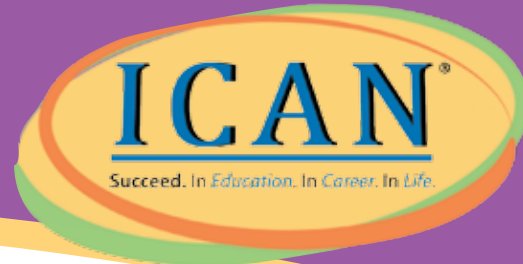


FRESHMAN CALENDAR COUNTDOWN TO YOUR FUTURE



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August

- ☐ Schedule a **FREE** planning session with an ICAN Advisor at [ICANSucceed.org/apt](https://www.icansucceed.org/apt). Virtual appointments are available using Zoom.
- ☐ Check out an ICAN Freshman Transition event at your school or stream online by visiting [ICANSucceed.org/videos](https://www.icansucceed.org/videos).
- ☐ Prepare for the future with the ICAN Tip of the Week; sign up at [ICANSucceed.org/signup](https://www.icansucceed.org/signup).
- ☐ Stay organized with a planner or planning app.
- ☐ Ask your parents and other adults what they like and dislike about their careers. Find out what type of training or education is required for each job.

September

- ☐ Extracurricular activities are a great way to meet new people and scholarship organizations consider a student's involvement in school and community activities. Keep track of your participation with an activities resume, a great resource for scholarship and admission applications. Download a template at [ICANSucceed.org/materials](https://www.icansucceed.org/materials).
- ☐ Consider attending the Golden Circle College & Career Fair. For event details visit [ICANSucceed.org/goldencircle](https://www.icansucceed.org/goldencircle).

October

- ☐ Think about what you like to do, what you're good at and what you value most. Talk to your counselor about assessments to help you identify a potential career. Visit [ICANSucceed.org/interests](https://www.icansucceed.org/interests) and take an assessment to find career pathways to explore at [MyACT.org](https://www.myaact.org). Pathways identify similar careers based on interests and skills identified through a career assessment.
- ☐ Discover different education and training options. Visit [CollegeRaptor.com](https://www.collegetraptor.com) to explore four-year options. Visit [ICANSucceed.org/CTEOptions](https://www.icansucceed.org/CTEOptions) to learn about Iowa's technical and two-year programs. Visit [ICANSucceed.org/careertraining](https://www.icansucceed.org/careertraining) to learn about apprenticeships.

November

- ☐ Talk to your parents about your plans for the future. Discuss your personal and academic strengths and your plan to reach your goals.
- ☐ Work with your school counselor and discuss courses that are recommended for your career pathway. If you are college-bound, optimum preparation includes four years of English, math, science, social studies, and world language.
- ☐ Read in your free time to develop a strong vocabulary, which is an important component in college entrance exams.

December

- ☐ Volunteer in your community. Some scholarships are awarded based on community service.
- ☐ How are your computer skills? Become proficient in common computer applications such as Word®, Excel® and PowerPoint® and learn how to use the Internet as a research tool.
- ☐ Is there a college you've always dreamed of attending? What about a trade that fascinates you? Research careers online and identify three that interest you. Find three college majors or training programs that meet the education and training requirements of each career.

January

- ☐ Become familiar with the types of financial aid available for college. Financial aid includes grants, scholarships, work-study, and loans. Grants and scholarships don't have to be paid back. Work-study enables students to earn money by working on campus. Loans must be repaid. Visit [ICANSucceed.org/payforcollege](https://www.icansucceed.org/payforcollege) to learn more.
- ☐ Compare college costs throughout the country by visiting [Chegg.com](https://www.chegg.com).
- ☐ Saving money is the best way to prepare for the cost of education and training. Talk to your parents about a college savings plan to help cover college costs.

February

- ☐ 68% of the fastest-growing jobs require education or training beyond high school. Research careers to learn more about your options. Which jobs are in demand? What type of education or training is required? Work with ICAN on a plan. Call (877) 272-4692 or visit [ICANSucceed.org/apt](https://www.icansucceed.org/apt) to schedule, virtual appointments are available.
- ☐ Meet with your school counselor to select your classes for 10th grade. Choose your courses wisely. Do your classes align with the pathway recommendations? Which classes should you take to best prepare for your pathway? Is there a job shadow opportunity?

March

- ☐ Begin looking at potential job shadow opportunities that will help you explore a career pathway during your summer break or as part of your course schedule for sophomore year.
- ☐ Make the most of your summer. Search for summer camps in your area of interest (e.g., sports, music, drama, or academics).
- ☐ Stay strong through the end of the year and do your best. Freshman grades are the foundation of your GPA, which can impact college admission and scholarships.
- ☐ Consider attending the ICR Future Career & College Fair. For details visit [ICANSucceed.org/ICRfuture](https://www.icansucceed.org/ICRfuture).

April

- ☐ Do you have friends or family who are high school seniors? Talk to them about their plans. Ask them how they made their decisions and what was involved in the process.
- ☐ Attend a game, play, concert or other cultural event on a local college campus to get exposure to the campus environment. Can't get to campus? Take a virtual tour of schools that interest you.
- ☐ Build relationships with teachers, counselors, coaches, and community members. Some could write letters of recommendation when it's time to submit scholarship and/or college applications.

May

- ☐ Learn about the world of work through job shadowing, volunteering, or interning this summer.
- ☐ Start a summer reading list. Reading helps keep your mind sharp and on track for next year.
- ☐ If you're an athlete hoping to play sports in college, plan ahead. Learn about college athletic requirements at [ICANSucceed.org/collegeathletes](https://www.icansucceed.org/collegeathletes).

June

- ☐ Will you be attending summer camp on a college campus? If so, while you're there, think about whether you'd like to attend that college.
- ☐ Create an activities resume to track activities from freshman year. Download the template at [ICANSucceed.org/activitiesresume](https://www.icansucceed.org/activitiesresume).
- ☐ Talk to family members, friends, teachers, counselors, and coaches about how they picked their career and their planning experiences.

July

- ☐ Review your career assessment results and make a list of colleges you're interested in researching based on your results. Visit [ICANSucceed.org/colleges](https://www.icansucceed.org/colleges).
- ☐ Participate in hobbies and activities related to your career interests.
- ☐ Don't be afraid to change your career goals as you learn more about yourself and the world of work.

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