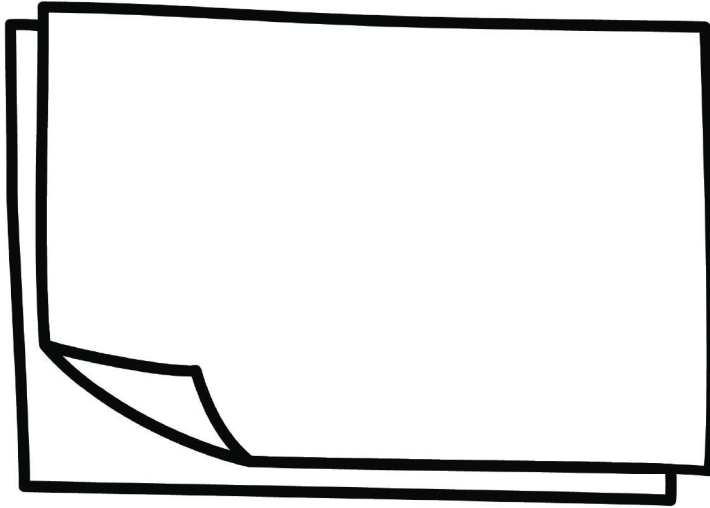
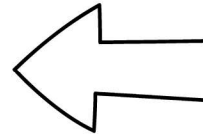


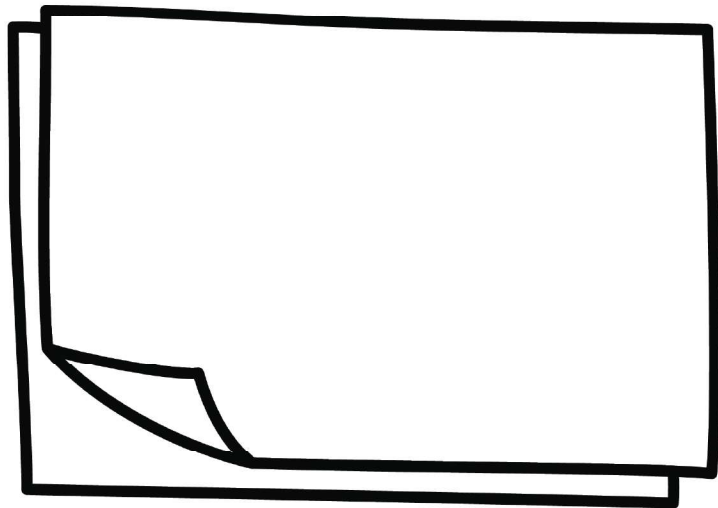
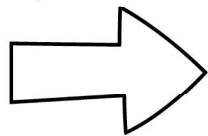
WHERE DO YOU SEE YOURSELF...



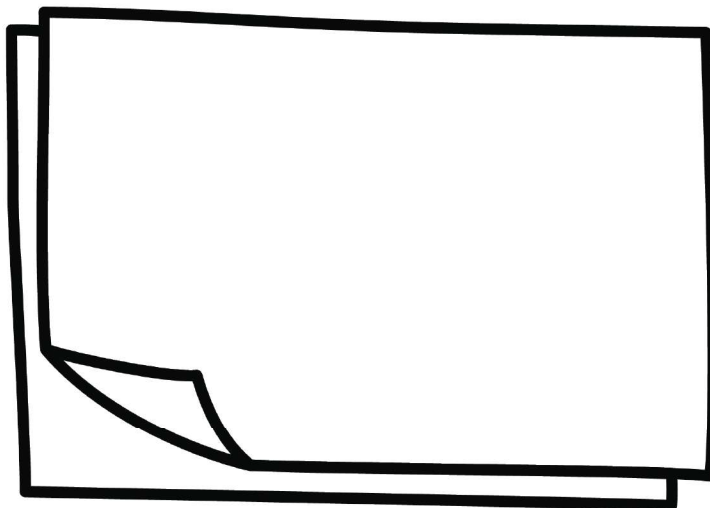
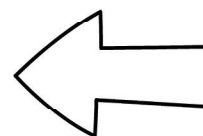
immediately
after high
school?



