COLLEGE & CAREER







A Project of



supported by the US Department of Education.

DEAR ARIZONA STUDENT,

When I was young, I had big dreams for my future. Thanks to the support and encouragement of my parents, teachers and friends, I worked my way through high school and graduated from college.

One of the first lessons I learned early on was that in order to achieve my dreams, I had to work hard and be committed. I also learned that it's never too early to start planning and preparing for the life you want after high school.

Using this brochure as your guide, both you and your family can work together to plan and prepare for the

variety of opportunities that lie ahead for you. High school graduation is no longer the finish line. Postsecondary education is a must and is an option for every student. You just have to take proactive steps to get there.

Good luck, and remember, don't ever give up on your dreams. All things are possible. And don't be afraid to ask for help along the way!





FOUR STEPS TO A SUCCESSFUL AND REWARDING LIFE

STEP 1 DREAM

The first step to success is to dream. Envision your ideal life. What kind of lifestyle do you want to have? How do you want to spend your time? How might your interests and talents be used in an ideal job? What could you do to make the world a better place? Give yourself the freedom to dream big about your future.

STEP 2 PLAN

Planning is the critical second step to success. Once you've pictured the life you want, you'll need to figure out the steps to get there. Regardless of the career you envision for yourself, you will need training beyond high school to get there and you will need to complete specific classes in high school. So, starting with your goal in mind, work backwards to figure out what you need to be doing now, and throughout high school, to prepare for the education or training you will need after high school.

STEP3 WORK HARD

Working hard is the third step to achieving your goals. There is no substitute for hard work and determination. As you take the steps toward your own successful future, challenge yourself and always give 100% effort to your school work and your out-of-school activities. Performing well academically not only opens doors for you, but also gives you the personal satisfaction of knowing that you did your best.

STEP4 TRACK

You've got a dream, you've got a plan, and you're working hard!
But unless you keep *track* of the progress you're making to achieve your goals, it can be easy to get off-track along the way. Use this Guide to help you dream, commit to your plan (write it down), and then keep track of your progress as you go along. Use the grade-by-grade checklists in this Guide to help make keeping track easier.

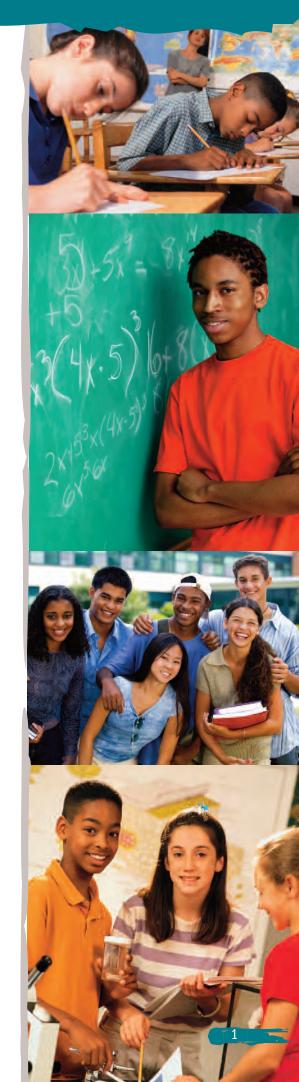
STUDENTS... THE FUTURE IS IN YOUR HANDS, TAKE CHARGE

Your future belongs to you and your options are endless, so take charge of your path and create the kind of life you want. As you dream, plan, work hard and track your progress, here are some additional hints for successfully navigating the steps to a successful and rewarding life:

- DREAMING IS GREAT, but it can be hard to do without information. So do all you can now to learn about different careers. When you see or meet people who seem happy in their jobs, ask them what their job requires and how they got there. Most people really like to talk about their work. Dreaming is also about knowing yourself. Everyone is unique, including you! Think about what you like to do best, what you are especially good at, and how you like to spend your time. Then, find out about careers that match up! People whose careers match their unique self are generally the most successful and happy. See pages 5 and 6 of this Guide for more information that will help you dream big!
- PLANNING TAKES ATTENTION TO DETAIL. To plan, you will need to find out the level of education that your career interest requires. You also need to think about the experiences you could have while you're in high school that will help you succeed, such as an after-school job, leadership in clubs, or summer internships. It's also helpful to surround yourself with people who cheer you on, celebrate your successes and support you when the going gets tough - these are your champions. So, let your plan include:
 - The classes you'll take in high school, and the experiences you will seek out during these years;
 - The credential or degree you want to get after high school; and
 - The people who will be your champions along the way.

