Freshman Academy Student Success Plan Seminar

- Go to www.careercruising.com/SSP
- Enter your SSP Username and SSP Password.
- Enter your e-mail address if it prompts you.
- For this session, you will use the blue navigation buttons on the left hand side of the screen. To get back to the main SSP screen at any time, click the SSP button at the top of the screen.

The Career Cruising program is a tool for you to use to help plan your future, track your accomplishments, and research paths you may want to take in your future. You should have some familiarity with the program from 8th grade. Now that you will be in high school, there are additional components that must be completed each year from 9th – 12th grade. These components are outlined in the box below. This Student Success Plan session will introduce you to these components and show you how you can use them to your advantage throughout high school. The components are a work in progress, and will change throughout your high school career. The information you save is not set in stone, and is meant to be adapted.

<table>
<thead>
<tr>
<th>Career Cruising</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Career Matchmaker Activity</td>
</tr>
<tr>
<td>• My Skills</td>
</tr>
<tr>
<td>• Careers That Interest Me</td>
</tr>
<tr>
<td>• Schools That Interest Me</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Goals and Plans</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Career and Life Goals</td>
</tr>
<tr>
<td>• Career Cluster Interests</td>
</tr>
<tr>
<td>• Post-Secondary Goals</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Education Plan</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Grade 9-12 Course Selections</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Activities and Abilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Extracurricular Activities</td>
</tr>
<tr>
<td>• Skills and Abilities</td>
</tr>
</tbody>
</table>

Post-Secondary Plan

This section will help you organize careers you have researched, educational goals you want to set for yourself, and financial goals for future education. In order to complete this section, you will need to have used Career Cruising to research careers you are interested in and the education needed for those careers.
Freshman Academy Student Success Plan Seminar

Goals & Plans (blue button on left side)
Post-Secondary Goals

- **Career Goals** – Choose your two favorite career clusters, and rank your top three careers of interest.
- **Educational Goals** – Here you will choose what type of education you plan on completing, and rank your favorite colleges.
- **Financial Plans** – Here you will check off the way(s) in which you plan on paying for college. Before you do this, be sure to look at college tuition costs. Also, remember to earn scholarships, you will need really good grades, extracurricular activities, and/or outstanding athletic ability (for sports scholarships).

Career Planning Activities

This section allows you to keep track of career planning activities that you complete that can help guide you to a specific career you would like to enter in the future. The career planning activities in the list are very helpful tools of exploring career options. Additionally, if you partake in these activities, you will have an easier time molding your decisions for your future.

Goals & Plans (blue button on left side)
Career Planning Activities

- Select an activity from the Career Planning Activity drop down list.
- For Title/Organization be sure to enter a specific title. Examples: Southern Delaware Job Fair, Kraft Foods Job Shadowing, SAT Test, Career Counseling with Mrs. Smith.
- The dates only provide you an opportunity to add the month and year you completed the activity. If you have multiple conversations with one of your teachers about careers you like, that can be one activity.
- In the Description field, be detailed in your writing.
- You can save files here as well, such as resumes, letters of recommendation, etc.

Extracurricular Activities

This section allows you to track activities that you participate in throughout high school. This is very useful, because you will come to a point where you have to complete job applications, resumes, and college applications. Employers and colleges both look for people who are involved in extracurricular activities, and Career Cruising allows you to easily track your activities.

Activities & Abilities (blue button on left side)
Extracurricular Activities

- Activities should be official clubs, teams, or organizations that have meetings, etc.
- The only time an interest or hobby should be used is if you have absolutely no other activity to enter.
- Employers and colleges look for people who are well rounded, and have done more than just the minimum to get by.
Freshman Academy Student Success Plan Seminar

Skills and Abilities

This section allows you to check off your skills and abilities from three categories: attributes, computer skills, and language skills. This section also provides an opportunity for you to practice self reflection, and really think about what skills you possess, and what skills you would like to possess by the end of high school.

Activities & Abilities (blue button on left side)

Extracurricular Activities

**Attributes** – this list provides qualities that you may or may not have. There are boxes where you can check off which attributes you possess, and comment as to how you possess that attribute. ***This provides an opportunity for you to reflect on yourself and these attributes, and to be honest.***

- This list contains attributes that employers and colleges look for.
- Take the time to investigate what each attribute really means, and reflect on yourself to see how much of the attribute you possess.
- Do not check off an attribute if you do not possess it. Example – if your bookbag or locker is always a mess, and you have a hard time finding textbooks or homework to turn in, do not check off organized.
- Set goals for yourself to work on the attributes in the list. Work with teachers/mentors to help yourself set these goals.
- Your comments should be specific as to how you possess the attributes, and even contain examples.

**Computer Skills** – This is a list of specific computer programs that you may have experience working with. This list is pretty advanced. If you are proficient with any of the programs, you can check them off, and explain how you have worked with the specific program.

**Language Skills** – This is a list of different languages. You will want to check off languages you have an understanding of or fluency of, and provide a description of your level of proficiency or fluency.