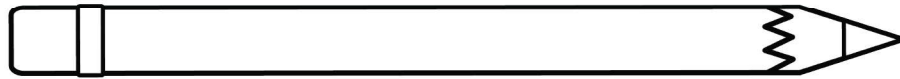
in 5 years?



in 10 years?



HOW IS 10TH GRADE DIFFERENT THAN 9TH GRADE FOR YOU?



SCHOOL

HOME

FREEDOMS

RESPONSIBILITIES

JOB INTERVIEW PREP

Answer the following questions as if you were interviewing for a job:

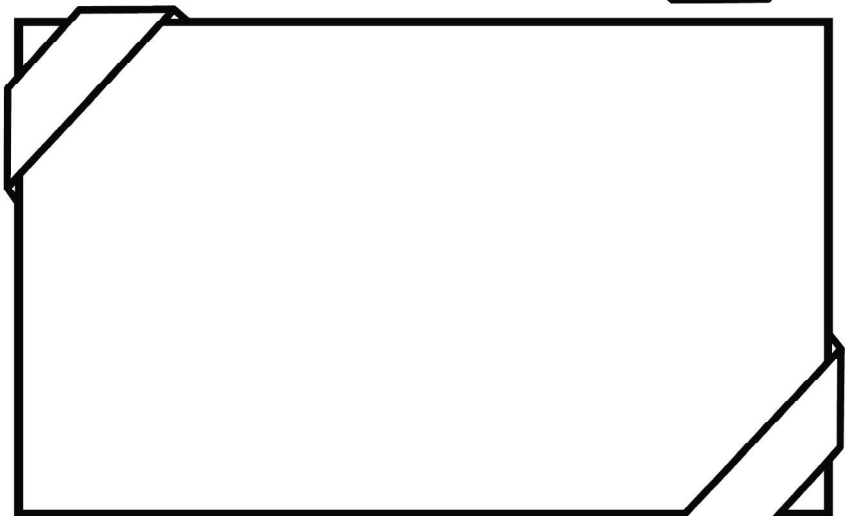
Tell me about yourself, and tell me about your previous work experience.



What skills have you learned in school that would be helpful in this job role?



What is your availability?
When can you start working?



WRITING EMAILS

From:

Subject:

Write an email according to the direction below.

- Decide who you're going to write a professional email to. This could be a teacher, a potential job manager, or a college admissions counselor.
 - What email address would you send an email from?
 - Do you have a "professional" email address?
(For example: something with your name or initials in it.)
- Choose something to put in the "subject" line that is short and clear. It should be related to what your email is about.
- Use complete sentences and proper grammar to communicate your message in the body of the email. Be sure to use an opening to address the person you're emailing and a closing to let them know who you are.

ACADEMIC GOALS



My current GPA:

A horizontal banner with a folded left edge and a pointed right edge, intended for writing the current GPA.

GPA I'd like to graduate with:

A horizontal banner with a folded left edge and a pointed right edge, intended for writing the desired GPA.

What motivates me to achieve this goal?

A horizontal banner with a folded left edge and a pointed right edge, intended for writing motivations.

What doors will open for me when I achieve this GPA goal?

A horizontal banner with a folded left edge and a pointed right edge, intended for writing doors that will open.

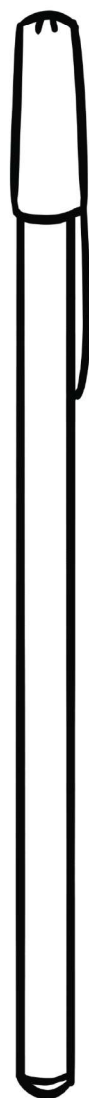
What non GPA-related academic goal do I have?

A horizontal banner with a folded left edge and a pointed right edge, intended for writing non-GPA-related goals.

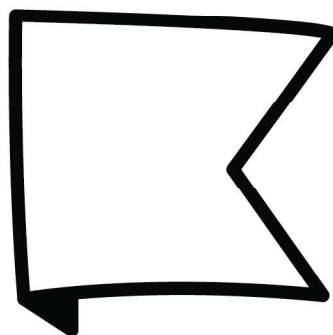
MY STANDARDIZED TEST PLANS

The college(s) I'm interested in are:

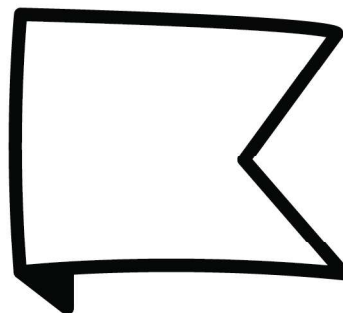
test optional?
test blind?
requiring testing?



