



Utah Student Planning Guide Grades 9–12

Selected highlights -

- College and Career Ready
- Education Pays
- CTE and STEM
- Career Pathways
- Early College
- Financial Aid - The Basics
- Your College and Career Plan

Plan now to succeed in the labor market that is Utah's future! By 2020, 66 percent of the jobs in Utah will require 1, 2, 4, or more years of education beyond high school.



College and Career Ready has become a popular catch phrase, but behind the language is an increased awareness of the need for students to graduate *from* high school and *to* more education and training. The Utah State Office of Education has prepared a report, **Strengthening the Senior Year - College and Career Ready**, aimed at increasing relevance and rigor in your high school experience and connecting college to workforce needs (Utah State Office of Education, 2010). The Utah System of Higher Education has developed the **2020 Plan for Higher Education**. It states that by 2020, 66% of jobs in Utah will require 1, 2, 4 or more years of education beyond high school. In addition, Utah business and community leaders have organized the **Prosperity 2020** initiative to advance educational investment and innovation. As a student, you have a broad community that is invested in your success!

What is College Ready?

College today means much more than a 4-year degree at a university. Being "college ready" means being prepared for any postsecondary education or training experience, including study at 2 - and 4 -year institutions leading to a college credential (i.e. a certificate, license, associate's or bachelor's degree). Being ready for college means that - as you graduate from high school - you have the knowledge and skills necessary to qualify for and succeed in entry-level, credit-bearing college courses without the need for remedial coursework. The Utah Core helps to ensure that you will meet the standards necessary to be successful.

What is Career Ready?

In today's economy, a "career" is not just a job. A career offers earnings that will enable you to support a family and pathways to advancement. A career typically requires education and training beyond high school, so it's good to think in terms of learning *lifelong*! Being ready for a career means that you graduate from high school with the knowledge and skills needed to qualify for and succeed in a career, or in the education and training that will take you to the next step in your chosen field.

Why Plan Now?

What you study and learn in elementary, junior high, and in high school will prepare you to be college and career ready. It's never too soon to start thinking about your future and what you need to do in school now to be ready. Begin as early as you can with goals in mind, so you can focus on what you need to do, including the classes you need to take (in junior high and high school), to be prepared for your future.





Be Ready for College and Career!

State and local education leaders want all students to have college and career goals that will prepare them to experience fulfilling lives, actively participate as educated citizens, and thrive in a particularly competitive and global marketplace. A college and career ready student is prepared to succeed in college. The following are recommendations from education leaders for students to be college and career ready.

1 Build an Academic Foundation

Take challenging classes in high school to develop an understanding of different subjects and a solid academic preparation for college-level courses.

Create a 4-year College and Career Plan

(classes to take in 9th, 10th, 11th, and 12th grade) in 8th grade. Pay attention to graduation requirements, college recommended courses, and career goals. Include Advanced Placement (AP), International Baccalaureate (IB), or concurrent enrollment classes that lead to college credit and provide direct experience in college-level studies. Select concurrent enrollment classes that apply to general education, a certificate, or a degree that fits educational plans.

2 Develop Intellectual and Career Capacity

Select courses in high school that challenge your intellect and develop critical thinking, analysis, and problem-solving strategies. Practice creative problem solving, increase written and oral communication and teamwork skills, **learn to think critically, and become technology proficient.**

Learn to manage your time and develop good study habits that will only prepare you for independence and how to handle homework in college.

3 Evaluate Progress for College:

Do the very best academic work possible in every class you take in junior high school through your senior year of high school. Revise and update your 4-year College and Career Plan as needed.

Meet regularly with your school counselor about your course choices; ask for advice on enhancing college readiness skills.

Use assessments like EXPLORE, PLAN, ACT, or Accuplacer to determine how close you are to being ready for college.

4 Explore Postsecondary Options:

Visit at least one college campus; take a guided tour and ask questions. Learn how much college costs. Attend a financial aid and scholarship meeting at your high school.

Submit the Free Application for Federal Student Aid (FAFSA) by the priority deadline. Ask your school counselor or a college financial aid advisor about scholarships, grants, loans, and work study.

Complete the steps necessary for college entry:

take a college entrance exam (ACT or SAT) and submit a college admission's application by the priority deadline.

Utah System of Higher Education
Utah State Office of Education



Set Goals with College and Career in Mind

Setting goals to be ready for college and career is like planning for your day-to-day activities but with a bigger perspective.

To get serious about planning for school success - both today and for your success in college and career - you need to have some goals in mind. **Goals make planning meaningful.** Remember, "if you don't know where you're going, you're likely to end up somewhere else!" So, how do you know what goals to set? Do some serious thinking about what you want to accomplish in the future. Take some time to write down the steps (also known as 'short term goals') that will help you achieve your dreams. Once you have something in mind, planning will make more sense and hold more value. It will be easier to create a 4-year plan for high school and know what you need to do to be college and career ready.



What do you see yourself doing after high school: college, career and life?

What is your "dream" for YOUR future? Start with at least three ideas or goals:

1. your college dream: _____

2. your career dream: _____

3. your life dream: _____

What are some specific steps you can take to accomplish your dreams?

Begin by making your school experiences meaningful and productive, take charge!

- Take classes that:
 - will prepare you to reach your goals.
 - meet graduation requirements.
 - will prepare you for 1, 2, 4, or more years of education and training after high school.
 - will prepare you with marketable skills that lead to a job.
- Get involved and participate in a school club or other school activity groups.
- Track your success! Keep a file of your grades, school progress, and school activities.

Remember what you do now will lead to what you can do for college, career, and life in the future!

Remember: 

