

## TIMELINE

### Freshman Year

- SET SHORT AND LONG TERM GOALS FOR YOUR LIFE AFTER HIGH SCHOOL
- TAKE CLASSES THAT INTEREST AND CHALLENGE YOU
- JOIN A NEW CLUB OR SPORT THAT SEEMS LIKE FUN
- FIGURE OUT HOW AND WHERE YOU STUDY BEST

### SOPHOMORE YEAR

- THINK ABOUT WHERE YOU SEE YOURSELF AFTER HS & BEGIN EXPLORING THAT PATH
- TAKE PERSONALITY ASSESSMENTS & CAREER ASSESSMENTS TO EXPLORE STRENGTHS & WEAKNESSES
- RESEARCH POTENTIAL CAREERS & NOTE WHAT ARE THE REQUIREMENTS

### JUNIOR YEAR

- CONTINUE RESEARCHING CAREERS
- PREPARE FOR THE ACT
- JOB SHADOW OR INTERVIEW INDIVIDUALS WORKING IN YOUR CAREER PATHS
- ATTEND COLLEGE OPEN HOUSES

### SENIOR YEAR

- ATTEND INFORMATION WORKSHOPS OR MEETINGS
- VISIT THE COLLEGES DISABILITY CENTER
- UNDERSTAND YOUR RIGHTS CHANGE AT AGE 18
- KNOW YOUR RIGHTS ON DISABILITY DISCLOSURE

## ACT - How to Prepare

ACT.ORG offers free virtual webinars from career planning to tips and tricks for preparing for the ACT - Register online

### [View - Instructor Takeover: Preparing for the ACT](#)

- Get familiar with the ACT - Take practice tests and study guides.
- Identify what sections you're strongest and weakest in. Sections: English, Math Reading, Science - review and update your skills in these sections.
- Get plenty of sleep the night before the test.
- Position your answer sheet right next to your test booklet so you can mark answers quickly and accurately.
- Answer all questions - there is no penalty for guessing
- Work questions out of order. Don't spend too much time on the hardest problems. Do now - Do I know how to do it? Do later: Will it take too much time? Leave and come back later to answer.

### Youth Transition Conference 2023



Stepping Into Adulthood  
May 2, 2023 UW-Oshkosh Reeve Union

It's back and we are so excited. Students will have the opportunity to participate in a conference geared just for them. Please contact your students' case manager to ensure he/she gets signed up.

#### Community

- Financial Wellness
- A Roof over Your Head

#### College, Career or the Workforce

- Panel of College Students - Project Success
- Disability Services on Campus
- Preparing for Employment
- Working in the Trades & Youth Apprenticeship

#### Healthy Lifestyle

- Healthy Minds, Healthy Life
- Relationships
- Self Advocacy

[Link to View Conference Sessions](#)



SCAN ME

## COMMUNITY AGENCY SPOTLIGHT

### VPI - Community Outreach Center (ORC)

A free drop-in mental health center that offers youth and adult programming. The ORC works to promote healthy habits, develop community, and encourage independence within young adults. The young adult program is open to community members who are 14-24. Please check out their [February calendar of scheduled activities and contact information](#). Activities change monthly.

# Career Planning

Transition Coordinator  
Jessica St John  
[jessicastjohn@hasd.org](mailto:jessicastjohn@hasd.org)

## After High School, the Rules Change

### Laws and Responsibilities

View the following chart [Laws and Responsibilities](#) that describes general differences in various areas between public high school, higher education and the adult service world.

### **Career Spotlight** - Registered Nurses - 8th in demand career in Fox Valley Hot Jobs

Employment of computer and information occupations is listed in the top 25 hot jobs projected between 2018-2028 according to the Wisconsin Workforce Development.

[FVTC - Nursing Program Info Session](#)

[High School Diploma/On-The-Job Training -](#)

[Home Health Aides](#)

[2 Year College - Registered Nurse](#)

[4 Year or More Degree - Biomedical Engineers](#)

[Masters Degree - Nurse Practitioners](#)

[Health Science Overview Careeronestop](#)



## Youth Apprenticeship

[School-Supervised Work-Based Opportunities](#)

### **FVTC**

[Community Open House & Scavenger Hunt](#)

### Interviewing Tips

- Have a mock interview
- Make a list of questions to ask the employer
- Dress for success
- Decide if you want to disclose your disability.

[Apply for DVR Services](#)