To create your plan, you can start by simply brainstorming and making lists, but remember your champions who are there to help you as well. Another good resource, of course, is this Guide - especially pages 8 and 9!

- WORKING HARD means taking the tough courses, going to school every day, exercising self-discipline, and asking others for help along the way. Let's face it: nothing worthwhile comes easy. The future you want is going to take hard work. What are the "tough courses?" See page 7 of this Guide for the answer. The discipline you exercise now by going to school and working hard everyday will help you to develop the skills that will pay off later when it comes to applying to college, starting your first job, and even managing your important relationships.
- TRACKING YOUR PROGRESS requires some organization, but it can be oh-so satisfying to check off each step as you complete it, and actually see the progress you are making toward achieving your dream! Using the checklists on page 8 and 9 as a starting place, add your own personal "to-do's" that are necessary for your dream. Then, don't lose this list. Keep it in a safe place and update it at least monthly.



KNOW... YOUR POSTSECONDARY EDUCATION OPTIONS



The exact training and education you need after high school depends on the career path or interest area you have in mind or have decided upon for yourself. Successfully completing classes or training beyond high school (called postsecondary education),

should lead you to obtain one or more of the academic credentials described below:

cre-den-tial / Noun / krə'denCHəl

1. A qualification, achievement, personal quality, etc., used to indicate suitability for something: "academic credentials". 2. A document or certificate proving a person's identity or qualifications.

POSTSECONDARY ACADEMIC CREDENTIALS	EXAMPLES
CERTIFICATE – This credential is awarded to individuals who complete a defined set of requirements, coursework and sometimes fieldwork and/or an apprenticeship, in specific career areas. Certificates are usually earned in a year or less at community colleges and technical institutes.	 Certificate in Crime Scene Photography Certificate in Medical Technology
ASSOCIATE'S DEGREE – These are awarded by a community college or junior college to individuals who complete a prescribed course of study, usually taking 2 years. Associate degrees are awarded in specific areas (majors) and are built on the Associate in Applied Science (AAS) and Associate in Arts (AA) degrees.	 AA in Early Childhood Education AAS in Accounting AAS in Emergency Medical Technology (EMT)
BACHELOR'S DEGREE – These are awarded by a college or university to individuals completing a specified course of study, usually taking 4 years. Coursework includes general studies and specific concentration classes (majors). These degrees include the Bachelor of Science (BS), Bachelor of Arts (BA) or Bachelor of Fine Arts (BFA) foundations. (Also called baccalaureate.)	BS in EngineeringBA in English LiteratureBFA in Dance
PROFESSIONAL DEGREE – Professional degrees are pursued after the completion of a bachelor's degree and can take 2 to 6 years to complete. The advanced study and work required for a Professional Degree prepares the holder for a particular profession by emphasizing competency skills along with theory and analysis.	LawyerDoctorVeterinarianDentist
■ LICENSE – For some occupations, a license to practice/work in that field is required. Each license has its own specific requirements, including, for example, coursework or degree/credential; tests/examinations; background checks; and fees. Licenses are issued by Professional and/or Government Boards that oversee each of these occupations. http://www.acinet.org/LicensedOccupations has more information about licenses in many fields.	CosmetologistEngineerReal Estate Appraiser