COLLEGE **124** *or more*

MORE
Graduate and professional degrees

FOUR-YEAR
Bachelor's degrees

TWO-YEAR
Associate or technical degrees

ONE-YEAR
Certificate programs

UTAH STATE
OFFICE OF EDUCATION
2015-2016
100 East 11400
SALT LAKE CITY, UT 84143

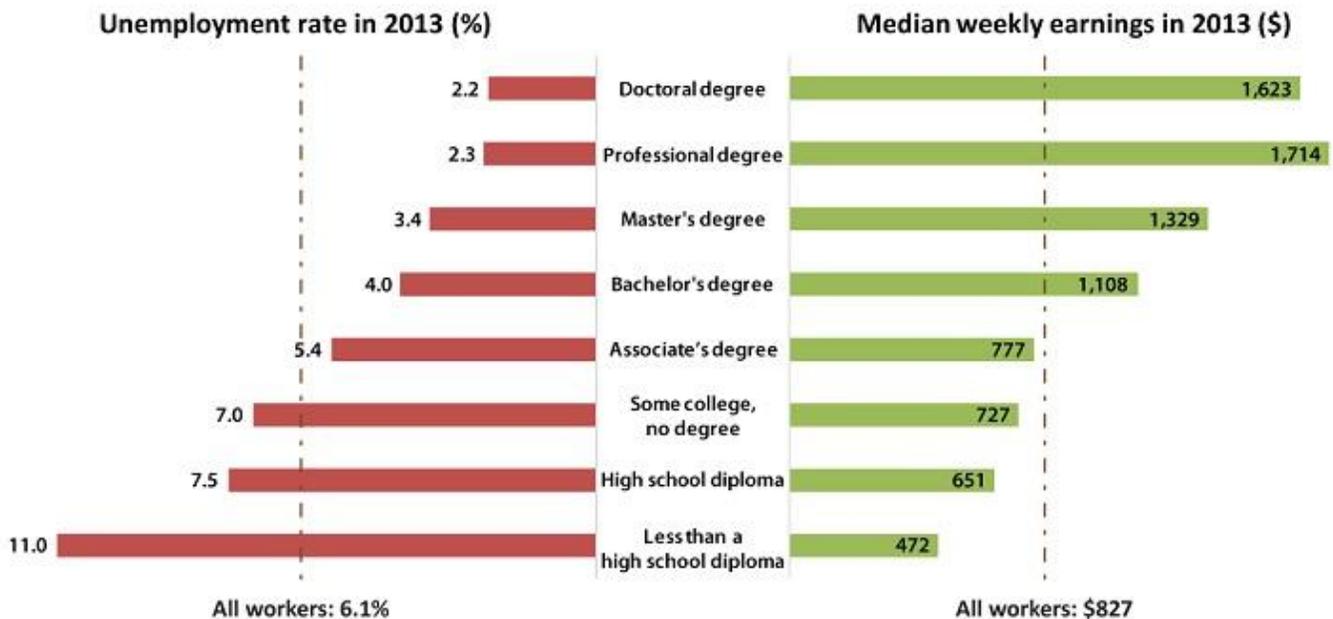
Top 5 Reasons to Go to College

1. **A better paying job** -- On average college graduates earn as much as 65% more than high school graduates. Most students want the best paying job they can get.
2. **A more secure future** -- Statistics show that people with higher levels of education and advanced training tend to have better job security and are less likely to be unemployed.
3. **Respect** -- Going to college and earning a certificate, a diploma, or a degree will help you feel better about yourself and also help you gain more responsibility and get promotions at work.
4. **More choices** -- Most jobs today require specialized training that you can only get in college. That means you will need 1, 2, 4, or more years of education and training after high school to be prepared for jobs in your future.
5. **Be the first!** -- Are you hesitant because no one in your family has gone to college? Start a tradition! Education and training in college can have a positive impact on you and your entire family.

Education Pays*

Lower Unemployment ... Higher Wages

Earnings and unemployment rates by educational attainment



Note: Data are for persons age 25 and over. Earnings are for full-time wage and salary workers.
Source: Current Population Survey, U.S. Bureau of Labor Statistics, U.S. Department of Labor

*Unemployment rates and earnings for full-time wage and salary workers ages 25 and older, by educational attainment, 2013. These are *averages*; rates of unemployment vary by a number of factors - including gender, geographic location, ethnicity, industry, etc. Earnings vary by similar factors. (Yes, there are some workers with an in-demand skill and industry-recognized certificate who earn more than a worker with a bachelor's degree who is working in a declining industry.)

High School Graduation and Beyond

Focus on graduation requirements as you create your 4-year CCR-Plan. Graduation requirements are a set of core classes that all students must take to receive a high school diploma. It is critical to earn all of the required credits each year in order to stay "on-track" to graduate. Most students will graduate with more credits than they need, and that's great! Graduation requirements are minimal requirements, so most students maximize their high school experience by taking college prep courses, concurrent enrollment courses, CTE courses and more!

Did you know?

The majority of Utah's high school students are maximizing their education and learning opportunities and opting for a rigorous 4-year high school experience. They do this by:

- Participating in **concurrent enrollment** courses and options.
- Taking advanced **career and technical education (CTE) courses**.
- Taking and passing **skills certification** tests connected to CTE courses.
- Graduating early and utilizing the **Centennial Scholarship** option.
- Graduating from high school with an associate degree and qualifying for the **New Century Scholarship**.
- Taking courses that qualify for the **Regent's Scholarship**.
- Participating in **early college** programs in both community colleges and applied technology colleges.
- Participating in **work-based learning** opportunities - internships, job shadowing, etc.
- **Volunteering** their time in their communities to learn the importance and the value of service.
- Accessing courses through **online programs**.



If you want to take advantage of everything available, you've got to *plan*.

Creating a 4-year high school plan is a good place to start. The 4-year plan is developed in 8th grade and is updated and revised as your interests and needs change. **Parents, teachers, and especially your school counselor can help you** with the 4-year planning process. Get important information, advice, and suggestions for your plan. Use interest and aptitude survey results to inform your decisions. Your individual meetings with your school counselor will become a very important part of the 4-year planning process. If you take time to plan, and fill in the details for classes you choose, you will be prepared to take advantage of all of the options described above, and you will maximize your high school experience. If you fail to plan, you may not be able to take classes in their appropriate sequence or classes that are prerequisite to others.

Selected Contributions* of Career and Technical Education to College and Career Readiness

Career and Technical Education (CTE) has a vital role in strengthening the workforce at both the state and national levels. By assuring the readiness of students for both college and careers, CTE also increases the ability of our state and nation to successfully compete in the global marketplace.

**Academic
Skills**
+

**Technical
Skills**
+

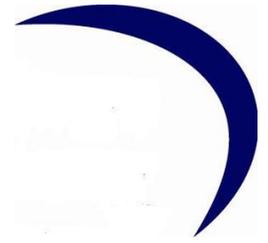
**Employability
Skills**



- CTE **integrates academic and technical skills** and content with a **focus on solving real-world problems**.
- Selected CTE courses can meet academic credit requirements for graduation or **count for both academic and elective CTE credit**.
- Students who experience **Math-in-CTE** (National Research Center for Career and Technical Education) scored **significantly higher on standardized math tests** than students who did not.
- The hands-on nature of CTE keeps students **engaged, motivated, and coming to school**.
- A ratio of one CTE course to two academic courses **minimizes a student's risk of dropping out** of high school.
- CTE supports students' postsecondary attainment through its **Programs of Study** framework.
- Students of all ages can acquire **stackable credentials** – certificates, industry-recognized certifications, and degrees that build one on another – through CTE.
- Students who graduate from high school with some college credit are **more likely to pursue a postsecondary degree**.
- CTE is well-suited to **answer the employer demand for students with employability skills** through in-class projects, Career and Technical Student Organization competitions, students-led business and work-based learning.
- **Partnerships with business** allow CTE to equip students with the skills needed by industry.
- Business partners serve on advisory committees, assist in the development and delivery of **curriculum**, and provide **mentorship and internship** opportunities.

For details, including research citations, visit <https://www.acteonline.org/>

Sample 4-Year



Required Areas	Credits	9 th Grade	10 th Grade	11 th grade	12 th grade
ENGLISH/LANGUAGE ARTS	4.0	English 9	English 10	English 11	English 12 or Applied or Advanced
MATH (Course titles are changing with new Common Core Standards)	3.0	Secondary 1, Algebra 1, or Geometry	Secondary 2, Geometry, or Algebra II	Secondary 3, Algebra II, Pre-Calculus, Calculus, Concurrent, other	
SCIENCE	3.0	Earth Systems or Biology	Biology or Chemistry or Physics	1.0 credit Applied or Advanced Science (student's choice)	
SOCIAL STUDIES	3.5	Geography for Life	World Civilizations	United States History	US Gov. & Citizenship (0.5 credit)
CAREER & TECHNICAL EDUCATION (CTE)	1.0	Interest and career related courses taken at your high school or at a technical center/ATC.			
COMPUTER TECHNOLOGY	.50	Computer Technology 9 th or 10 th Grade		-----	-----
FINE ARTS (Art, Music, Dance, Drama)	1.5	1.5 credits to be completed during grades 9-12			
GENERAL FINANCE LITERACY	.50	0.5 credit to be completed during grades 9-12			
HEALTH	.50	0.5 credit to be completed during grades 9-12			
PHYSICAL EDUCATION	1.5	PE 9 (0.5 credit)	Fitness for Life (0.5 credit)	0.5 credit in grades 11 or 12	
ELECTIVES	8.0	Student's choice based on interests, abilities, and talents and may include: additional courses offered in required areas; CTE, Fine Arts, World Languages, Driver Education, Special Education, and ESL courses; and Work/Service Experience,			
Graduation Requirement	27 CR	2.0 Cumulative CPA			

Keep in mind:

- Courses *cannot* be repeated for credit.
- There are other ways to earn high school credit outside of the school day: demonstrated competency assessments in core areas; courses Utah Electronic High School; concurrent enrollment courses taken at your school or at a college or university.

