a Disability](#)

Getting Started

If you're considering a four year school but aren't sure where to start, collegeboard.org can be a big help. There is a huge variety of opportunities colleges have to offer. Check out collegeboard.org. You can do a college search based on location, programs, type of school, and much more.

Plan a College Visit

Going to visit a college is another great way to get a feel for the school and find out if it seems like a good fit for you. When you visit, take a tour. You'll often get the students perspective as they take you around the campus. You should also schedule a meeting with the Office of Disability Services. You will find a list of suggested questions for you to download in the toolkit. It's best to find out early in the process whether a school can meet your needs.

Admissions

Most four year colleges and universities require you to take a standardized test in high school and use the scores as part of the admissions process. These include the SAT and ACT tests. Each school has different requirements, but it's a good idea to plan to take one or both tests beginning in your junior year of high school. You can retake them to try to improve your score.

Students with disabilities can qualify for accommodations. You can find out more information by visiting [Careerwise](#).

ACT Test

Watch the video for [information on registering for the ACT and requesting accommodations](#). It's a good idea to become familiar with the information about these tests early in your high school years. Your high school guidance counselor will be able to help you with this. You can also look at [act.org](#) for information on test dates and many other ACT resources.

SAT Test

Find information on [registering for the SAT and requesting accommodations](#).

Applying to College

When it's time to apply to schools, there are very specific deadlines you have to meet. Each school can be different so it's important to organize yourself so you don't miss any due dates. There is a lot to keep track of when applying. Download our [college application checklist](#).

Next Steps

As always, it will help to talk to your school counselor, your VR counselor, and your family about your decisions and to get their help when you need it. Even though you might be thinking about this now, don't worry, you can always change your mind! This resource guide containing information on other options may be helpful to you.

Subject: Explore Work - Education: Information on Two Year Colleges

Dear [learner's name],

Thank you for answering the questions.

**Looks like you want to fast track your education so you can get the job you want more quickly!
That's great!**

Two year schools (often called community colleges) are a faster, cheaper path to some careers.

You can earn an associate's degree or a certificate. Many students who want to go on to a four year school start there first to save money and later transfer to a four year school. Others go to a two year school and take on an internship or get the certification they need to go right into a job.

Plan A Visit

Each community college has an Office of Disability Services. It's a good idea to make an appointment with them to find out about getting accommodations and providing the school with the documentation they require to meet your needs. Check out the [Disability Services Guide](#) for questions and tips.

If you're not sure what schools are in your area, visit careeronestop.org to find out. Once you've found some that interest you, check out their websites to get more information.

Admission

Two year colleges usually have open admission. That doesn't mean you shouldn't work hard in high school, but it does mean you can go to college and catch up if you don't have a solid foundation in reading, writing, and math.

Placement test results will show whether you need to take any of the catch-up courses before moving on to the college level classes.

Applying to a Community College

When it's time to apply, there are deadlines you have to meet. Each school can be different so it's a good idea to check on their deadlines early.

Talk to your school counselor, your VR counselor, and your family about your decision and get their help when you need it.

[all form responses are included here]

Subject: Explore Work - Education: Information on Trade or Technical School

Hello [learner's name],

Thanks for answering the survey.

It looks like you are interested in a trade or technical school. That's great!

A trade or technical school is also called a vocational school. They offer hands-on, job-focused degree programs and certificate courses instead of a traditional college degree.

You can usually complete a program in one to two years. Once you complete the program, you are qualified for a job in that field.

Admissions

- Finish high school
- Fill out an application, and take an admissions test. The admissions test is on basic math, reading, and writing skills. Students with disabilities can qualify for accommodations.

Applying to a Trade or Technical School

Most trade schools are open admission schools. That means you can apply no matter what your high school GPA is, as long as you have your diploma. You can usually find the application on the school's website. There normally isn't a deadline to apply, but you may have to wait for the beginning of a program before you can start.

Find Out More

If you want to find out about trade schools in your area, you can visit [trade-schools.net](https://www.trade-schools.net) and search by your zip code.

You can also talk to the Office of Disability Services about any accommodations you might need. Here is a list of questions you might ask: [My Guide: Disability Services Questions](#).

Subject: Explore Work - Education: Information on Military Service

Dear [learner's name],

Thank you for answering the questions.

Sounds like you are interested in the military. Cool!

There are several ways you can serve in the military.

- You can be part of the civilian workforce on a military base doing many different kinds of jobs. Jobs like working in a bowling alley or being a nuclear scientist.
- Or, you might be enlisted, which means you are ready for “active duty” at any time. Enlisted men and women can enter the military without a college degree and it’s possible to earn your degree while serving. You can also attend Military Occupation Schools that train you for jobs using hands-on skills.
- Another option is to be accepted into an ROTC (Reserve Officer Training Corps.) program as long as you can meet the physical, medical, and academic requirements.

