The background features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

# College and Career Readiness at the Junior High School Level

# What does it mean to be “College and Career Ready”?

College: Rush Henrietta students are positioned to apply to two and four year institutions, are admitted and retained, are successful without remedial courses, and graduate on time.

Career: Rush Henrietta graduates are able to work in an environment where there is opportunity for advancement. They have flexibility of thinking and the ability to adapt, to change jobs and to learn new skills.

# How can I start to prepare for my future in junior high school?

- ▶ It's never too early to starting thinking about your future! Even in junior high school you can start thinking about what you might want to do for a career when you're older
  - ▶ **Reflect on the things you know about yourself!**
    - ▶ What are the subjects in school that you enjoy and that you do well in? What are the school activities that you're good at (working with partners, doing presentations, solving problems, being creative, building things)?
    - ▶ What are the things that you like to do for fun outside of school (your hobbies and interests)? What clubs, activities, and sports do you enjoy?
    - ▶ What are the things outside of school that you are really good at (your talents and skills)?
    - ▶ What are the things that are most important to you - what are your values regarding work (making a lot of money, having time off from work or having a flexible schedule, working from home, traveling for work, working with other people, working alone, being told exactly what you need to do on a job or having the flexibility to be creative and provide your own input)?

- ▶ **Start to think about the jobs that match up with your interests, abilities and values**
  - ▶ Talk with adults that you trust - family members, friends of your family, etc - about their jobs.
    - ▶ How did they choose their job?
    - ▶ What kind of training and education did they need for that job?
    - ▶ What do they like about their job?
    - ▶ What do they wish they could change about their job?
    - ▶ What kinds of things do they do day to day in their job?
    - ▶ What advice would they give someone interested in that career
  - ▶ Ask your parents if you can shadow them at work some day and see what their jobs are like
  - ▶ Go to the Naviance website (link at the left on the list of tabs) and research various careers. There's tons of information on Naviance about aspects of various careers - salaries, training and education, day to day job responsibilities, as well as information on skills and even personality traits that can be helpful for certain occupations!
- ▶ **The next step is to start to make a plan for how you can get there! This is something your parents and your counselor can help you to figure out over time, and it's something we'll be taking with you about over the next several years!**

# What do you want to do after high school?

## 1. Who am I?

### Interests, Skills & Values

- What do I like and dislike? (Interests)
- What do I do well? (Skills)
- What will make me happy in a job? (Values)

## 2. What do I want to do?

Careers?

### Careers

- Which career is a good fit for me?
- What skills are necessary for certain careers?
- What activities would I perform in that career?
- How much money would I make or time off would I have?