As you plan choose courses that will:

- Complete high school graduation requirements.
- Connect to your goals and plans for the future.
- Prepare you for 1, 2, or 4 years of education and training after high school.
- Help you meet college and university admissions requirements.
- Lead you to Centennial, Regent's, and/or New Century Scholarships.



4-Year High School Worksheet

Get a pencil and create your 4-year plan for graduation!

Required Areas	Credits	9 th Grade	10 th Grade	11 th grade	12 th grade
ENGLISH/LANGUAGE ARTS	4.0	English 9	English 10	English 11	Applied or Advanced
MATH (Course titles are changing with new Common Core Standards)	3.0	Secondary 1, Algebra 1, or Geometry	Secondary 2, Geometry, or Algebra II	Secondary 3, Algebra II, Pre-Calculus, Calculus, Concurrent, other	
SCIENCE	3.0	Earth Systems or Biology	Biology or Chemistry or Physics	1.0 Science Course Applied or Advanced (Student's Choice)	
SOCIAL STUDIES	3.5	Geography for Life	World Civilizations	United States History	US Gov. & Citizenship (1/2 year)
CAREER AND TECHNICAL EDUCATION (CTE)	1.0	CTE courses are offered at your school and at technical centers/ATC campuses in the following areas: Agriculture, Business, Family and Consumer Science, Health Science and Technology, Marketing, Skilled and Technical Science, Technology and Engineering			
COMPUTER TECHNOLOGY	.5	Computer Technology 9 th or 10 th Grade		-----	-----
FINE ARTS (ART, MUSIC, DANCE, DRAMA)	1.5				
GENERAL FINANCIAL LITERACY	.5	-----	-----	Financial Literacy (.5) 11 th or 12 th Grade	
HEALTH	.5	-----	Health (.5) 10 th , 11 th , or 12 th Grade		
PHYSICAL EDUCATION (PE)	1.5		PE Fitness for Life (.5)		-----
ELECTIVES (Student's choice based on interests, abilities and may include: CTE, Fine Arts, World Languages, Driver Education, Special Education, ESL, Work/Service Experience, etc.)	8.0	-----			

Total	27.0	7.0 or 8.0 Credits	8.0 Credits	8.0 Credits	8.0 Credits

CTE PATHWAYS

Career Pathways Within Eight Areas of Study

School Year 2014-2015

Agricultural Education

- > Agricultural Systems Technology
- > Animal Systems
- > Food Production and Processing Systems
- > Natural Resource Systems
- > Plant Systems

Business Education

- > Accounting & Finance
- > Business Administrative Support
- > Business Entrepreneurship & Operations Management
- > Business Technology Support

Family & Consumer Sciences Education

- > Consumer Economics Services
- > Early Childhood Education
- > Family & Human Services
- > Fashion Design, Manufacturing & Merchandising
- > Food Science, Dietetics & Nutrition
- > Food Services & Culinary Arts
- > Hospitality Services
- > Interior Design

Health Science Education

- Biotech Research & Development
 - > Biotechnology
- Diagnostics
 - > Clinical Laboratory and Medical Forensics
- Health Informatics
 - > Medical Office Administrative Assistant
- Therapeutic Services
 - > Dental
 - > Emergency Medical Technician (EMT)
 - > Medical Assistant
 - > Nursing
 - > Pharmacy
 - > Surgical Technician
 - > Therapeutic Rehabilitation/Exercise

Information Technology Education

- Networking & IT Support
 - > Network Systems
 - > Technical Support
- Digital Design & Software Development
 - > Database Development & Administration
 - > Digital Media
 - > Programming/Software Development
 - > Web Development & Administration

Marketing Education

- > Marketing Entrepreneurship
- > Marketing Management
- > Sales & Service Marketing
- > Travel & Tourism

Skilled & Technical Sciences Education

- Building Trades
 - > Carpentry
 - > Electrician
 - > HVAC
 - > Plumbing
- Communication
 - > Radio Broadcasting Technician
 - > Television Broadcasting Technician
- Mechanics & Repairs
 - > Automotive Collision Repair
 - > Automotive Service Technician
 - > Electronics
 - > Heavy Duty Diesel
- Personal Services
 - > Cosmetology/Barbering
 - > Esthetician/Nail Technician
- Precision Production Trades
 - > Cabinetmaking/Millwork
 - > Design Technology
 - > Graphics/Printing
 - > Machine Tool
 - > Welding
- Protective Services
 - > Firefighting
 - > Law Enforcement
- Transportation & Material Moving
 - > Aviation Technology
- Visual Arts
 - > Commercial Art
 - > Commercial Photography

Technology & Engineering Education

- > Pre-Engineering
 - (Utah Pre-Engineering Program)
- > Project Lead the Way
 - (National Pre-Engineering Program)



Career and Technical Education Options

Career and Technical Education prepares you for the future! Jobs today require high-tech knowledge and advanced technical skills. CTE prepares you with the technical skills and academic knowledge you need to succeed. CTE courses are offered at your home high school, another high school, at a district tech center, or Applied Technology Center.

CTE is Hands-on Learning

Classrooms look like the workplace and give you real-life learning experiences. For example, auto tech students learn in a school's auto shop, dental assisting students learn in a simulated dental office, and students in the construction trades attend class at a building site.

CTE Areas of Study

CTE offers over 60 Career Pathways within eight areas of study. Pathways are sequences of courses that can help you connect your career interests to the most relevant educational options in high school and beyond.

- [Agriculture](#)
- [Business](#)
- [Family & Consumer Science](#)
- [Health Science](#)
- [Information Technology](#)
- [Marketing](#)
- [Skilled & Technical Sciences](#)
- [Technology & Engineering](#)



CTE Scholarships and Tuition Awards

These awards are open to any graduating senior student who plans to get CTE training after high school that will result in a -

- Certificate or Associate degree in a CTE area; or
- Bachelor's degree with a teaching credential in a CTE area.

Get full details on the Utah CTE website, under the [Educators and Parents](#) tab.

Career and Technical Student Organizations

Every CTE program area is affiliated with a student organization that supports student leadership development, employability skills, and offers opportunities to participate in skills competitions. These "CTSOs" include:

- DECA - An association of marketing students.
- FBLA - Future Business Leaders of America.
- FCCLA - Family, Career, and Community Leaders of America.
- FFA - The organization for agricultural education students.
- HOSA - Health Occupations Students of America.
- SkillsUSA - Skilled and Technical Sciences Student Organization
- TSA - Technology Student Association

Information about the organization associated with your CTE area of interest can be found online under the [Career Pathways](#) tab.