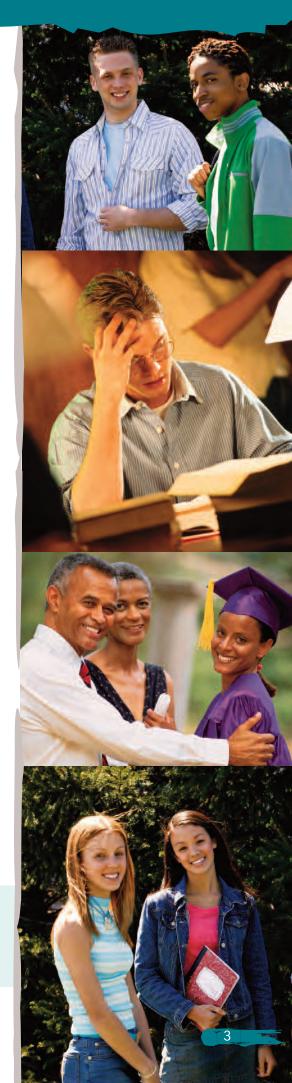
The credentials described at left are earned by completing courses and other requirements through various postsecondary pathways, as described below:

- UNIVERSITIES These schools, sometimes called colleges, generally offer bachelor's degrees that take about 4 years to complete. They also offer master's degrees, doctoral degrees, and professional degrees. Northern Arizona University, Arizona State University and the University of Arizona are the three public universities in Arizona. There are several private colleges and universities in Arizona as well.
- COMMUNITY COLLEGES These schools offer associate's degrees and certificates. They also offer all the general study courses needed for a bachelor's degree, and the credit for these courses can be transferred to a university. Completing the general study requirements at a community college and then transferring to a university to complete the courses in a specific major can be a cost-effective way to complete a bachelor's degree. There are many community colleges in Arizona. See the map on the back of this guide for locations.
- APPRENTICESHIPS Registered apprenticeships provide the opportunity to "earn while you learn." Partnerships between trade organizations, employers, state government and community colleges provide a program that combine classroom training (which may include college credit courses) and paid, supervised on-the-job training, lasting 2 to 5 years. After successful completion of an apprenticeship program, students are eligible for certificates of completion, journeyman status, and/or licenses for specific occupations and trades, such as electrician, carpenter and horse trainer.
- TECHNICAL INSTITUTES These schools, which are typically private institutions, offer courses and fieldwork in specific trades such as motorcycle mechanics, welding, cooking (culinary arts), and graphic design. Depending on the Institute and the field of study, the credential awarded may be a certificate or an associate's degree and, depending on the program, may take several weeks or up to a couple years to complete. A few offer bachelor's degrees as well.
- MILITARY SERVICE The five active-duty services of the U.S. Military, consisting of the Army, Navy, Air Force, Marines, and Coast Guard, each offer educational options related to multi-year commitments to service. To learn more visit todaysmilitary.com.

post-sec-ond-ary ed-u-ca-tion adj \ 'pōst-'se-kən-'der-ē - e-jə-'kā-shən Training and classes beyond high school.

NEED MORE INFO?

Visit **aztransfer.com** for more information about seamlessly transferring from an Arizona community college to one of Arizona's state universities.



BENEFITS... OF POSTSECONDARY EDUCATION

As you now know, regardless of what career you have in mind for yourself, you are going to need education or training beyond high school to get there. So what are some of the benefits of postsecondary education — beyond helping you to land your dream job?

DO WORK YOU ENJOY. It's true — there are some jobs that require very little postsecondary education. With a high school diploma, and a few days or weeks of on-the-job training, you may be able to get a job, but it will probably not be one that you like for long or pays much. If you want work that is more diverse and pays more, the need for a postsecondary academic credential (one of those described on page 2), is almost a certainty.

More Education Leads to Greater Opportunity 70 Annual Salary: \$60,091 4**nnu**al Salary: \$46,091 Annual Salary: Annual Salary: \$31,751 \$25,607 Graduate Some college, Bachelor's Less than a high school No degree degree degree Average income based on education level (Hourly Rates based on 2080 hours worked annually)

Source: ABOR's 2011 Annual Report on Wages Earned by Arizona University System Graduates Report. https://azregents.asu.edu/Documents/ 12-01-11-ltem%205-attach-C.pdf

