

## **TEAM PRODIGY**

(exceptional, extraordinary, wondrous, rare)

Preparing For Life After High School **NOW!**

*"If one advances confidently in the direction of his dreams and endeavors to live the life which he has imagined, he will meet with a success unexpected in common hours."*

Henry David Thoreau

## STUDENTS:

First, thank those who are instrumental in your life for encouraging you, supporting you being honest with you. Then:

- Take responsibility for you
- Be willing to do what it takes to be successful
- Believe you are deserving of success and achieving it
- Be in a positive mode at all times
- Learn on your own – are you curious about something – learn more about it
- Be prepared when you come to class
- Be an example for others to follow
- Form study groups
- Let those close to you know of your progress
- Become involved in school activities
- Become involved in your community

*“Reach high, for stars lie hidden in your soul,  
Dream deep, for every dream precedes the goal.”*

Ralph Vaull Starr

## FAMILIES:

First, be understanding and loving, it is not easy being a student in the world today. There are many negative influences and distractions that could keep your child from being successful. With your guidance, those influences won't have a chance.

- Be supportive
- Be interested
- Give them the peace and quiet needed to study
- Support the teacher – is homework on time and neat
- Encourage your student to take that extra academic step

EVERY MORNING IN AFRICA  
A GAZELLE WAKES UP,  
IT KNOWS IT MUST OUTFRONT  
THE FASTEST LION  
OR IT WILL BE KILLED.

EVERY MORNING IN AFRICA  
A LION WAKES UP.  
IT KNOWS IT MUST RUN FASTER  
THAN THE SLOWEST GAZELLE  
OR IT WILL STARVE.

IT DOESN'T MATTER  
WHETHER YOU ARE A LION  
OR A GAZELLE. . . . .

WHEN THE SUN COMES UP,  
YOU'D BETTER BE RUNNING!

An African Proverb  
Being prepared

## IN THIS, YOUR SENIOR NOTEBOOK

Keep this notebook and all originals in it at all times. If anyone needs a copy from your collection of items, make a copy. DO NOT give this notebook to anyone, not even your counselor. You will work very hard to organize it so you are better prepared for your senior year in high school. If you misplace it, there goes all your hard work. Keep it NEAT, CLEAN and ORGANIZED!!

- Calendars noting the ACT and SAT test dates
  - You may take these tests as often as you like, make sure the night before you get plenty of rest and the morning of the test you eat a good breakfast.
- Test scores
  - Keep the copy of your test scores in your notebook; some colleges may ask for the scores you have received on the admission form. It is to your benefit not to have to go to your counseling office to obtain that information. Official notices of your scores can be sent later.
- Transcript
  - This is an unofficial copy of your transcript. You may present this to your counselor or anyone else if you ask them for a letter of recommendation. This will affirm your academic strengths through your four years of high school. You may also obtain an official copy of your transcript from your counselor's office which colleges will request your transcript be stamped by your schools registrar and in a sealed envelope.
- Resume
  - Some students think they do not have experience working and volunteering to warrant having a resume. You do. It will grow as you grow academically and begin to become more involved in school activities and volunteer in your community.
  - Your resume will have two purposes
    - This will allow anyone who writes a letter of recommendation to have a better insight to the kind of individual you are.
    - You will strengthen your ability to write and organize your thoughts on paper
- Copies of college applications
  - Always keep copies of anything you send to a college admissions office. Note on your copy when it was sent and keep a copy of the check you/your family wrote to pay the fees. This definitely includes financial aid papers.

