

## LESSONS

### YEAR one

1. Introduction and Personal Values
2. Values, Decision Making and Goal Setting Professional Introductions
3. Career Panel with Guest Speakers
4. Career Path – Vocational Fit, Volunteerism, Philanthropy, Internships
5. Healthy Living – Eating Right on a Budget, Healthy Body Image
6. Creating a Budget
7. Creating a Savings Plan
8. Credit and Savings Guest Speaker
9. Financial Goals and Completion Ceremony

### YEAR two

Fall

1. Welcome Back – Setting the Stage
2. Getting to Know You, Values, Dialogue, Visualizing Your Goals, Road Maps
3. Healthy Relationships – Real Life Situations
4. Your Monday Story and Toolkit – Banking Practice
5. Introduction to Colleges and University – Transcript Activity
6. College Trip
7. College-opoly – Where Not Only Your Study Habits Matter!

Spring

1. Welcome Back – The Value of Diversity
2. Career Assessment – StrengthsExplorer®
3. Career Assessment – Career Interest Profiler
4. My Career Paths – Creating a Personal Career Plan
5. Healthy Relationships – Power and Control Wheel
6. Career Trip
7. Year Two in Review – Completion Ceremony

### YEAR three

Fall

1. Setting the Stage and College Timeline
2. RISE! Wheel and Semester Goal Setting
3. Accessing Valuable Resources and Campus Scavenger Hunt
4. Leadership Panel – Getting Involved on Campus or Within Your Community
5. Part-Time Work, Interviews, Attire and Applications
6. Budgeting Reality Check and Spent Simulation Game
7. Budgeting Your Money
8. College Trip and Service Learning Project
9. Trip Reflection

Spring

1. Semester Goal Setting and Virtual College Tours
2. Stress Management and Test Anxiety
3. My Post High School Checklist
4. Components of a Strong Application
5. Components of a Strong Essay Guest Speaker
6. Essay Practice
7. Essay Practice
8. Career Trip
9. Year in Review, Senior Year Timeline

### YEAR four

Fall

1. Semester Goal Setting and Post High School Checklist
2. Individual Check-Ins
3. Healthy Relationships – Boundaries
4. Financial Aid 101
5. Financial Aid and Taxes Guest Speaker Panel
6. Credit Cards and Identify Theft
7. College Terminology
8. College Trip

Spring

1. Semester Goal Setting and Post High School Plan
2. Individual Check-ins
3. Budgeting Your Financial Aid
4. Time Management – Balancing Work and School
5. Interview Preparation
6. Career Trip
7. College-opoly
8. Year in Review – Final Completion Ceremony