

MODULE #2: Academic Plan

Objectives

- Participants will learn how to plan their academic education to achieve their academic goal.
- Participants will be able to learn the importance of planning and setting short-term goals to succeed in long-term goals.
- Participants will learn about their career interests.

Context



Learning about careers will allow participants to take advantage of the opportunity of exposure to the career they are interested in. Networking and speaking with people gives them great insights. Students should not be afraid to ask questions and reach out to people to learn from their experiences.

Handouts & Resources Needed:

Handout 2.1: My School Planner

Sheet of paper – one for each participant

Pen/pencils

Journals – one per student

Activity#1: My Academic Plan (1 hr, 30 min)

Procedure:

- Icebreaker
- An academic plan enables participants to improve their academic performance. In addition, the plan will help participants to define and implement their personal education goals in their future. Therefore, an academic or educational plan can help participants to plan the necessary tasks to reach their educational and career goals.
- Introduce the purpose of School Plans:
 - Participants will plan their coursework to prepare to meet college entrance requirements.
 - The academic plan concentrates on the career tasks that they need to accomplish during their high school education.
- Have participants complete My School Planner (Handout 2.1). Tell them to respond to questions according to their grade. This will serve as a guidance for their academic planning.
- Ask participants “What do you have to do now in order to go to college?”
- Once participants answered the question, give them some examples:
 - Take college bound courses in high school

- Improve grades; engage in leadership activities by joining clubs or community services.
 - Do volunteer work; talk to school counselor to obtain help or advice about college.
- Then have participants complete the short term statements:
 - By the time I complete my school year, I hope to... (Ex. Apply to college)
 - Three reasons why...
 - My first step will be to...
- Tell participants that these short-term goals help to accomplish long-term goals.
- Then, ask participants to write long term goals:
 - I aspire to be...
 - Three reasons why achieving this is important to me...
 - What short term goals will help you to accomplish this goal?
 - Ten years from now, I would like to...
 - Three reasons why...
 - What short terms goals will help you to accomplish this goal?
- Debriefing

Handout 2.1

My School Planner

My name _____ Date _____

My Career of interest _____

Step1: Write down the middle school classes you should take to prepare for high school and college (if in high school write classes you should take to prepare for college):

Step2: With the help of your teacher, counselor and parents, fill in the required courses for grades 6-8.

Step3: Fill in the elective courses for grades 5-8. Your counselor will explain that these are courses you can select by interest. They are not required for graduation. These courses will help you prepare for the future!

_____ Grade	_____ Age	_____ Grade	_____ Age
Required Courses:		Required Courses:	
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Elective Courses:		Elective Courses:	
_____	_____	_____	_____
_____	_____	_____	_____
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<u> </u> Grade	<u> </u> Age	<u> </u> Grade	<u> </u> Age
Required Courses:		Required Courses:	
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Elective Courses:		Elective Courses:	
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