- Telephone log
  - Often even adults are guilty of this behavior. Calling a business and NOT getting the name of the person to whom you are talking and noting the name and title of the person to whom you need to make a return call and when. So now you have a telephone-log to help you organize whom you need to call, when and why.
- Scholarship log
  - You may fill out many applications for scholarships. Congratulations if you have already received offers. Now what you need to do is enter on your scholarship log, where you applied, how much you received, from which organization. If you did not receive a scholarship send a “thank you for considering” card.
  - Follow the instructions on applying for scholarships, I’ve seen too many students disqualified for not following instructions
- Letters of recommendation
  - When you ask a counselor, teacher anyone for a letter of reference, they need to know specifics.
    - What is the scholarship for (sports/academics)
    - Which college/organization is offering the scholarship
    - What are the qualifications
    - When is the deadline
    - Should the recommendation be mailed to anyone specifically or can you hand carry it



# TELEPHONE LOG

DATE	BUSINESS/PERSON	NATURE OF CALL	RETURN CALL

Often phone calls are made and you may forget to get the person's name with whom you just had a conversation. This telephone log will assist you in keeping your conversations paired up with the individuals and the nature of the calls.

Always get the name of the person with whom you have spoken and if it is necessary to make a return phone call, ask when it is best to make that call, who you should ask for and their title.

Your return conversation may go much like this. . . "Hello. My name is Malik Alan Carter and I was ask to call today and speak with Mr. Jordaan Ramirez, Marketing Director, concerning an internship this summer."

"Proper words in proper places make the true definition of a style."

Jonathan Swift

## LOOKING AHEAD TO YOUR FUTURE

The following timeline was designed for your grade level to assist you in preparing for post high school. If you have questions please feel free to discuss them with your school counselor.

### **FRESHMAN YEAR – “Take the Challenge” (Identify)**

Things to think about:

- ✓ What are my talents and strengths?
- ✓ Am I taking a course that leads to my post high school plan?
- ✓ In which course am I particularly strong?
- ✓ In what areas do I need to build more skills?

Things to do:

- ✓ Develop a personal growth plan highlighting academic, extra curricular and community involvement/awards.
- ✓ Become familiar with graduation requirements.
- ✓ Carry a strong academic program and maintain excellent attendance records.
- ✓ Develop and maintain strong academic performance.
- ✓ Seek assistance or support when needed from teachers and counselors
- ✓ Talk with teachers, parents, and counselors about your sophomore course selections (late January).
- ✓ Make an appointment to familiarize yourself with the College and Career Center.
- ✓ Become involved in an extra-curricular activity, sports, clubs, music, volunteer work etc.
- ✓ Review finalized 10<sup>th</sup> grade schedule with counselor in June.
- ✓ Become familiar on how to obtain a work permit.
- ✓ NCAA requirements.
- ✓ Become familiar with summer job opportunities with external programs.

People to Talk to:

- ✓ Your parents/guardians or family members
- ✓ Your teachers
- ✓ Your school counselors
- ✓ College and Career Center Staff

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### **Sophomore Year – “Keep Going – Keep Growing” (Discovering)**

Things to think about:

- ✓ Which potential career/post high school option have I considered?
- ✓ In which subject did I excel?
- ✓ Am I taking courses that lead to my post high school plans?
- ✓ Am I giving my best to sophomore courses?
- ✓ Of my unique talents and strengths, which would I most like to develop?
- ✓ Am I involved in at least one extra-curricular activity or community service?

Things to do:

- ✓ Update my personal growth plan
- ✓ Carry a strong academic program
- ✓ Seek assistance from teachers and school counselors when needed
- ✓ Register for PSAT/NMSQT test in October
- ✓ Maintain strong academic performances and maintain excellent attendance records
- ✓ Be aware of our graduation requirements
- ✓ Talk with your teachers, parents, and counselors about course selection for Junior year
- ✓ Review eligibility for National Honor Society Application in the spring (3.50 GPA)
- ✓ Visit the College and Career Center to explore high school plans and interests
- ✓ Continue involvement in extra curricular activities
- ✓ Complete a career and interest inventory in the career center, and review with counselor
- ✓ ASVAB for students interested in the military service. (talk to your parents/guardians – consult with your counselor)
- ✓ NCAA requirements
- ✓ Become familiar with scholarships and internships. See your school counselor
- ✓ Review finalized Junior schedule with counselor – check to their schedule to see when that should be
- ✓ Consult with counselor SAT subject tests
- ✓ Choose 3 careers which interest you and research them

People to talk to:

- ✓ Your parents/guardians or family members
- ✓ Your teachers and school counselors
- ✓ College and Career Center Staff
- ✓ People who are involved in the professions of your interest



## LOOKING AHEAD TO YOUR FUTURE

The following timeline was designed for your grade level to assist you in preparing for post high school. If you have questions please feel free to discuss them with your school counselor.