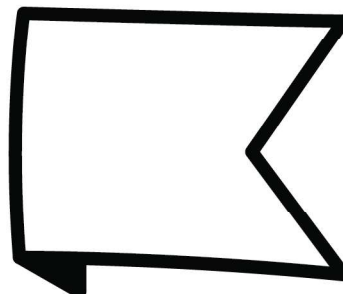
I plan to take the PSAT:



I plan to take the SAT:



I plan to take the ACT:



MY ORGANIZATIONAL SKILLS

I study best:

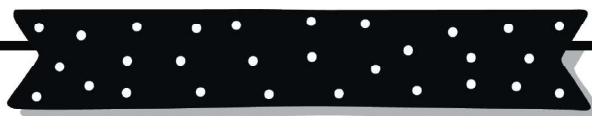
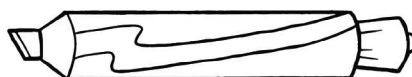
I keep track of my obligations by:

A study habit I'm proud of is:

A study habit I need to change is:

A way I limit my social media while studying is:

A way I stay organized is:

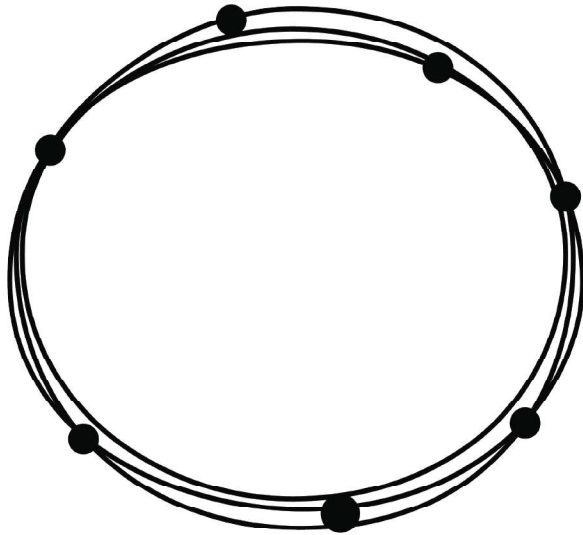


Advice I would give my freshman year self about studying and staying organized...

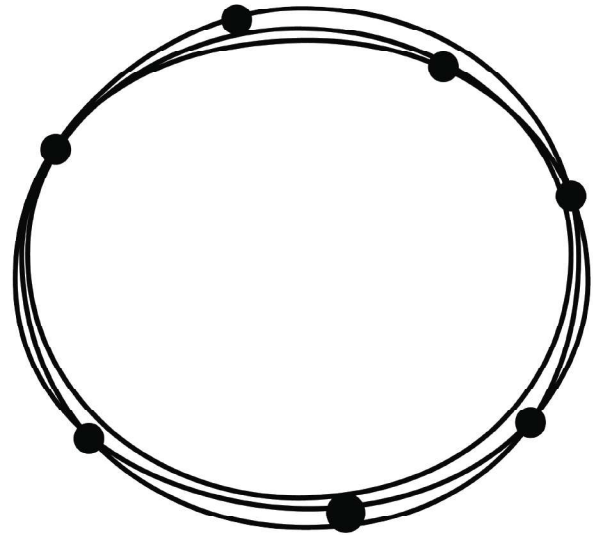
← 2)