- LIVE THE LIFESTYLE YOU WANT. When you started dreaming about your ideal life, you probably pictured a comfortable life with the health care needs of you and your family covered, and time for leisure activities. This lifestyle is more likely to be achieved with greater education. Careers that require postsecondary credentials typically offer far greater benefits.
- **EARN MORE MONEY.** A person who successfully completes a postsecondary degree generally earns more money than a person without a degree. Check out the chart at the left to see what a difference it makes!
- MAKE A DIFFERENCE IN THE WORLD. Postsecondary education exposes you to knowledge, world views, and ideas, and it helps you develop the critical thinking and problem solving skills that will position you to positively impact others and the world around you in ways you can't even imagine. Think about the things you care about - whether it's the environment, children, the condition in third world countries, justice or health and safety - with the right postsecondary degree, you can make a huge difference!
- **KEEP YOUR JOB.** In addition to earning more money and having paid benefits, people with postsecondary degrees are also less likely to be unemployed. This is because in tough economic times especially, employers want to keep their skilled, trained employees, so those without degrees and training are usually the first to be let go.

RESEARCH... THE RIGHT CAREER FOR YOU

DO WHAT YOU LOVE. When you think about what job or career you might like, titles like teacher, lawyer, professional basketball player, doctor or veterinarian might come to mind. But there are literally THOUSANDS of careers, and many, perhaps most, you haven't yet explored. So how can you figure out what might be the best job for you, if you haven't even heard of it? Here's how:

- FIRST, TAKE A CAREER INTEREST INVENTORY: Career Interest Inventories are assessments that ask you questions about your interests (what you like to do) and your skills (what you are good at). Some career interest inventories are on-line; others are paper-and-pencil assessments. Based on your answers on the assessment you take, you'll be provided with a list of careers or career pathways that might suit you.
- NEXT, RESEARCH THE JOBS, CAREERS OR CAREER PATHWAYS THAT THE INVENTORY SUGGESTED FOR YOU: Ask your teacher or school counselor for help, or go on-line to: www.azcis.intocareers.org.
- lacktriangleright your parents, family members, and other adults about their work: Ask them what they like about what they do, what they don't like about what they do, how they prepared for their job, and what kinds of talents and skills are best suited for that line of work.
- EXPLORE AND TRY IT OUT: Enroll in classes and, when you're old enough, volunteer or get a part time or summer job in your area of interest. For example, if you are interested in veterinary medicine, be sure to take challenging science classes and volunteer at a local animal shelter if possible. If you're interested in fashion design, take some art/design "elective" classes in high school, and try to find entry-level work in a related field, say in a local clothing store. Not only will these steps help you to better know if you want to continue on the path, it will also move you toward your goal if it is the one you decide to stick with.
- REMEMBER THAT YOUR INTERESTS AND PLANS MAY CHANGE OVER TIME: As you go through high school, you have the opportunity to take elective classes, to join various school and community organizations, and to try out different volunteer positions. Take advantage of those opportunities! You may discover something new that you like, are good at, and would love to make a career of. Talk to your high school counselor frequently, to be sure that you are taking the classes that keep ALL your postsecondary options open...just in case you change your mind.