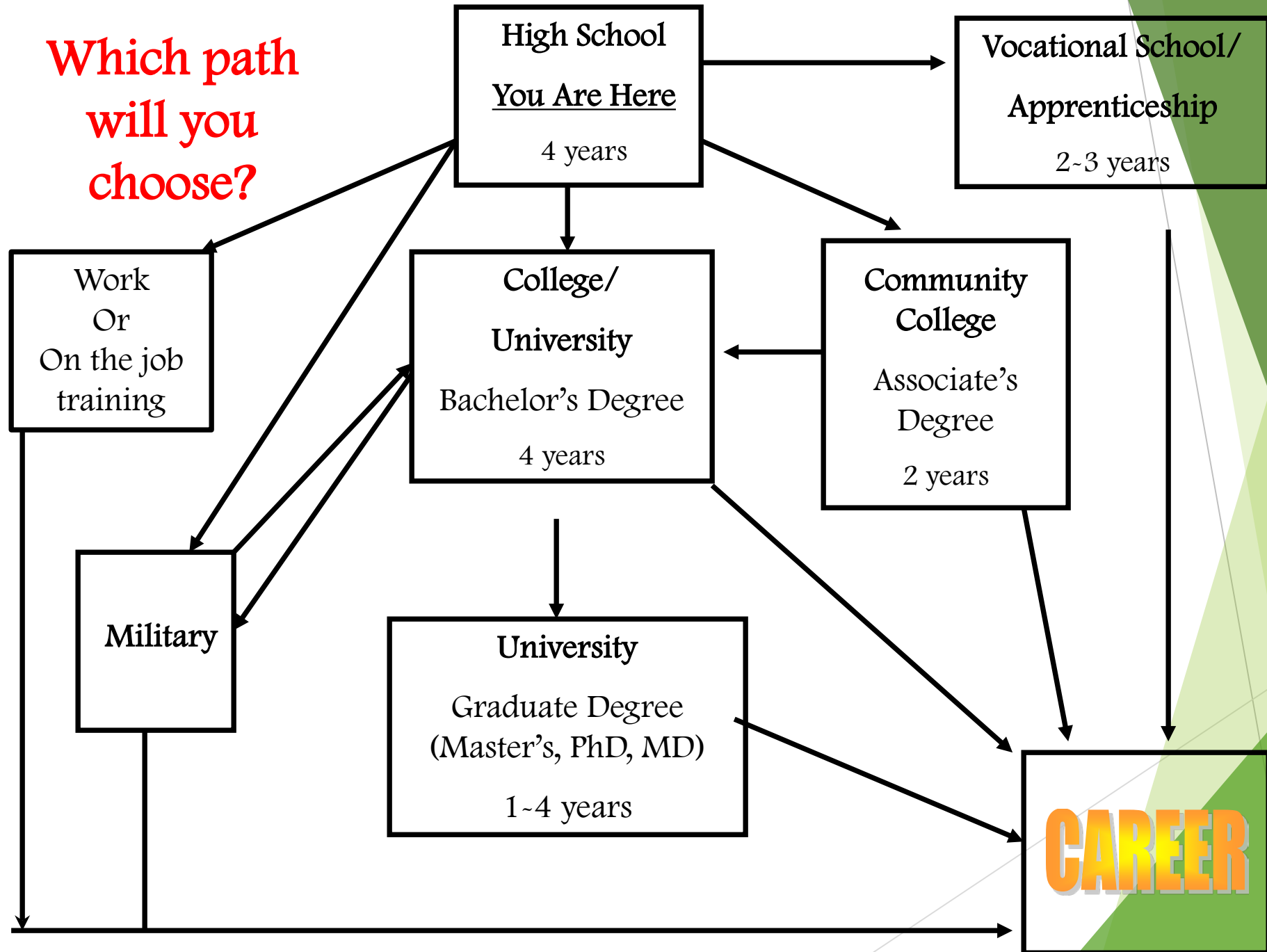
## 3. How will I get there?

### Academic Plan (Classes)

College/Technical School/Military

All good roads to your future go through high school.

Which path  
will you  
choose?



# How important is what I do in school?

- ▶ Your performance in school is *very* important for your future!! The things you learn in your classes every day make you better prepared for your future - you learn new ideas and new skills that can help you in the career you choose later in your life.
- ▶ Later in junior high school and senior high school, you will also have the opportunity to choose some classes that you want to take (these are called "*elective*" classes). These elective classes can give you ideas about your future plans and help you decide what kind of career might be a good fit for you in the future.
- ▶ The grades for all of your high school level classes - including the ones you take starting in 8<sup>th</sup> grade (Earth Science, World Language, Algebra, and some electives, too) - are recorded in something called your transcript.
  - ▶ Your transcript is your permanent record of the high school level classes you take from 8<sup>th</sup> grade through 12<sup>th</sup> grade.
  - ▶ It lists the classes you took and the final grades you earned in those classes, along with the regents exam scores you earned and your GPA.
  - ▶ This is a document that colleges will want to see before they accept you. Employers and even the military will often ask to see this, too.

## Transcript

- Legal Document/Permanent Record
- Accurate, complete reflection of academic history for post-high school plans and NCAA eligibility
- Records Regents, Honors, Advanced Placement, MCC Dual Credit, and RIT/UR college courses
- Must balance highest cumulative average possible with academic rigor



# Rush-Henrietta Senior High School

1799 Lehigh Station Road

Henrietta, New York 14467

Phone (585) 359-5220

SECONDARY SCHOOL RECORD/TRANSCRIPT 8-12  
THIS SCHOOL IS ACCREDITED BY THE NEW YORK STATE BOARD OF REGENTS

NAME:

STUDENT NO.:

PARENT/GUARDIAN:

BIRTH DATE:

ADDRESS:

CLASS OF: 2014

Yr. End	Sem.	Gr.	Course Code	Subjects (Includes all subjects)	Level	Final Exam (R-Regents L-Local)	Part D	Final Ave	Units of Credit	Cumulative Credits W/Ave	UW/Ave	Key to Grades
2010	2	08	20120	EX: INTEG ALGEBRA		80	R					
2010	Y	08	20400	ALGEBRA ACC	H			080	1.00			
2010	2	08	30210	EX:PHYSSET EARTHSCI		88	R	14				
2010	Y	08	30300	EARTH SCIR ACC	H			080	1.00			
2010	Y	08	44200	SPANISH 7&8/I	R	98	R	093	0.00			
2010	2	08	44210	EX: PE SPANISH		98	PE		1.00			
									<b>\$7.67</b>	<b>3.00</b>	<b>3.00</b>	<b>\$7.67</b> <b>\$4.33</b>
2011	Y	09	01400	ENGLISH 9H	H	71	L	079	1.00			
2011	Y	09	11400	WORLD HISTORY PRE-AP	AP	76	L	075	1.00			
2011	Y	09	21600	GEOMETRY ACC	H			074	1.00			
2011	2	09	21720	EX: GEOMETRY		69	R					
2011	Y	09	32200	BIOLOGY R	R			086	1.00			
2011	2	09	32210	EX: LIVINGENVIRONMT		91	R					
2011	Y	09	44400	SPANISH II	R	84	L	090	1.00			
2011	Y	09	70200	DIGITAL IMAGING	R			089	1.00			
2011	Y	09	88109	HEALTH 9	R	94	L	094	0.50			
2011	1	09	91900	PHYS ED S1	R			100	0.25			
2011	2	09	92000	PHYS ED S2	R			096	0.25			
									<b>\$7.00</b>	<b>7.00</b>	<b>10.00</b>	<b>\$7.20</b> <b>\$4.20</b>
2012	Y	10	02400	ENGLISH 10H	H	78	L	078	1.00			
2012	2	10	12310	EX: GLOB HIST/GEO		87	R					
2012	Y	10	15800	AP WORLD HISTORY	AP			068	1.00			
2012	Y	10	22100	ALGEBRA II/TRIG	R			069	1.00			
2012	2	10	22120	EX: ALG II/TRIG		83	R					
2012	Y	10	33200	CHEMISTRY R	R			070	1.00			
2012	2	10	33210	EX:PHYSSET CHEM		69	R					
2012	Y	10	44600	SPANISH III	R	81	L	079	1.00			
2012	2	10	44610	EX: SPANISH CKPT B		81	L					
2012	2	10	50105	CAREER/COLL	R	100	L	093	0.50			
2012	Y	10	66800	CHILD/ADULT DEV	R	100	L	098	1.00			
2012	1	10	70500	DRAWING/PAINTING S1	R			088	0.50			
2012	1	10	91902	TEAM SPORTS S1	R			089	0.25			
2012	2	10	92002	TEAM SPORTS S2	R			095	0.25			
									<b>\$1.80</b>	<b>7.50</b>	<b>17.50</b>	<b>\$4.89</b> <b>\$2.31</b>
2013	Y	11	03200	ENGLISH 11R	R			083	1.00			
2013	2	11	03210	EX: COMP ENGLISH		89	R					
2013	Y	11	13300	US HISTORY/GOV R	R			095	1.00			
2013	2	11	13310	EX: US HIST/GOV		96	R					
2013	Y	11	90150	PHOTO IMAGING BAS	R	76	L	083	3.00			
2013	1	11	91906	PE EMCC S1	R			086	0.25			
2013	2	11	92006	PE EMCC S2	R			072	0.25			
									<b>\$4.82</b>	<b>5.50</b>	<b>23.00</b>	<b>\$4.87</b> <b>\$2.91</b>

Student's sixth semester unweighted average is in decile #: 6 Total students: 402

Student's seventh semester unweighted average is in decile #: \_\_\_\_\_ Total students: \_\_\_\_\_

Student's eighth semester unweighted average is in decile #: \_\_\_\_\_ Total students: \_\_\_\_\_

# What Do Colleges Look At?

- Academic Record (Transcript)
- Course that you took in high school
- Rank in Class
- Standardized Test Scores
- Extracurricular Activities
- Recommendation Letters
- College Essay
- College Interview
- The Application Itself

# Funding Higher Education

- ▶ Recent studies suggest that **82% of families** believe that they can't afford the \$42,000 annual average cost of a private university. Don't rule out certain schools based on financial factors alone.

