

Class of 2019!



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TACOMA STUDENTS

Foundation for Tacoma Students

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Sophomores, your future is in your hands!




GRADUATE!
TACOMA

Every Child. One Community. Cradle to College & Career.

Your future is in your hands!



Sophomores, you are almost half way through high school! Use this toolkit to set goals and take important steps towards preparing for college and career!

1. Start Exploring!

Sophomore year is a perfect time to start looking beyond high school and setting your sights on future college and career goals!

- Develop talents and skills.** If you haven't already, join a club or team. This can help build your confidence, resume, and college and scholarship opportunities. The quality, not the quantity, of your involvement is most important, so choose something you like to do, stick with it, and step up to a leadership role if possible.
- Research colleges** to start getting an idea of where you'd like to go. Start by completing your Career Cruising portfolio, www.careercruising.com, which will help you explore careers and set goals for your future. In addition, www.collegeboard.org, www.bigfuture.org, and www.readyssetgrad.org are helpful search engines to begin finding colleges that match your career interests.
- Visit college campuses.** Tacoma has many 2 and 4-year options to choose from. Staff at the colleges can begin to answer questions and inform you about the programs and degrees that they offer. Visit your career center to learn more about signing up for a local campus tour.

Set SMART Goals for Success:

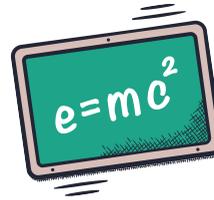
SMART Goals are **S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**imely. Use this list below as a guide and add your own goals.

1. **Participate** in at least 1 extra-curricular club, team, or organization in your school or community.
2. **Visit** at least 1 local college campus.
3. **Volunteer** at least 10 hours of service with an organization of interest.
4. **Make an appointment** to meet with your school counselor to choose the junior year courses that best fit your college and career plans, including at least 1 college level or certificate class that will challenge you and build your college and career skills.
5. **Complete your Career Cruising steps for sophomore year** (www.careercruising.com). This will help you explore your future career interests and set a pathway for meeting those goals. See your counselor if you need help getting started or logging into your account.



2. Choose Wisely!

The right high school classes can open the doors to college and career opportunities!



- Review your transcript** with your school counselor and make sure you are taking the courses that will meet graduation and college admission requirements, or will prepare you for your career goals.
- Explore career options and build your resume** by taking an occupational education class offering industry-recognized certification (IRC). These hands-on classes offer real-life workforce skills. See your counselor for a list of classes offering certification.
- Stay focused on your grades and classroom assignments.** Colleges and employers will look at your overall grade trends, shown by your transcript and GPA, as key indicators of your ability to apply yourself, overcome setbacks, and succeed. **Seek help early when you need it.** Speaking up for yourself, or "self-advocacy", is a highly valued skill by employers and colleges.

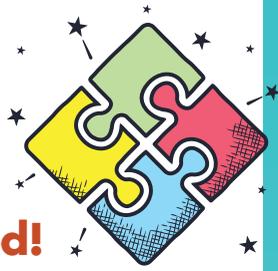
Did you know? All eligible TPS students are automatically enrolled in accelerated college level classes, including AP, IB, and College in the High School. These classes allow you to earn potential college credit, while still in high school. You will want to maintain a strong GPA, so balance is key.



For more information, visit

www.Plan4College.ME

3. Get Involved and Connected!



Learn what resources are available to help you plan for your future and ask for support from teachers, counselors, and mentors when you need it!

- Visit your high school career center and meet your career counselor.** They can connect you to college and career support, test prep help (including PSAT, SAT, ACT, and ACCUPLACER testing), events, and opportunities.
- Build relationships with mentors,** teachers, advisors, employers, and coaches, who can support you and who will be able to write strong reference letters while you are fresh in their mind. Give them a "brag sheet" or resume with your GPA, extra-curricular activities, jobs, awards, and skills that you want them to highlight.
- Make a plan for summer.** This is a key time to explore careers and develop skills in summer jobs, internships, camps, or volunteer opportunities. Go to www.summerlearningtacoma.org for more ideas and information.



Did you know? Tacoma Public Schools has a *Next Move Internship Program* that you can apply to in the fall of your junior or senior year allowing you to explore a possible career and acquire skills and expertise needed to succeed in the workplace. See www.nextmovetacoma.org for more information.