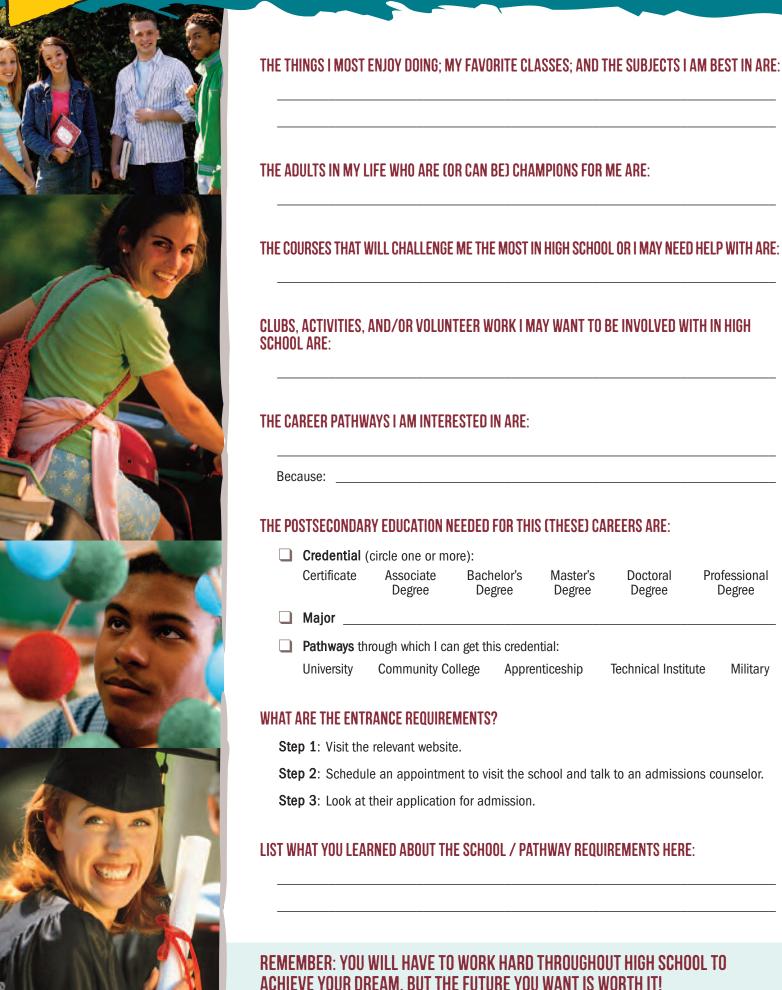


LOOK FOR CAREERS THAT MATCH WHAT YOU'RE GOOD AT. For example:

DO YOU LIKE	Working outdoors or solving problems?	Expressing yourself creatively or performing?	Organizing things or persuading people?	Helping other people?	Working on a team to solve problems?
YOU MIGHT BE INTERESTED IN	Agriculture, Science & Natural Resources	Art, Media, Communications & Design	Management & Finance	Education, Social & Health Services	Engineering, Science & Technology
CAREERS INCLUDE	Farmer/Rancher Fisherman Forest Ranger Geologist Timber Harvester Veterinarian	Graphic Designer Actor Director Journalist Librarian News Anchor	Accountant Business Owner Office Manager Salesperson Stock Broker Store Manager	Cosmetologist Doctor Firefighter Police Officer Teacher Nurse	Architect Computer Scientist Electrician Engineer HVAC Technician Mechanic

Source: Washington Higher Education Coordinating Board, Washington State GEAR UP Program, Getting Ready for College & Careers: Handbook for Freshmen & Sophomore Students, pp 24.

THE STEPS TO ACHIEVING YOUR DREAM



ACHIEVE YOUR DREAM, BUT THE FUTURE YOU WANT IS WORTH IT!

PREPARE... FOR HIGH SCHOOL GRADUATION AND POSTSECONDARY SUCCESS

REQUIREMENTS FOR ADMISSION TO ARIZONA'S THREE PUBLIC UNIVERSITIES

DEPARTMENT English	NO. OF CREDITS 4 Credits	S COURSEWORK EXAMPLES • English I or Freshman English				
		English II or Sophomore EnglishEnglish III or Junior EnglishEnglish IV or Senior English				
Mathematics	4 Credits	 Algebra I Geometry Algebra II Advanced math for which Algebra II is a prerequisite (e.g. Trigonometry, Pre-Calculus and Calculus) 				
Science	3 Credits	· Biology· Chemistry· Integrated Lab Science	· Physics · Earth Science			
Social Studies	2 Credits	 American History (required) World History Economics Sociology 	· Geography · Government · Psychology			
Foreign Language	2 Credits (of the same language)	· Spanish · American Sign Language	· French · Mandarin			
Fine Arts	1 Credit	· Band · Orchestra · Drawing	· Painting · Ceramics			

TO HELP YOU PREPARE

Listed at the left are the courses you need to pass in high school for admission to Arizona's three public universities. Talk to your high school counselor about other requirements for graduation from your high school, like Physical Education or community service.