## Types of funding:

- ▶ Financial aid – Grants, Loans, & Scholarships
- ▶ Work study
- ▶ Roth IRA's
- ▶ Savings
- ▶ Stocks, Bonds, & Mutual Funds
- ▶ 529 Plans

# Funding Higher education

	Public Two-Year In-District	Public Four-Year In-State	Public Four-Year Out-of-State	Private Nonprofit Four-Year	For-Profit
<b>Tuition and Fees</b>					
2015-16	\$3,435	\$9,410	\$23,893	\$32,405	\$15,610
2014-15	\$3,336	\$9,145	\$23,107	\$31,283	\$15,160
\$ Change	\$99	\$265	\$786	\$1,122	\$450
% Change	3.0%	2.9%	3.4%	3.6%	3.0%
<b>Room and Board</b>					
2015-16	\$8,003	\$10,138	\$10,138	\$11,516	—
2014-15	\$7,856	\$9,786	\$9,786	\$11,162	—
\$ Change	\$147	\$352	\$352	\$354	—
% Change	1.9%	3.6%	3.6%	3.2%	—
<b>Tuition and Fees and Room and Board</b>					
2015-16	\$11,438	\$19,548	\$34,031	\$43,921	—
2014-15	\$11,192	\$18,931	\$32,893	\$42,445	—
\$ Change	\$246	\$617	\$1,138	\$1,476	—
% Change	2.2%	3.3%	3.5%	3.5%	—

# Set short term, mid term, and long term goals for yourself

- ▶ It's important to have goals for your future!
  - ▶ Long term goals for a junior high school student would involve forming plans for picking a career, going to college or getting some on the job training.
  - ▶ Mid term goals might involve creating a strategy for what high school classes and programs can help you prepare for your post graduation plans.
  - ▶ Short term goals might involve creating a plan for doing your best in the classes you're taking this year - how can you challenge yourself, improve your performance in the classes you're taking now, and create a strategy for thinking about your future plans?
- ▶ It's very important when setting these goals to remember what you need to do to graduate from high school and to earn the diploma that's right for you!
- ▶ Familiarize yourself with the two types of diplomas - the basic Regent's diploma and the more challenging Regent's Diploma with Advanced Designation and with the graduation requirements for high school!


# Graduation Requirements

Required Content Courses	CREDIT REQUIREMENTS			
	Regents Diploma with Advanced Designation: Students will choose one of these three options:			Regents Diploma
	LOTE Sequence Minimum Units of Credit Needed:	Music/Art Sequence Minimum Units of Credit Needed:	Career/Technical Education Sequence Minimum Units of Credit Needed:	Minimum Units of Credit Needed:
English	4	4	4	4
Social Studies	4	4	4	4
Math	3	3	3	3
Science	3	3	3	3
LOTE	3	1	1	1
Art/Music	1	5	1	1
Health	.5	.5	.5	.5
Physical Education	2	2	2	2
Career/Technical Ed. (Business, Technology, Family & Consumer Science, EMCC)	0	0	5	0

Language Other Than English (LOTE): To earn the one required credit for graduation students must complete two years of study in a language other than English by the end of their freshman year and pass the required exam. To earn a Regents Diploma with Advanced Designation using the LOTE sequence, students are required to earn 3 credits in a Language Other Than English and pass the Comprehensive Level III LOTE Exam.

Required Exams for:	Regents Diploma with Advanced Designation:	Regents Diploma:
English	Comprehensive English Regents	Comprehensive English Regents
Social Studies	Global History and Geography Regents U.S. History and Government Regents	Global History and Geography Regents U.S. History and Government Regents
Math	Algebra I Regents Geometry Regents Algebra II/Trig Regents	Algebra I Regents <b>OR</b> Geometry Regents <b>OR</b> Algebra II/Trig Regents
Science	The Living Environment Regents and one of the Physical Settings (either Earth Science, Chemistry, or Physics)	One Science Regents
LOTE	Local Level I R-H Final Exam Comprehensive Level III LOTE Exam	Proficiency Exam in Grade 8 <b>OR</b> Local Level I R-H Final Exam

Note: Students who entered grade 9 before September 2011 who qualify for the New York State Safety Net (special education, declassified, and 504 Plan students), may pass the Regents exam with a score between 55% and 64%. Those who score below 55% on a Regents exam may take the corresponding RCT exam.

- 
- ▶ It is very important to become familiar with all the resources and opportunities that are available at the senior high school.
  - ▶ Your junior high counselor and your senior high counselor will talk with you about these, too, but make sure you understand how they can help you and ask lots of questions.
  - ▶ There are opportunities for everyone, regardless of your post graduation plans and the pathway you choose for yourself! Here are some to consider - see your counselor and the Secondary Program Course Guide on-line for more information!

