

welcome
to your freshman year!

There is so much to look forward to!
As your school counselor, my role is
to help you grow as you seek to
accomplish your academic, career,
and social/emotional goals.

While you're in high school, you may
run into roadblocks to these goals.
My hope is that you will gain skills
that help you exhibit grit, show
perseverance, and accomplish all
you set out to do.

Sincerely,

Your School Counselor

DATE: _____

Dear Future Me,

Right now, I'm in the ninth grade.

Starting high school feels _____. I know when I'm a senior, I'll feel _____.

Right now, I am _____. However, I know when I'm a senior, I will be _____. I know I am unique because _____.

I can see myself being a _____ as a career because _____.

My academic strengths are _____ and _____.

My least favorite subject is _____. The class I'm looking forward to most in high school is _____. My favorite teacher so far in high school is _____.

I had an embarrassing moment already when _____.

If I could ask my 12th grade/future self a question, it would be " _____ ?"

The hardest part of high school so far is _____.

Currently, my hobbies include _____.

When I'm not in school, you can find me _____.

In this stage of life, I am thankful for _____.

When I'm a senior, I want to remember _____
about my freshman year so far.

By the time I'm a senior, I hope _____.

When I graduate from high school, I imagine my plans will
include _____.

I have so much to look forward to! I can't wait to hear from
you again in four years!

Love,

PS- _____

CLASS OF _____

SMART GOALS ARE

specific · measurable · attainable · relevant · timely

specific



it is not general
or broad

measurable



it has elements that
tell you when you've
reached your goal like
amounts or dates

attainable



it is something you
could actually achieve
if you put in the work

relevant



it makes sense and is
relatable for your
skill set, for your life,
and for your future

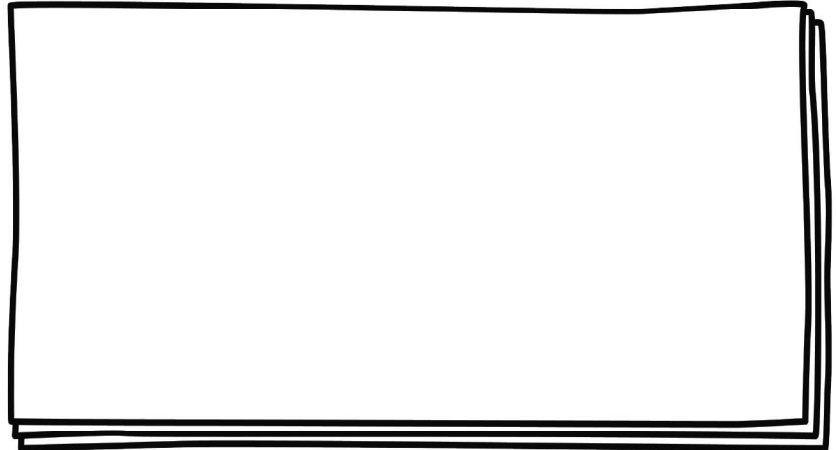
timely



it has a time stamp
and you will know
when you have
achieved your goal

my academic goal

My academic goal is:



My goal is specific because...

My goal will be measured by...

My goal will be attained when...

My goal makes sense and matters because...

I will achieve my goal... (when?)

my career goal

My career goal is:

My goal is specific because...

My goal will be measured by...

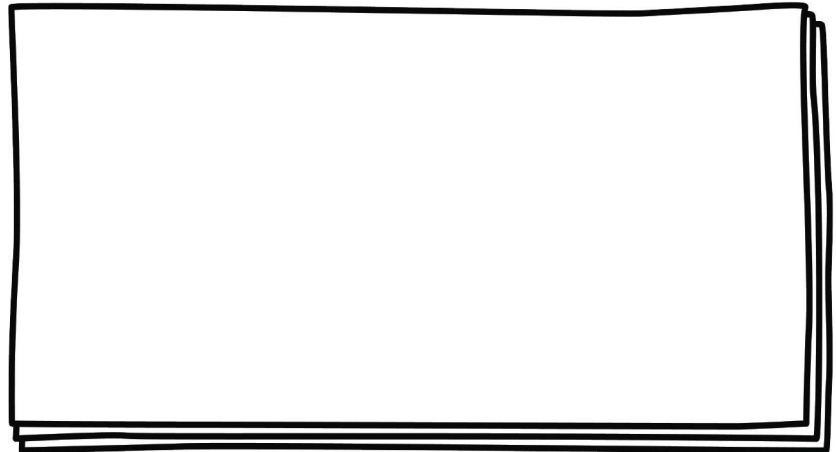
My goal will be attained when...

My goal makes sense and matters because...

I will achieve my goal... (when?)

my social/emotional goal

My social/
emotional
goal is:



My goal is specific because...

My goal will be measured by...

My goal will be attained when...

My goal makes sense and matters
because...

I will achieve my goal... (when?)

WHO AM I?

words to describe
how I believe my
friends/classmates
see me

positive words I use
to describe myself

words to describe how
I wish my friends/
classmates saw me

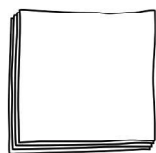
words to describe
how I believe my
family sees me

one word
that most
represents
me

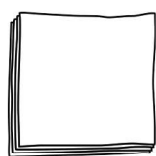
words to describe how I
wish my family saw me

NINTH GRADE

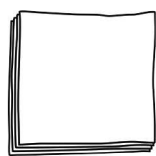
timeline



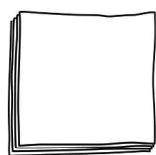
Set academic, career, and social/emotional goals.



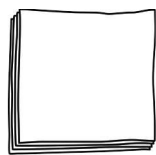
Meet with your school counselor to plan your classes for next year.



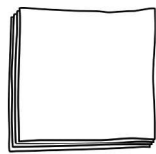
Begin researching your post-secondary requirements
(work certifications, military requirements, 2 and 4 year college requirements).



Participate in extracurricular activities that you care about
(clubs, sports, volunteering, part-time job).



Start building a resume academic achievements and extracurricular activities.



Focus on keeping a minimum weighted grade point average of 3.0 to allow for state/other scholarship opportunities.

MY PRACTICE resume

Brainstorm what you will be able to fill in by the end of this school year.
Fill in what you can right now or what you'd eventually like your resume to say.

WORK EXPERIENCE

Company/Organization:

Position Title:

Start Date:

End Date:

Currently Employed:

Description:

Average Number
of Hours Per Week:

VOLUNTEER EXPERIENCE

Company/Organization:

Position Title:

Start Date:

End Date:

Currently Volunteering:

Description:

Average Number
of Hours Per Week:

MY PRACTICE resume

Organization:

Organization:

Leadership Position
(if applicable):

Leadership Position
(if applicable):

Member Since:

Member Since:

Description:

Description:



CLUBS/
ORGANIZATIONS

Team/Sport:

Team/Sport:

Leadership Position
(if applicable):

Leadership Position
(if applicable):

Member Since:

Member Since:

Description:

Description:



SPORTS
INVOLVEMENT

MY PRACTICE resume

Organization:

Awards/
Recognitions:

Instrument:

Participant
Since:

Avg. Amount of
Hours Per Week:

Description: and
Leadership Position(s):

Award Title:

Award Title:

Organization:

Organization:

Date Presented:

Date Presented:

Description:

Description:

MUSICAL
INVOLVEMENT

ACHIEVEMENTS
& AWARDS