WHY SO MUCH MATH & SCIENCE?

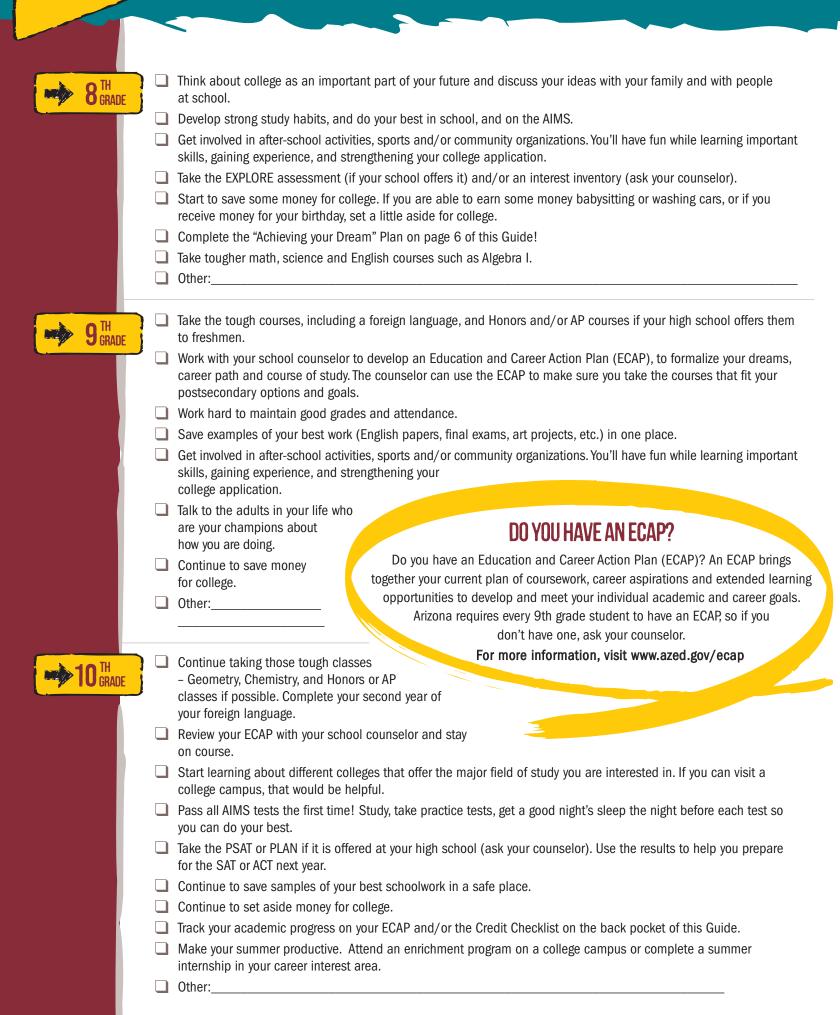
Whatever career path you choose, whether you plan to be a fashion designer, a landscape architect, a chemical engineer or a chef, and whether you want to own your own company or work for someone else, you will need to be able to think critically, solve complex problems, work well on a team, and communicate clearly. Science, technology, engineering and math (STEM) classes help build your skills in all these areas. In addition, many of the highest paying jobs require the subject-specific skills you learn in STEM classes. So challenge yourself to take these tough courses and you will be better prepared to compete and succeed in the global economy.



WAYS TO EARN COLLEGE CREDIT

There are options for some students who are still in high school to take classes for which they can earn both high school and college credit. This can save you money as well as give you a head start on your postsecondary degree. Talk to your counselor about options such as dual enrollment, Advanced Placement (AP), International Baccalaureate (IB), or career and technical education programs that allow you to earn college credit while you are still in high school.