Skills Certificates

You will have opportunities to receive "[Skill Certificates](#)" to verify skill attainment in courses and programs in any of the eight CTE Areas of Study. The certificates you earn can be used as evidence of your accomplishments when you seek a job or apply for further education and training.





STUDENTS: Are You Interested in a TOP TWENTY HOT STEM* Occupation?

Get Started with Career and Technical Education

Associated CTE Pathway	Rank	Occupation
 Programming/Software Development	1	Software Developers, Applications
	3	Software Developers, Systems Software
	7	Computer Programmers
 Network Systems	2	Network and Computer Systems Administrators
	4	Computer Network Architects
	5	Computer Network Support Specialists
	12	Computer Systems Analysts
	17	Computer and Information Systems Managers
 Technical Support	6	Computer User Support Specialists
 Medical Office Administrative Assistant	8	Medical and Health Services Managers
 Nursing	9	Nurse Anesthetists
	13	Nurse Practitioners
	14	Registered Nurses
 Sales and Service Marketing	10	Sales Representatives, Wholesale and Manufacturing, Technical and Scientific Products
 Accounting and Finance	11	Accountants and Auditors
 Design Technology Pre-Engineering (Utah Pre-Engineering Program) Project Lead the Way (National Pre-Engineering Program)	15	Industrial Engineers
	16	Electrical Engineers
	19	Civil Engineers
	20	Mechanical Engineers
 Business Management	18	Management Analysts

* From "Hot STEM Occupations in Utah" distributed by the Utah Technology Council.
 Associated CTE Pathways assigned by Career and Technical Education, Utah State Office of Education.



Get Some Grit!

People with "grit" are able to accomplish more than the average person through perseverance, mental toughness, courage, and a passion for their goals. Overcoming obstacles and challenges only strengthens their motivation to achieve. Are you a person with true grit?

Be Proactive

- Use your time wisely.
- Ask for help when you need it.
- Be prepared for class.
- Read and study ahead.
- Pace yourself.
- Know where you stand.
- Utilize your allies.

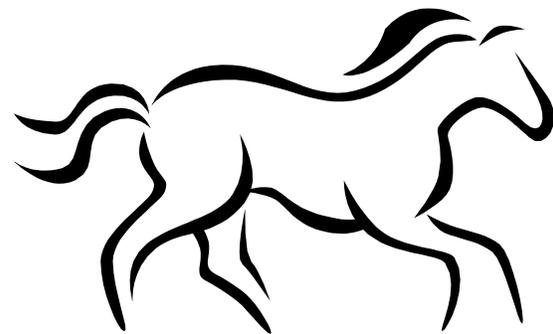


Communicate!

- ...with your teachers.
- ...with your counselors.
- ...with your parents.
- Be honest.
- Stand up for yourself (i.e., self advocate).

Get Involved

- Join clubs, teams, or organizations.
- Check the website for school events.
- Sign up for text reminders.
- Ask friends to meet you at activities.
- Sit with others at lunch.
- Show school spirit.



Keep Organized

- Use a planner or homework app.
- Use homework folders.
- Study every day.
- Do your work first; play later.
- Don't procrastinate.



**Be diligent;
finish what you start!**

State-Sponsored Options

State Board of Regents

The Utah State Board of Regents oversees all of the public colleges and universities in the state. They want all students to prepare for education and training after high school. They provide great resources to our schools to help students be college and career ready.

Utah Scholars Initiative

The Utah Scholars Initiative inspires and motivates students to **complete a core course of study in high school** that prepares them for college and career. Local business, community, and education leaders deliver classroom presentations to 8th grade students to promote completion of the Scholars Core Course of Study and to explain the benefits of preparing early for the future. Being a Utah Scholar is **within the reach of every willing student**. The core course of study goes beyond the state's current graduation requirements but leaves room in a school schedule for elective classes.

Utah Scholars Core Course of Study	Utah High School Core Graduation Requirements
4 credits of English	4 credits of Language Arts
4 progressive credits of Math	3 credits of Math
3.5 credits of Social Science	2.5 credits of Social Science
3 credits of lab-based Science	3 credits of Science
2 progressive credits of same World or Classical Language	n/a

Regent's Scholarship

This scholarship encourages Utah high school students to prepare for college academically and financially by taking the **Utah Scholars Core Course of Study** and saving for college. The scholarship may be used at any public college or university in the Utah System of Higher Education, as well as at Brigham Young University-Provo, LDS Business College, and Westminster College.



New Century Scholarship

This scholarship encourages students to accelerate their education by **earning an associate degree in high school**. Students can earn an associate degree by taking concurrent enrollment classes at their high school or on a college campus. The scholarship may be used at a 4-year public college or university in Utah, including Brigham Young University-Provo and Westminster College.

Early College Options in Brief

Early college means that you can earn college credit while you are still in high school - before ever stepping onto a college campus!

Advanced Placement (AP)

AP offers high school students the opportunity to take college-level courses while attending high school. All students are eligible to take AP courses but keep in mind that **AP courses require significant study time outside of the school day.**

AP gives you:

- an early start on college;
- an enriching academic experience;
- increased access to higher education;
- tuition savings; and,
- [37 possible courses and exams across 22 subject areas.](#)

Centennial Scholarship for Early Graduation

Early graduation allows for flexible graduation any time before the end of the senior year, but it also **requires careful planning and written documentation of your intentions in your College and Career Plan.** If you are planning to enroll in college early, then you may be eligible for the Centennial Scholarship.

Your counselor can help you plan for early graduation. The Centennial Scholarship is a tuition waiver awarded to students who meet the criteria for early graduation.

Centennial Scholarship Awards

\$1,000.00	Early graduation at the end of the junior year.
\$750.00	Early graduation at the end of the first quarter of the senior year.
\$500.00	Early graduation at the end of the second quarter of the senior year.
\$250.00	Early graduation at the end of the third quarter of the senior year.

Concurrent Enrollment

Concurrent enrollment means that students are enrolled in two places at the same time (high school and college) by **taking a class that counts for credit in two places.** Students who take concurrent courses at their high school register through their school counselor and instructor. Credits are recorded on a permanent college transcript and the high school transcript. **Ask your counselor about concurrent enrollment courses offered at your school.**



International Baccalaureate (IB)

If you are in 9th grade or higher, and you have what it takes to begin college work before you graduate from high school, then this information is for you! IB is designed **for students who are interested in rigorous, interdisciplinary courses** as another option for early college preparation.