### **Junior Year – “It’s up to you . . . . YOU decide”**

Things to think about:

- ✓ Am I taking courses that lead to my post high school plans?
- ✓ Am I giving the best to junior course work?
- ✓ With which teachers have I established strong rapport? (Letter of recommendation)
- ✓ Which talents or strengths might I want to further develop through college studies or post high school plans?
- ✓ Which activities will I highlight on my college or job application?

Things to do:

- ✓ Update my personal growth plan
- ✓ Carry strong academic programs
- ✓ Register for {SAT/NMSQT Test in October
- ✓ Continue extra-curricular activities
- ✓ Maintain strong academic performance and an excellent attendance record
- ✓ Check your graduation requirements
- ✓ Complete college search program in your schools career center
- ✓ Attend College Admission meeting for parents/guardians and students
- ✓ Attend any other college fairs in the area
- ✓ Talk with teacher, parents and counselors about senior course selection
- ✓ Talk with parents/guardians about college needs, interests etc
- ✓ List college choices
- ✓ Consult school counselors and ask about SAT I and SAT II Subject tests
- ✓ If taking and Advanced Placement course(s), register for AP exams
- ✓ Schedule interview and college visits for spring, summer or fall
- ✓ Review and finalize senior schedule with school counselor

People to talk to:

- ✓ Your parents/guardians
- ✓ Your teachers
- ✓ Your school counselors
- ✓ College and Career Center staff
- ✓ College Admissions personnel and Financial Aid officers
- ✓ People who are involved in the professions of your interest

## LOOKING AHEAD TO YOUR FUTURE

The following timeline was designed for your grade level to assist you in preparing for post high school. If you have questions please feel free to discuss them with your school counselor.

### **Senior Year – “You are almost there”**

Things to think about:

- ✓ Am I enrolled in a strong academic program?
- ✓ Am I continuing to challenge myself?
- ✓ Have I written for college catalogues, applications, financial aid information, etc.?
- ✓ Am I giving my best senior course work?
- ✓ Have I obtained enough information about the colleges of my choices and application deadlines?
- ✓ Am I meeting with my senior counselor regularly?
- ✓ Have I made campus visits to my top colleges?

Things to do:

- ✓ Update my personal growth plan
- ✓ Register for SAT I and SAT II Subject test; see counselors
- ✓ Maintain strong academic records and attendance
- ✓ Check your graduation requirements
- ✓ Seek assistance from teacher/school counselor when needed
- ✓ Continue extra curricular activities, community service involvement or internship experiences
- ✓ Meet with senior school counselor to finalize post high school plan
- ✓ Complete college applications (September – December)
- ✓ Be aware of deadlines including early decision and early action options
- ✓ Avoid SENIORITIS!!!!
- ✓ Be aware of scholarships
- ✓ Attend Financial Aid meetings
- ✓ Have parents complete financial aid form (January) and meet with ACCESS advisor
- ✓ If taking an Advanced Placement course(s), register for AP Exam (May)
- ✓ Relax and congratulate yourself on a job well done

People to Talk to:

- ✓ Your parents/guardian
- ✓ Your teachers/school counselors
- ✓ College/Career Center Staff
- ✓ College Admission personnel and Financial Aid Officers
- ✓ College friends or graduates
- ✓ People who are involved in the professions of your interest

	ORGANIZATION	DATE	HOURS	SUPERVISOR	CONTACT NUMBER	ACTIVITY
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2						
3						
4						
5						
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11						
12						
13						
14						
15						
	LEADERSHIP ROLES	YEAR - TO - YEAR	N/A	SPONSOR	CONTACT NUMBER	
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