SELF REFLECTION

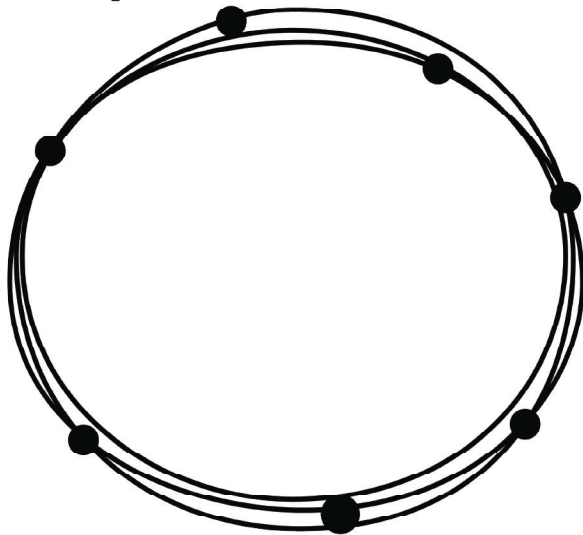
Some strengths I see in myself are:



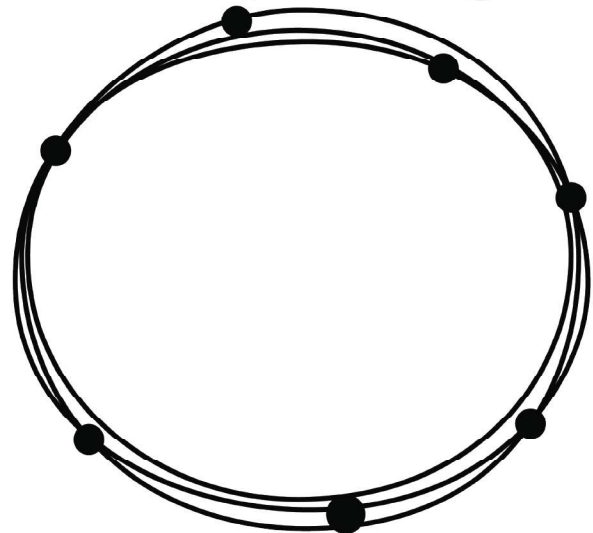
Some areas I'd like to personally grow in are:



Something I'm proud of is:

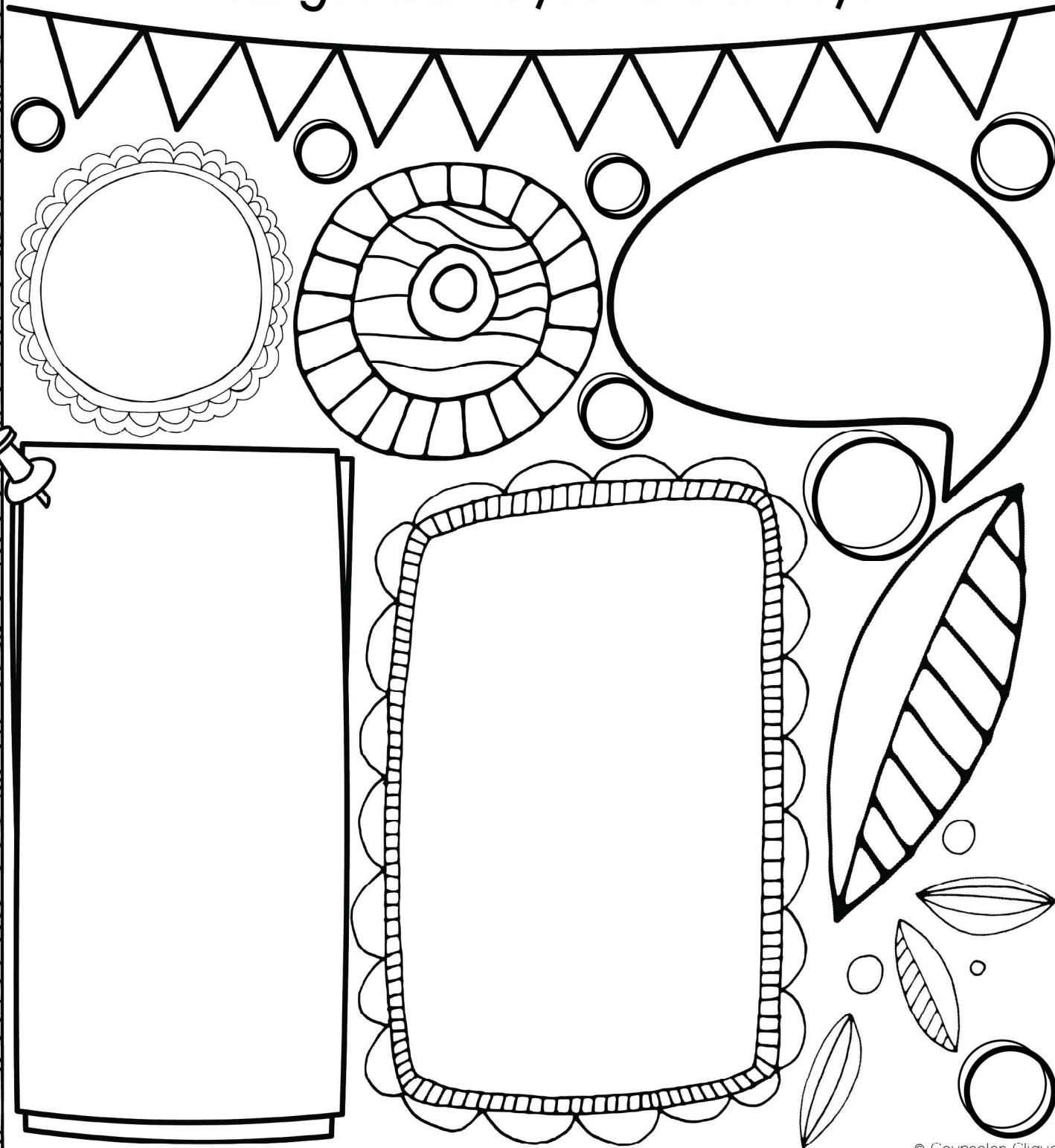


Something I dream of accomplishing is:



RELAXATION STATION

Let yourself doodle and color without getting distracted. Turn off electronics, listen to music, and get lost in your creativity!