Students pursuing the full IB diploma typically bring home 15 hours of homework per week, and sometimes more. IB payoffs are huge; college credit earned and skill development can place you ahead of your peers both in high school and college. **IB students usually enter college not as freshmen but as sophomores!**

Utah Public Postsecondary Schools

Quick Reference List



Dixie State College of Utah

www.dixie.edu

225 South 700 East
St. George, UT 84770
Phone: 435-652-7500

Salt Lake Community College

www.slcc.edu

4600 South Redwood Road
Salt Lake City, UT 84123
Phone: 801-957-SLCC (7522)

Snow College

www.snow.edu

150 East College Avenue
Ephraim, UT 84627
Phone: 435-283-7000

Southern Utah University

www.suu.edu

351 West University Boulevard
Cedar City, UT 84720
Phone: 435-586-7700

University of Utah

www.utah.edu

201 Presidents Circle, Room 201
Salt Lake City, UT 84112
Phone: 801-581-7200

Utah State University

www.usu.edu

1400 Old Main Hill
Logan, UT 84322-1400
Phone: 435-797-1000

Utah State University- College of Eastern Utah

www.eastern.usu.edu

451 East 400 North
Price, UT 84501
Phone: 435-613-5000

Utah Valley University

www.uvu.edu

800 West University Parkway
Orem, UT 84058
Phone: 801-863-4636

Weber State University

www.weber.edu

3848 Harrison Boulevard
Ogden, UT 84408
Phone: 801-626-6000

UCAT Campuses

Bridgerland Applied Technology College

www.batc.edu

1301 North 600 West
Logan, UT 84321
Phone: 435-753-6780

Davis Applied Technology College

www.datc.edu

550 East 300 South
Kaysville, UT 84037
Phone: 801-593-2500

Dixie Applied Technology College

www.dxatc.edu

46 South 1000 East
St. George, UT 84770
Phone: 435-674-8400

Mountainland Applied Technology College

www.mlatc.edu

2301 West Ashton Blvd.
Thanksgiving Point
Lehi, UT 84043

Ogden-Weber Applied Technology College

www.owatc.edu

200 North Washington Blvd.
Ogden, UT 84404
Phone: 801-627-8300

Southwest Applied Technology College

www.swatc.edu

510 West 800 South
Cedar City, UT 84720
Phone: 435-586-2899

Tooele Applied Technology College

www.tatc.edu

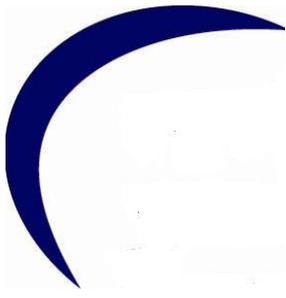
66 W. Vine Street
Tooele, Utah 84074
Phone: 435-248-1800

Unitah Basin Applied Technology College

www.ubatc.edu

1100 East Lagoon Street
Roosevelt, UT 84066
Phone: 435-722-6900

Use the links
to learn all about the
possibilities at these
schools!



Online Learning Options

The Utah Statewide Online Program

Established by the Utah State Legislature in the 2011 General Session, this program enables eligible students to **earn high school graduation credit by completing selected online courses.**

Who is eligible to participate?

If you are in grades 9-12 and enrolled in a Utah public school, you may enroll in up to two credits in online courses or more if your school finds that online learning is in your best interest. **Ask your school counselor** for the details that apply to you.

*You may be eligible, but is online learning the best option for you? Take the **Survey for Students Considering Online Learning** to find out!*

Where can I get information about the courses available to me through the Statewide Online Program?

The list of providers is kept up to date and can be accessed online [here](#).

How do I register?

You may register at any time during the calendar year, and may register during registration processes taking place each spring for the upcoming school year. Your parent or guardian will be required to approve your enrollment in an online course.

Electronic High School (EHS)

EHS is another online learning option.

Students enroll in EHS classes to get ahead, when they don't have room during the day to take all of the classes they want to take, or when they have failed a class and need credit recovery. **All classes generate letter grades and credit** that are added to the student's transcript upon completion of a course.

EHS offers an **open-entry / open-exit curriculum** based on the Utah Core Curriculum. With a few exceptions, students are able to enroll any day of the year and work at their own pace until the class is completed.

EHS is accredited by the Northwest Association of Accredited Schools. Students who complete courses from the EHS will have a course completion certificate mailed to their local school of residence with the grade and credit earned.

At the end of each class, **students must take and pass a proctored exam** at a Utah school, library, or testing center. When a student is ready for a final test, the EHS teacher adds the student to the proctored test area. More information about the testing process is available once you are enrolled in classes.



Is Online Learning for You?

Survey for Students Considering Online Learning

Please choose your best response to each statement below. When you are finished, total your points to see if online learning is a good choice for you. Talk with your school counselor and your parents about your results.

1. I am motivated to take online coursework because:
 - a. I want to improve my educational experience.
 - b. I am looking for something different than traditional school options.
 - c. I think online courses are easier than traditional classes.
2. Having face-to-face interaction with my teachers is:
 - a. Not particularly important to me.
 - b. Somewhat important to me.
 - c. Very important to me.
3. I would classify myself as someone who:
 - a. Often gets things done ahead of time.
 - b. Needs reminding to get things done.
 - c. Puts things off until the last minute.
4. Online coursework:
 - a. Requires as much, if not more, effort than in a traditional classroom.
 - b. Requires less work than in a traditional classroom.
 - c. Is self-paced.
5. When a teacher gives instructions for an assignment, I prefer to:
 - a. Work through the instructions myself.
 - b. Follow the instructions on my own, then ask for help as needed.
 - c. Have the instructions explained to me.
6. I need teachers to constantly remind me of due dates and assignments:
 - a. Rarely
 - b. Sometimes
 - c. Often
7. Considering my personal schedule, the amount of time I have to work online is:
 - a. More than in a traditional course.
 - b. The same as in a traditional course.
 - c. Less than in a traditional course.
8. When I am asked to use email, computers, or other new technologies:
 - a. I look forward to learning new skills.
 - b. I feel apprehensive, but try anyway.
 - c. I put it off or try to avoid it.
9. As a reader, I would classify myself as:
 - a. Good, I usually understand the text without help.
 - b. Average, I sometimes need help to understand the text.
 - c. Below average, I often need help to understand the text.
10. I intend to login to my online courses and check my messages:
 - a. Daily or almost daily
 - b. 2-3 times a week
 - c. Whenever I think I need to.

Total your survey points: _____

a=10 b=7 c=1

80 points or higher	You appear to be an excellent candidate for online learning.
79-60 points	Online coursework may work for you, but you will need to make significant adjustments in your schedule and study habits to succeed.
Less than 60 points	Online coursework is most likely not the best alternative for you.



Registered Apprenticeship*

What's in it for You?

Apprenticeship has a strong foundation in **construction** and **manufacturing** industries.

The U. S. Registered Apprenticeship System can play a critical role in helping our nation maintain its standing as an economic leader with a world-class workforce.

75%

Typically, at least 75% of apprentices work in occupations such as electricians, plumbers, and machinists.

*SOURCE: [Report](#) from the Secretary of Labor's Advisory Committee on Apprenticeship.

Key Benefits for Apprentices

Participate in a **proven model** that combines instruction with paid on-the-job training.

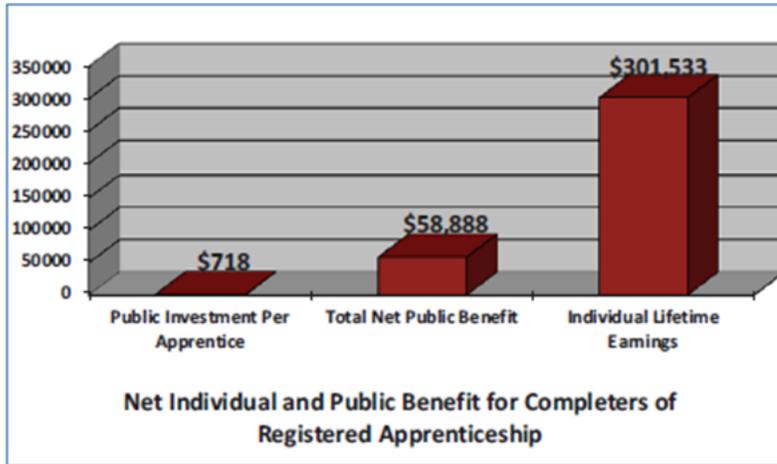
Earn a nationally-recognized occupational credential to document skills and expertise.