# Opportunities To Take Advantage Of...

- ▶ Dual Credit Courses (MCC) – gives you high school *and* college credit
- ▶ Advanced Placement Courses
- ▶ UR/RIT Courses (Taste of College Program – after 10<sup>th</sup> grade)
- ▶ Career and Technical Education Courses (Eastern Monroe Career Center 11<sup>th</sup> and 12<sup>th</sup> grades)
- ▶ Clubs/Activities/Atheletics



# U of R and RIT Taste of College

*(Tuition Free)*

- Be a Rush-Henrietta resident (*includes private & home school residents*)
- Have completed Grade 10 and earned 10 high school credits
- Have earned a cumulative average and be passing all courses with at least 80%
- Show evidence of interest, commitment, and maturity
- Meet attendance eligibility (*95% attendance in school*)
- Provide transportation and fees for books and equipment
- Take no more than two college courses during each quarter/semester (*only one during the first experience*)
- If applicable, successfully have completed previous college coursework. Those having received a grade of F or W will be ineligible to register for other college courses during the following semester.
- If graduating, must begin the summer class before graduation.

Go to [www.rhnet.org](http://www.rhnet.org) and click on the College and Career Center link for more information.



*“The only place success comes before work is in the dictionary”*

# **EMCC – Eastern Monroe Career Center**

## **Grades 11 and 12 only**

Auto Services  
Cisco Networking Academy  
Collision Repair Technology  
Construction Trades  
Cosmetology  
Criminal Justice  
Culinary Arts  
Emergency Services  
Laboratory Technology  
Media Production  
PC Repair/Network Cabling  
Photography and Imaging  
Professional Health Careers  
Trade Electricity  
Visual Communication (Applied Art and Design)  
Welding & Fabrication

**\*\*\*If you are considering one of the EMCC programs for 11<sup>th</sup> and 12<sup>th</sup> grade, be sure to take health in 10<sup>th</sup> grade (if you haven't done so already).**

# College & Career Center

The College & Career Center is where you can find the latest information on college fairs, campus visits, scholarships, workshops, and college and career related opportunities. You can also find information on job shadowing opportunities, internships, and apprenticeships!

There is a lending library with hundreds of items to assist families in career planning, college selection and admission, financial aid, scholarships, test preparation and more.

Choose from an extensive selection of books, DVDs, magazines, pamphlets, brochures, and flyers.

# The Junior High School Years

## 7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> Grades

- ▶ WEB orientation (August of 7<sup>th</sup> grade)
- ▶ Focus on being the best student that you can be – improve your study skills, stay organized, complete all of your homework, and ask for help when you need it. Challenge yourself!
- ▶ Pick some school activities to take part in – clubs, sports, musicals
- ▶ Annual College/Career presentations (December)
- ▶ Annual Guidance Reviews with your counselor (January-March)
- ▶ Pick some high school level elective classes to earn high school credit – these classes will be recorded in your transcript (8<sup>th</sup> and 9<sup>th</sup> grade)
- ▶ Prepare for the Regent's Exams (Spring of 9<sup>th</sup> grade)

# The Senior High School Years

## Sophomore Year

- ▶ LINK Crew Orientation (August)
- ▶ PSATs for accelerated students (October)
- ▶ College/Career presentations (December)
- ▶ Annual Guidance Reviews (January~March)
- ▶ EMCC visitations (January)
- ▶ Job-shadow/Explorer Program (Spring)
- ▶ Update Resume (Spring)

# The Senior High School Years

## Junior Year

- ▶ PSAT (October)
- ▶ Admissions 101 Night (November)
- ▶ Career/College presentations (December)
- ▶ Annual Guidance Reviews (January~March)
- ▶ SAT/ACT (April~June)
- ▶ College Fairs and Campus visits (Spring)
- ▶ Update Resume (Spring)

# The Senior High School Years

## Senior Year

- ▶ Senior Appointment (September~November)
- ▶ Prepare Applications (September~November)
- ▶ SAT/ACT (September~November)
- ▶ Final campus visits/college fairs
- ▶ Apply to College (Deadline: **December 1<sup>st</sup>**)
- ▶ Financial Aid Night (January)
- ▶ Apply for scholarships (Spring)