Admission

A civil service test may be required if you want to be a part of the civilian workforce. You can find out more on the [Federal Government Jobs](#) website.

If you want to enlist, you must be 18 years old or, if you are 17, have your parent’s permission.

Most branches of the military require you to have a high school diploma. There are varying physical requirements depending on which branch of the military you want to serve in, and you would need to commit to being enlisted for a specific period of time. The length of commitment depends on the branch of service and training required for your chosen career.

Applying

It’s best to contact a military recruiter to discuss your specific options. Depending on your qualifications, a recruiter can help you decide what the best options are for you. A good place to start is on the [Today’s Military](#) website. You will find a list of phone numbers for different branches of the military, as well as some questions you might want to ask.

[all form responses are included here]

Subject: Explore Work - Education: Information on Online Education

Dear [learner’s name],

Thank you for answering the questions.

So you are interested in online education. This is getting to be a very popular choice. However, learning online is not for everyone.

To be successful in online courses, you need to be self-motivated, organized, and able to resist distractions that may happen where you're studying. Does that sound like you? If yes, read on!

Many schools are offering students the option to take all or some of their classes online. There are a range of degrees and certificates you can earn. The courses are just as challenging and working on your own instead of attending classes can be great if you need a flexible schedule.

Accommodations

Most colleges offer courses with built-in accommodations, such as closed captioning and compatibility with adaptive technology. You will need to provide the school with documentation about your disability and the accommodations you will require.

As with any college, it's a good idea to get in contact with the Office of Disability Services to ask questions about your specific needs. Check out the [Disability Services Guide](#) for questions and tips.

Admission

Depending on the type of program you are applying to, online schools have very similar admission guidelines to any other college. Talking to an admissions counselor will help you understand what is required by a specific school.

Applying to an Online College

Once you've chosen a school, you need to make sure to meet all of the application deadlines and requirements for admission. Each school can be different so it's a good idea to check on their deadlines early.

Talk to your school counselor, your VR counselor, and your family about your decision and get their help when you need it.

[all form responses are included here]

Subject: Explore Work - Education: Information on Other Ways to Learn

Dear [learner's name],

Thank you for answering the questions.

Lots of people are unsure of what they want to be when they grow up – even when they are grown up!

Here's something really important! **You can change your mind.**

You have options. You can start college or do some other kind of postsecondary training. The main thing is to keep learning. Any college or training you do will help you grow as a person and help you succeed at your work and life goals.

What choices do you have if you don't want to continue with postsecondary education right now? Education does not just happen in the classroom. You might already know what you want to do, or might have no idea. Either way, here are some options.

Work Experience

You can learn a lot just through working! Many jobs, including food service, retail, and customer service, can be a good way for you to explore and learn what you like and don't like. You'll also learn a lot of life skills, such as teamwork, patience, time management, and efficiency. These skills are going to help you in life no matter what you decide to do.

Some companies offer a tuition assistance program in which they pay for part of your college education. The benefit to the company is that you will gain more knowledge and skills for doing the job, while continuing to work. The benefit for you is that you will avoid a lot of the expense of getting more education, continue to earn an income, and probably increase your income once you have more education.

Many companies offer tuition assistance including Home Depot, Verizon Wireless, Ford, and UPS. Part-time and full-time employees are eligible at most of the companies who offer these programs. Talk with your VR counselor about companies in your area who may have a tuition assistance program.

Apprenticeships

An apprenticeship allows you to earn while you learn. Many industries offer apprenticeship program. These programs last between one and six years and your wages increase as you get more experience. If you want to learn more, you can visit [Apprenticeships on Careeronestop](#).

Coding Bootcamp

If you're interested in computer science, a coding bootcamp might be for you. It's a complete training program that helps students from all backgrounds transition into a career in technology. There are many of these programs out there so do your research to see which one might be a good fit for you.

- Talk to your VR counselor about exploring programs in your area.
- [Find a bootcamp](#)
- Google "Coding Bootcamp"

Start Your Own Company

Many successful people have built their own businesses. You may not be a Mark Zuckerberg, but you might have an idea and, if you're willing to work hard and take a risk, you may be able to build a successful business or even more than one.

Talk to your VR counselor for some help finding resources to start your own business.

Digital Wonderland

Online learning gives you the chance to learn about almost anything. You can take courses through one of the many learning platforms, such a Coursera, Khan Academy, or Udacity.

You won't earn a degree, but you can learn about just about any topic, explore your interests, and learn at your own pace. Many of these courses are free and accessible to anyone.

If you decide you LOVE online learning and want to get a degree, many schools offer online degree programs. Visit [onlinecolleges.com](#) to get started!

[all form responses are included here]

Activity: Scavenger Hunt: Education Goal | [Link to Education Goal Activity](#)

Now that you have an idea of what type of learning will help you meet your work and career goals, it's time for you to connect with people who can share their street smarts with you.