From day one, apprentices receive a **paycheck** - and it increases as training progresses.

Registered Apprenticeship program completers earn a **starting average annual salary of \$50,000.***



Net Individual and Public Benefit for Completers of Registered Apprenticeship



Apprenticeship is a **smart investment** for individuals and for the public.

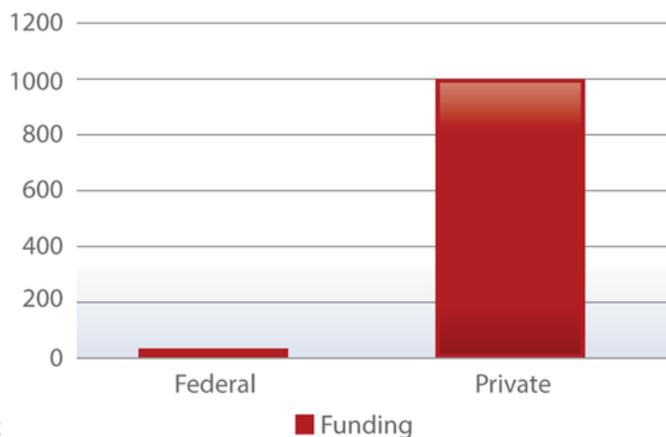
Apprenticeship programs offer advantages to the individual – a **paycheck, hands-on training, technical instruction,** and a **strong foundation for a lifelong career.**

Key Benefits for Industry

Leveraged Public-Private Partnership

Industry sponsors include employers, joint labor management organizations, and the military.

Registered Apprenticeship as Leveraged Public-Private Partnership



Apprenticeship is driven and primarily funded by industry. Investment in programs assure a pool of skilled and competent workers.

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Apprenticeship agencies are responsible for registering apprenticeship programs that meet federal and state standards.



Financial Aid - The Basics

- **What is Financial Aid?** Any type of assistance used to pay college costs *based on financial need*.
- **Grants:** Also called gift aid, *grants don't have to be repaid, and you don't need to work to earn them*. Grant aid comes from federal and state governments and from individual colleges.
- **Loans:** Nearly 60% of all financial aid comes in the form of *loans that must be repaid*. Most need-based loans are low-interest loans sponsored by the federal government. Borrowers aren't charged interest until the repayment period that typically begins after graduation.
- **Work Study:** This is a federal program that provides students with *part-time employment* to help meet their financial needs - including books, supplies, and personal expenses. Students gain work experience while serving their campuses and surrounding communities.
- **Where do I apply for Financial Aid?** Most financial aid is determined by *completing the Free Application for Federal Student Aid (FAFSA)*. FAFSA becomes available in January of the year a student plans on attending college. It *must be completed each year* to determine financial status and award. Families can access a [worksheet](#) around October that will help to organize the financial information necessary to complete the FAFSA.



FAFSA (Free Application for Federal Student Aid)

What is the FAFSA? The U.S. Government uses your completed FAFSA to determine your *eligibility for financial aid* - grants, work-study, scholarships and loans.

When should the FAFSA be completed? Fill out the FAFSA as soon as you can after *January 1* of the year you will graduate from high school.

What is EFC? The Expected Family Contribution is an amount calculated by the government based on your FAFSA. This is *the amount that your family is expected to pay* toward next year's college costs.

How does the FAFSA help me meet all the costs of attending college? Once the Federal Government determines your financial status and EFC, *colleges will try to meet your financial needs* using funds from federal, state, school and private sources - usually by combining loans, grants, scholarships and student employment.

What is the FAFSA PIN? Your Personal Identification Number is a code that the U.S. Department of Education uses to identify you online. *A PIN allows you (and your parents - they apply for their own PIN) to access everything related to your FAFSA online.*

How do I get a PIN? Apply online: www.pin.ed.gov

Scholarships



A scholarship is ...

...a type of financial aid that **does not have to be repaid**. They are usually awarded on the basis of academic merit, talents, abilities, community service, or other characteristic or circumstance (e.g., group membership).

Where do I look for scholarships? Start with the college or university you plan to attend to find the types typically offered by a school - e.g., departmental, leadership, diversity, need-based. Most college websites will have financial aid or scholarship links.

Check out online scholarship sites that offer a free search of sources for which you qualify. Some examples:

- UtahFutures.org
- Fastweb.com
- Tuitionfundingsources.com
- AIE.org
- Weekly scholarship alert.com
- Scholarships.com
- Students.gov
- Scholarships101.com

You should **also look on your high school's website, and be alert for local scholarships** offered by clubs, businesses, employers, ethnic or civic groups, professional organizations, etc.

Scholarships for Utah Residents:

Centennial Scholarship

Tuition waivers are available for each term, up to a total of \$1000, if a student graduates high school one year prior to class graduation date.

Utah CTE Scholarships & Tuition Awards

Awards are available to graduating seniors who plan to pursue Career and Technical Education (CTE) training after high school.

New Century Scholarship

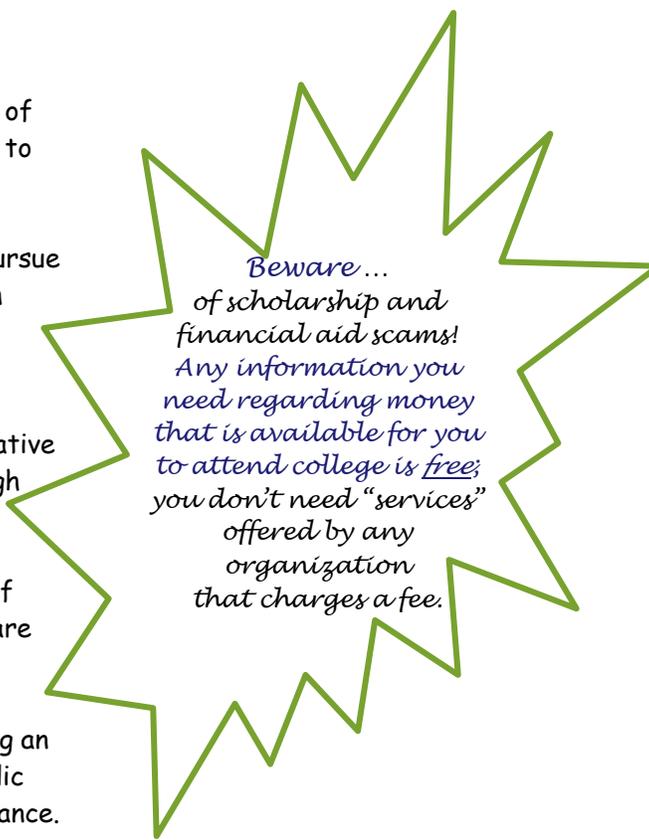
A maximum award of \$1,250 per semester is available to students who complete an associate degree with a cumulative GPA of 3.0 or better by the date they graduate from high school.

Regents' Scholarship

Students who complete the Utah Scholars Core Course of Study during grades 9-12 and meet other requirements are eligible for awards at the "Base" or "Exemplary" level.

T.H. Bell Teaching Incentive Loan Program

Tuition waivers are available to students who are pursuing an educator preparation program and will teach in Utah public schools for a time equal to the time they received assistance.