YOUR PROGRESS



-11 [™]	Review your ECAP with your school counselor.					
■ ■ GRADE	Explore options for which you can earn both high school and college credit such as dual enrollment, Advanced Placement (AP), International Baccalaureate (IB) or career and technical programs.					
	If possible, visit the campus of the college(s) you are considering attending.					
	Take a leadership position in one of the clubs or organizations you are involved in.					
	Keep up the hard work and ask your teachers for extra help if you need it.					
	Take the PSAT in the fall if it is offered at your school. Juniors who do well on the PSAT may earn a scholarship for college. Ask your school counselor for more information.					
	Take the ACT or SAT in the spring. If you can't afford the test registration fee, see your school counselor. Be sure to register by the deadline!					
	Use FAFSA4caster at www.fafsa4caster.ed.gov to find out how much federal student aid you might receive.					
	Seek out and apply for scholarships. Use internet scholarship search engines like fastweb.com and collegeanswer.com.					
	Track your academic progress on your ECAP and/or the Credit Checklist on the back pocket of this guide.					
	If you aren't on track to graduate on time, ask your counselor about credit recovery options.					
	Get a summer job or internship that is in your career interest area.					
	Continue to save for your postsecondary education.					
	Other:					
	Review your ECAP with your school counselor.					
12 TH	Track your academic progress on your ECAP and/or the Credit Checklist in the back of this guide.					
	Take the tough courses, Trigonometry, Pre-Calculus or Calculus, and dual enrollment or AP classes.					
	Guard against 'senior-itis' – good grades, even this year, are a factor in college admission and/or scholarship decisions.					
	If you aren't on track to graduate on time, ask your counselor about credit recovery options.					
	Apply to the colleges you are interested in attending no later than Thanksgiving. Be aware of the many steps in the application process – personal statements/essays; letters of recommendation; official transcripts – and be sure to allow yourself enough time.					
	Complete the Free Application for Federal Student Aid (FAFSA) by mid-February at www.fafsa.ed.gov.					
	Re-take the ACT or SAT in the fall if your counselor advises. Take at least one practice test prior to the test date.					
	Continue to seek out and apply for scholarships. See your high school counselor for leads on scholarships that would be good for you.					
	Continue to save for college.					
	Other:					

DID YOU KNOW?

Students who take Algebra II, Chemistry and Geometry in high school are twice as likely to be successful in college, and those who take physics as well, are three times more likely to succeed in college, than students who don't take these "tough" classes.



10 TIPS... TO FINDING MONEY

- LEARN ABOUT FINANCIAL AID. Learn as much as you can now about the funding opportunities available for college. There is both need-based and merit-based aid. Aid may come from federal, state, local and private sources. Visit Web sites such as www.studentaid.ed.gov to begin the process. Many schools also have payment plans to help students spread out their payments.
- 2 VISIT FINANCIAL AID OFFICES. When you have narrowed your search for possible schools, visit each financial aid office and meet with a financial aid counselor; if this isn't possible, request written information from the financial aid offices.
- 3 **SUBMIT A FAFSA**. Submit a FAFSA (Free Application for Federal Student Aid) by February 14 of your senior year. Even if you don't receive federal grant assistance, the FAFSA is required for other types of assistance. Visit www.fafsa.ed.gov to learn more and to complete your FAFSA.

DID YOU KNOW?

In 2010-11, there was more than \$227.2 billion in financial aid distributed to graduate and undergraduate students.

> Source: http://trends.collegeboard.org/ downloads/Student Aid 2011.pdf

- KNOW YOUR DEADLINES. Make sure you turn your applications in as early as acceptable. If another person (such as your guidance counselor) has to complete information for you, make sure he/she knows your deadline date.
- SAVE YOUR MONEY. Any money that you save or start putting aside before you graduate high school will be helpful with the costs of college later. Visit your local bank to open a savings account for your deposits. If you receive monetary gifts from family or friends, put at least half in your college-savings bank account.
- **EXPLORE ALL YOUR OPTIONS.** Find out if your parents' workplaces offer scholarships for children of employees. If so, apply for them!
- FIND FREE MONEY. Use free scholarship searches such as www.FastWeb.com, www.finaid.org, www.azfoundation.org/ static/Scholarships/currentOpportunities.shtml, and www.pay4collegearizona.gov to learn about scholarships.
- ASK ABOUT WORK-STUDY PROGRAMS. Ask about work-study jobs when you apply for financial aid. Employment at your school can benefit you in many ways.
- SAVE SMART. Consider opening a tax-advantaged college savings account such as the Arizona Family College Savings (529) Program or Coverdale Educational Savings Account. Contributions to a 529 college savings account can grow tax-free and distributions are not taxed when used for qualified higher education expenses such as tuition, books and fees. See www.az529.gov for more information.
- 10 BE PERSISTENT. Explore any and all organizations that might be offering scholarships including churches, your parent's employers and civic organizations.