MY SELF CARE CHECKLIST

mentally

read a new and engaging book

listen to a podcast

challenge yourself academically

learn a new hobby

read a magazine article

physically

sleep 8+ hours at night

eat healthy foods

exercise regularly

try a new sport or hobby

drink more water

emotionally

keep healthy friendships and relationships

avoid toxic or one-sided relationships

set boundaries and be able to say "no" when needed

engage in positive self-talk

spiritually

pray or meditate

find a community of people to discuss your beliefs with

give yourself time to explore, think, and reflect

journal your thoughts

socially

spend time with genuine friends

take time to disconnect from your phone and connect in real life

play a board game or a card game

make a new friend

practically

make appointments you've been putting off

clean out your closet

set financial goals

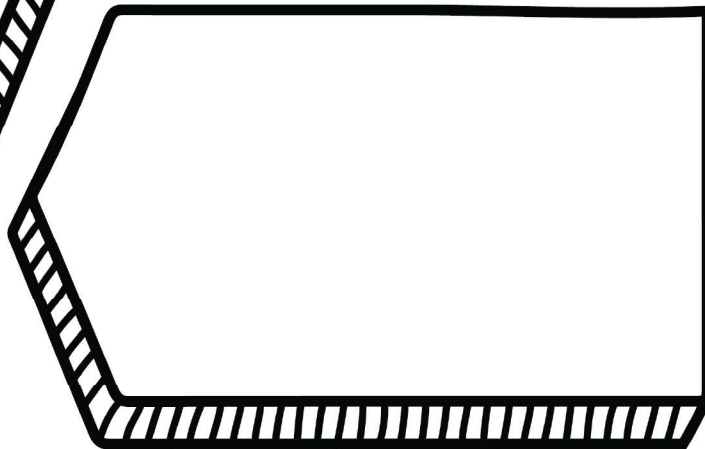
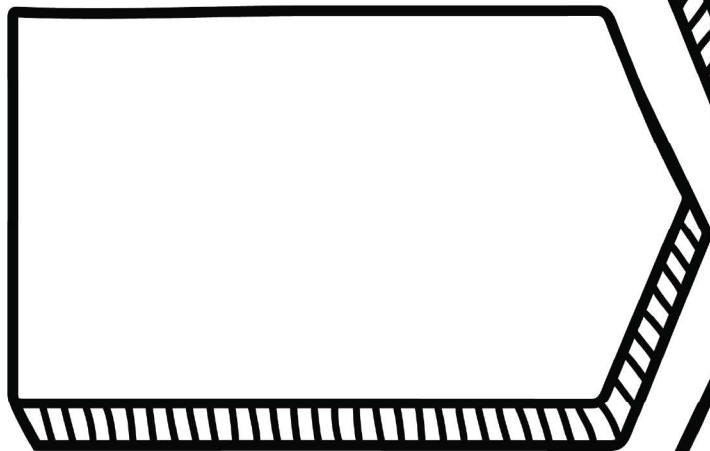
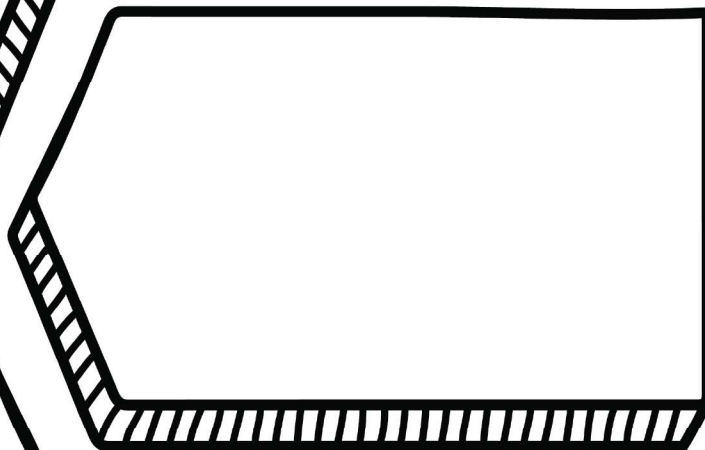
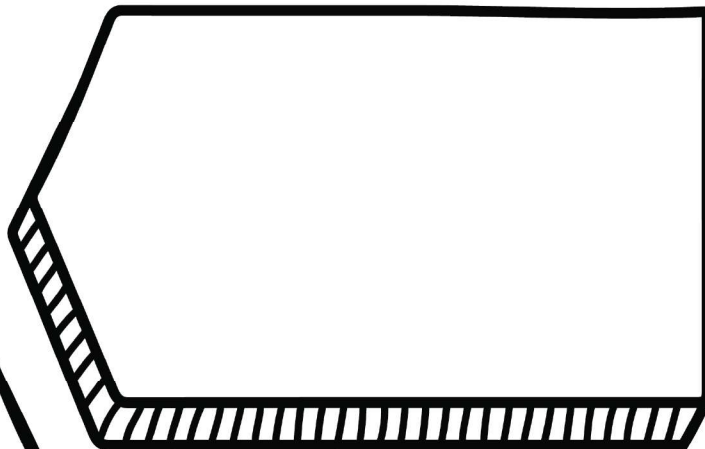
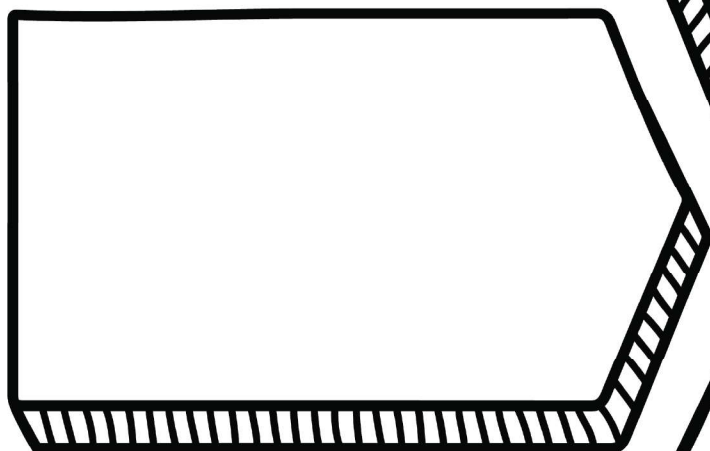
finish something on your to-do list

I'm currently caring for myself...

- mentally
- physically
- emotionally
- spiritually
- socially
- practically

QUESTIONS FOR MY SCHOOL COUNSELOR

Come up with FIVE questions you can ask your school counselor that would benefit you this school year. What do you need to know?



School counselors can help you with a variety of things including academic, college and career, and social/emotional issues.