*Beware ...
of scholarship and
financial aid scams!
Any information you
need regarding money
that is available for you
to attend college is **free**;
you don't need "services"
offered by any
organization
that charges a fee.*



21st Century

The shift to knowledge and information services in the workplace means a shift in the skills that are required to be successful. Review the skills categories below, and mark any statements that reflect what you know and are able to do.

Core Subjects and 21st Century Themes

Global Awareness

Financial, Economic, Business and Entrepreneurial Literacy

Civic Literacy

Health Literacy

Environmental Literacy

Innovation

Learning and Innovation

Creativity and innovation

- I like brainstorming and finding other ways to see or do things.
- I can study my own ideas and the ideas of others to figure out what's good and what might need adjusting.
- I can build on my good ideas and am able to communicate new ideas to others.

Critical thinking and problem solving

- I like learning how parts relate to each other and to the whole.
- I am good at seeing connections between different pieces of information.
- I can define a problem in a way that will help me find solutions.

Communication

- I speak clearly and can express my thoughts and feelings to others.
- I am a good listener and people enjoy having conversations with me.
- I read for fun and also to learn new things.

Collaboration

- I like learning how parts relate to each other and to the whole.
- I am good at seeing connections between different pieces of information.
- I can develop a persuasive argument based on facts and reason.

Skills



To be ready for college and career, and to compete successfully in a globally competitive workforce, students need to acquire 21st century skills.

Information, Media and Technology

Information Literacy

- I can find and use information for a stated purpose.
- I know how to judge the quality of information, no matter the source.
- I can organize information and make it understandable.

Media Literacy

- I can use various media creation tools.
- I understand that media is used to influence beliefs and behaviors.
- I am aware of ethical/legal issues pertaining to use of media.

Information, Communications and Technology (ICT) Literacy

- I understand and use applications such as word processing, databases, etc.
- I can use technology to efficiently search for information.
- I utilize technology such as computers, media players, and GPS effectively.

Life and Career Skills

Flexibility and Adaptability

- I can change my behavior based on feedback and changing priorities.
- I will keep learning throughout my entire life.

Initiative and Self-Direction

- I know how to develop a realistic task list and manage my time.
- I am able to work independently to complete tasks.

Social and Cross-Cultural Skills

- I have an appreciation for cultural diversity.
- I show respect for others.

Productivity and Accountability

- I work diligently to meet goals that I set for myself as well as those defined by others.
- I expect to be evaluated according to set standards.

Leadership and Responsibility

- I work to inspire others to accomplish common goals.
- I can work effectively as a member of a team.
- I am dependable and communicate a positive attitude.

PLAN to be ... A Lifelong Learner



Your years in junior high and high school are key to laying the foundation of knowledge that you need to succeed in your life beyond high school. However, there will never come a time in your life when you have learned everything there is to know. To be successful, you need to continue to learn throughout your entire life.

Good News!

The more you learn, the more choices you have about what to learn, and how to learn it. In school, the options you have for "elective" courses increase in number every year.

Follow Your Passion

Figure out what interests you - what subjects you like the most, what topics you enjoy discussing with other people, or what real-world problems you want to help solve. It's impossible to be an expert at everything, so find a focus as you advance through school.

College and Beyond

In college there will be opportunities to *specialize*, that is, choose topics that you want to learn about in more depth. Beyond college, learning opportunities are plentiful, too. Lectures, seminars, webinars, professional conferences, and more - all designed to help you advance your knowledge and skills.



Keep an Open Mind

You never know if you like something until you *try it*. Jr. High is a great time to start looking at the things you enjoy learning, and to find out how you might apply that learning in the world of work. But be open to new experiences, and think about challenging yourself to learn something new on a regular basis.





Non-Cognitive* Abilities

School is a place to build your skills and knowledge, but also a place to develop the **strategies, behaviors, and attitudes** that will help you succeed in your life beyond high school.

ACADEMIC MINDSETS

Believe in yourself! Be confident that you have what it takes to succeed if you put forth the effort.

SOCIAL SKILLS

Developing your social skills will also help you achieve academically.

Practice being –

1. Helpful
2. Cooperative
3. Responsible
4. Culturally aware
5. Enthusiastic

ACADEMIC PERSEVERANCE

Completing assignments to the best of your ability, and in spite of distractions, challenges, and other demands on your time, reflects “**academic perseverance**”- also known as “stick-to-it-ive-ness” or “grit.”

ACADEMIC BEHAVIORS

Attending and participating in class, doing homework, studying, and being organized show that you are engaged and putting forth the effort to learn.

LEARNING STRATEGIES

Recognize the approaches that will help you maximize learning, such as –

1. Memory strategies
2. Self-management
3. Self-evaluation
4. Goal-setting
5. Time management
6. Study habits



*Putting non-cognitive abilities to work will improve your grades. **Better grades** will improve your self-confidence. Research shows that students who develop these five kinds of non-cognitive abilities are **more likely to succeed in college, career and life!***



* **What does “non-cognitive” mean?** “Cognitive” refers to abilities that require brain power, like verbal or math ability, or the kinds of thinking required to score high on achievement tests. **Non-cognitive** abilities are **not** so much about brain power. Instead, non-cognitive refers to your motivation, your ability to adjust to new situations, self-confidence, and other positive attitudes and beliefs that will give you an added advantage as you pursue your college goals. The illustration shown above is adapted from the hypothesized model shared in [Teaching Adolescents to Become Learners](#), the University of Chicago Consortium on Chicago School Research.



GENDER GAP* IN CAREER PREP & EARNINGS

women & girls still lag behind

Women and girls' participation in CTE programs that prepare them for well-paying jobs is critical to ensuring their economic security and to closing the wage gap.

DID YOU KNOW?

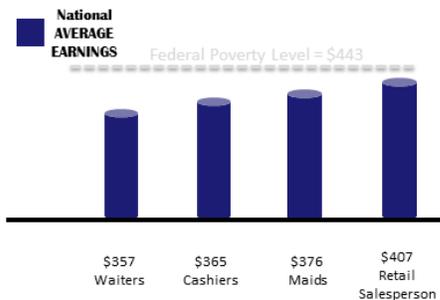
70% of High School STUDENTS concentrating in Human Services are FEMALE
Compared to Info Tech w/ 40% female

More than **6 OF 10** families with children depend on women earners



Federal Poverty Level Earnings (family of four) **\$443/month**

Four of the Most Common Occupations for Women PAY LESS THAN POVERTY LEVEL WAGES

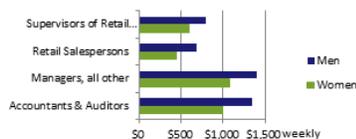


50 YEARS UNTIL WOMEN ACHIEVE PAY EQUITY AT CURRENT RATE OF CHANGE

MOST COMMON OCCUPATIONS

Even in the four "most common occupations" that overlap for men and women,

WOMEN'S EARNINGS LAG BEHIND MEN'S



STRATEGY

Girls who choose NONTRADITIONAL OCCUPATIONS can help CLOSE the GENDER WAGE GAP!