Do you know someone who has the type of education and learning you're interested in? Ask them if they'd be willing to share their experience and knowledge with you. If you don't know someone, ask your school or vocational counselor if they could recommend someone who you could talk with.

The [Scavenger Hunt: Education Activity Guide](#) will help you get started or copy the questions below into your own document!

Questions to get you started:

- You don't have to limit yourself to these! What do YOU want to know?
- Who are you interviewing?
- What path are you thinking of taking?
- What are some things I can do in high school to prepare?
- Who was helpful to you in planning what classes to take in high school?
- Who helped you prepare for your future?
- What was the most challenging thing about choosing what to do after high school?
- Do you need any accommodations? If so, who helps you get them?
- Do you have any difficulties getting these accommodations?
- Do you live on your own? If so, what do you like about it?
- Do you get any financial assistance to help pay for expenses? If so, how did you get it?
- Is there anything you wish you knew before you decided on this path?
- What else can you tell me about your experience after high school?

Activity: My Journal: Scavenger Hunt Results | [Link to Scavenger Hunt Results Activity](#)

So did you go on a scavenger hunt to find out more about some potential education and training next steps? What did you find out?

Complete the journal below to capture your scavenger hunt findings. Your results will be emailed to you.

Did you forget to ask some of these questions, no problem. You can put your research skills to the work by visiting the [My Next Steps Website](#) for more information.

Name [first] *

Email *

Who did you interview? *

What are some things you can do in high school to prepare? *

Who was helpful to you in planning what classes to take in high school? *

Who helped you prepare for your future? *

What was the most challenging thing about choosing what to do after high school? *

Do you need any accommodations? If so, who helps you with those? *

Did you have any difficulties getting the accommodations? *

Do you live on your own? If so, what do you like about it? *

Do you get any financial assistance to help pay for expenses? If so, how did you get it? *

Is there anything you wish you'd known before you decided on this path? *

What else can you tell me about your experience after high school? *

Other information I found out:

Share Your Results:

Would you like to share your results with someone else? Your teacher, counselor, parent or friend?

Yes – Enter Email Below.

No thanks.

Learner Email Response:

The learner will get an email response upon submission of the journal activity. The email will have the following information:

Subject: Explore Work - Post-secondary Education: Journal Activity

Hi [learner's name],

Congratulations on finishing the post-secondary education scavenger hunt! Here are the results of your interview.

We hope this activity was helpful and you enjoyed talking to the person you interviewed.

[all responses are included here]

Lesson 3: Where I'm At

Activity: Self-Reflection Journal: Planning For My Future | [Link to Self-Reflection Journal Activity](#)

A check-in on what you are thinking. Have any of your thoughts changed since you started this module?

Email *

1. I know what type of education I need for the work I'm interested in.

I have no idea.

I haven't thought about it much.

- I'm starting to figure it out.
- Yes! I've done my research.

2. I know how to find resources to help me meet my learning goals.

- I have no idea.
- I haven't thought about it much.
- I'm starting to figure it out.
- Yes! I have learned a lot about what resources are available.

3. I know about several different options I have after high school.

- I have no idea.
- I haven't thought about it much.
- I'm starting to learn about them.
- Yes! I know what my options are.

4. I know what requirements I need to meet in order to attend the type of school I want to go to.

- I have no idea.
- I haven't thought about it much.
- I'm starting to understand the requirements.
- Yes! I know what I need to do and I'm on track.

5. I know how to get the disability accommodations I will need at school or work.

- I have no idea.
- I haven't thought about it much.
- I'm starting to understand how to get them.
- Yes! I know how to ask for what I need.

6. I feel prepared for life after high school.

- Not at all!
- I haven't thought about it much.
- I'm starting to get prepared.
- Yes! I feel prepared for my next steps.

Check off things you've already done to prepare for your future:

- I've made a list of goals I want to achieve in high school.
- I've talked to people about the options I have after high school.
- I've looked into college or training.
- I've had a part time job or other work experience such as internship, volunteer, experience.
- I have a resume.

I want to continue my education because: [select all that apply]

- I want to work in a field that requires a degree or certificate.
- I want to learn new skills.
- I want to make new friends who are interested in the same things as I am.
- I don't know what job I want to do and I want to find out more about the world.
- I want to learn a skill that can help me get a job right away.
- I don't want to continue my education.

Share Your Results:

Would you like to share your results with someone else? Your teacher, counselor, parent or friend?

- Yes – Enter Email Below.
- No thanks.

Learner Email Response:

The learner will get an email response upon submission of the journal activity. The email will have the following information:

Subject: Explore Work - Self-Reflection Post: Planning for My Future

Hi [learner's name],

Thank you for completing the self-reflection about planning for your future. Has anything changed since you began this lesson?

Here is a copy of your responses:

[all responses are included here]