WHAT DOES COLLEGE COST?

Going to college full-time in Arizona can cost annually anywhere from \$3,000 to attend a community college (while living at home) to \$21,000 for a public university (living on campus) for tuition, book, fees and housing. You need to plan ahead by saving, applying for financial assistance and/or competing for scholarships. Don't assume you cannot afford college. There are many resources available. Find more at finaid.org and www.studentaid.ed.gov.





Expect More Arizona is a movement dedicated to making Arizona education the best in the nation. We are working to create a culture where education is valued as our state's top priority. We champion high expectations and a world-class education for all children and students - from birth through career. Learn more at ExpectMoreArizona.org



CHECK OFF AS YOU GO!

SUBJECT	HIGH SCHOOL (HIGH SCHOOL COURSES REQUIRED FOR ARIZONA UNIVERSITY ADMISSIONS						
English	10	2 🗆	3 🔲	4 🔲	N. All			
Math	1	2 🗆	3 🔲	4 🗆				
Science	1	2 🔲	3 🔲					
Social Studies	1	2 🗆	3 🗆 *					
Foreign Language	1	2 🔲						
Fine Arts**	1 🗆							
SUBJECT	OTHER COURSI	OTHER COURSES REQUIRED FOR HIGH SCHOOL GRADUATION						
Electives, CTE**, etc.	10	2 🔲	3 🗆	4 🗆	5 🔲	6 🗆	7 🗖	THE REAL PROPERTY.

- * Not required for Arizona University admissions, however the state of Arizona requires a third course of social studies to graduate from high school.
- ** One CTE or Fine Arts credit is required for high school graduation.

Note: Check with your guidance counselor for specific requirements for your school.

ARIZONA POSTSECONDARY PATHWAYS

You have so many options for continuing your education after high school. The following is a list of public colleges and universities in Arizona and their corresponding locations on the map. Please visit their individual Web sites to explore how to apply for admission.



NEED MORE INFO?

For a complete list of Arizona's colleges, universities and career and technical education schools, visit www.expectmorearizona.org/resources/students/more-student-resources.



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UNIVERSITIES

- Arizona State University (Tempe, Phoenix, Mesa, Lake Havasu) www.asu.edu
- Northern Arizona University (Flagstaff, Prescott Valley, Yuma, and more than 30 extended campuses throughout the state) www.nau.edu
- University of Arizona (Tucson, Phoenix) www.arizona.edu

COMMUNITY COLLEGES

- Arizona Western College (Yuma) www.azwestern.edu
- Central Arizona College (Coolidge, Casa Grande, Maricopa, Wickenburg, Apache Junction, Queen Creek) www.centralaz.edu
- © Cochise College (Douglas, Sierra Vista) www.cochise.edu
- Coconino Community College (Flagstaff) www.coconino.edu
- H Eastern Arizona College (Thatcher) www.eac.edu
- Gila Community College (Payson, Globe, San Carlos) www.gilaccc.org
- Maricopa Community Colleges (Phoenix and surrounding areas) www.maricopa.edu
- Mohave Community College (Kingman, Bullhead City, Lake Havasu City) www.mohave.edu
- Northland Pioneer College (Holbrook, Show Low, Snowflake, Winslow) www.npc.edu
- Pima Community College (Tucson) www.pima.edu
- N Yavapai College (Prescott) www.yc.edu

TRIBAL COMMUNITY COLLEGES

- Diné College (Multiple locations on Navajo Nation) www.dinecollege.edu
- P Tohono O'odham Community College (Sells) www.tocc.cc.az.us