Women continue to be paid **JUST 77¢** for every dollar paid to a male counterpart. In Utah, it's just 69¢ according to the Utah Women and Education Project

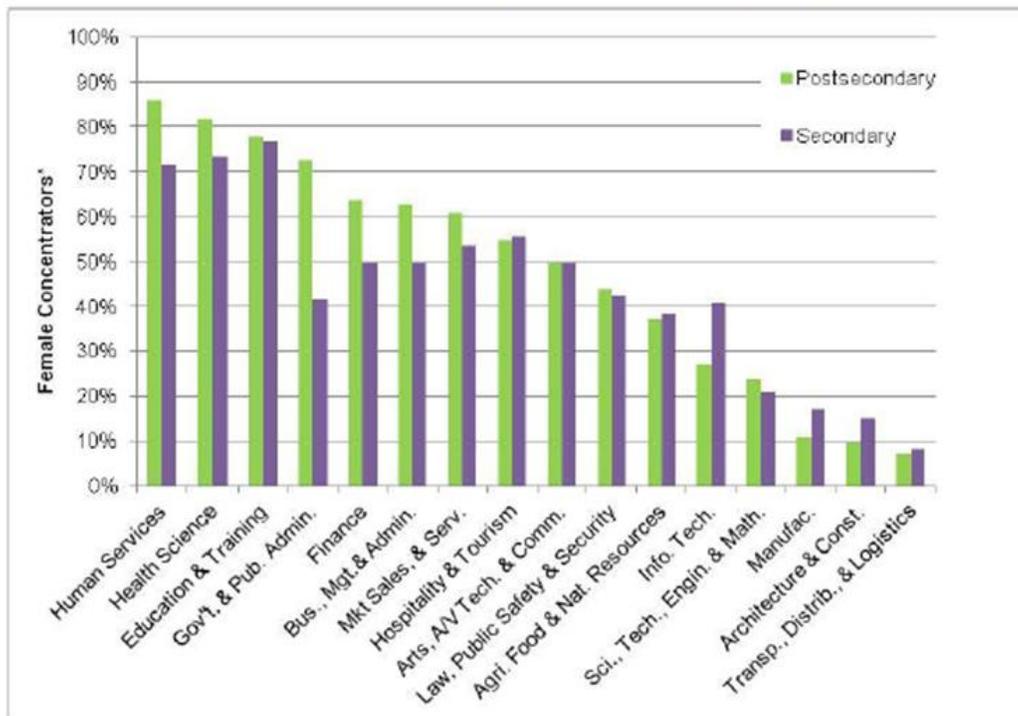


Utah Women with Children Are Working

Contrary to the belief that most are stay-at-home moms ...

Data from the Utah Women and Education Project show:
59% of Utah women with preschoolers work (outside the home).
74% of Utah women with school-aged children work.

Women and Girls Remain Concentrated in Traditionally Female Occupational Training Programs



If you are working in a job that pays
low ENTRY LEVEL wages,
Get the additional training -
1, 2, 4 or more -
to advance to the NEXT LEVEL!

*Education Data Show Gender Gap in Career Preparation by
[National Coalition of Women and Girls in Education and the National Coalition on Women, Jobs and Job Training](#) (March 2013)
[The Gender Wage Gap by Occupation, Fact Sheet](#)
[The Institute for Women's Policy Research](#) (April 2013)



STOP | THINK | CONNECT

Keep a Clean Machine.

- **Keep security software current:** Having the latest security software, web browser, and operating system are the best defenses against viruses, malware, and other online threats.
- **Automate software updates:** Many software programs will automatically connect and update to defend against known risks. Turn on automatic updates if that's an available option.
- **Protect all devices that connect to the Internet:** Along with computers, smart phones, gaming systems, and other web-enabled devices also need protection from viruses and malware.
- **Plug & scan:** USBs and other external devices can be infected by viruses and malware. Use your security software to scan them.

Protect Your Personal Information.

- **Secure your accounts:** Ask for protection beyond passwords. Many account providers now offer additional ways for you verify who you are before you conduct business on that site.
- **Make passwords long and strong:** Combine capital and lowercase letters with numbers and symbols to create a more secure password.
- **Unique account, unique password:** Separate passwords for every account helps to thwart cybercriminals.
- **Write it down and keep it safe:** Everyone can forget a password. Keep a list that's stored in a safe, secure place away from your computer.
- **Own your online presence:** Set the privacy and security settings on websites to your comfort level for information sharing. It's ok to limit how and with whom you share information.

Connect with Care.

- **When in doubt, throw it out:** Links in email, tweets, posts, and online advertising are often the way cybercriminals compromise your computer. If it looks suspicious, even if you know the source, it's best to delete or if appropriate, mark as junk email.
- **Get savvy about Wi-Fi hotspots:** Limit the type of business you conduct and adjust the security settings on your device to limit who can access your machine.
- **Protect your \$\$:** When banking and shopping, check to be sure the site is security enabled. Look for web addresses with "https://," which means the site takes extra measures to help secure your information. "Http://" is not secure.

Be Web Wise.

- **Stay current. Keep pace with new ways to stay safe online.** Check trusted websites for the latest information, and share with friends, family, and colleagues and encourage them to be web wise.
- **Think before you act:** Be wary of communications that implores you to act immediately, offers something that sounds too good to be true, or asks for personal information.
- **Back it up:** Protect your valuable work, music, photos, and other digital information by making an electronic copy and storing it safely.

Be a Good Online Citizen.

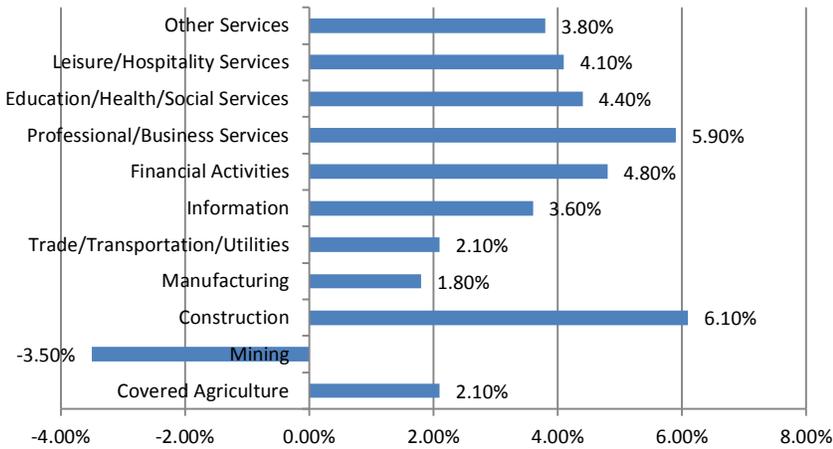
- **Safer for me more secure for all:** What you do online has the potential to affect everyone – at home, at work and around the world. Practicing good online habits benefits the global digital community.
- **Post only about others as you have them post about you.**
- **Help the authorities fight cybercrime:** Report stolen finances, identities and cybercrime to <http://www.ic3.gov> (Internet Crime Complaint Center) and <http://www.onguardonline.gov/file-complaint> (The FTC).

Visit <http://www.stopthinkconnect.org> for more information.

NOTES:

Your school's website _____
School District Website: _____
Higher Education Utah <http://www.higheredutah.org/>
Step Up to College and Career
<http://www.stepuputah.com/>
Utah Futures <https://www.utahfutures.org/>
College Board (AP and SAT)
<http://www.collegeboard.org/>
You Can Go to College! <http://youcango.collegeboard.org/>
ACT Test <http://www.actstudent.org/>
NCAA (for student athletes)
http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.html
Free Application for Student Aid <http://www.fafsa.ed.gov>

SNAPSHOT: Utah Statewide



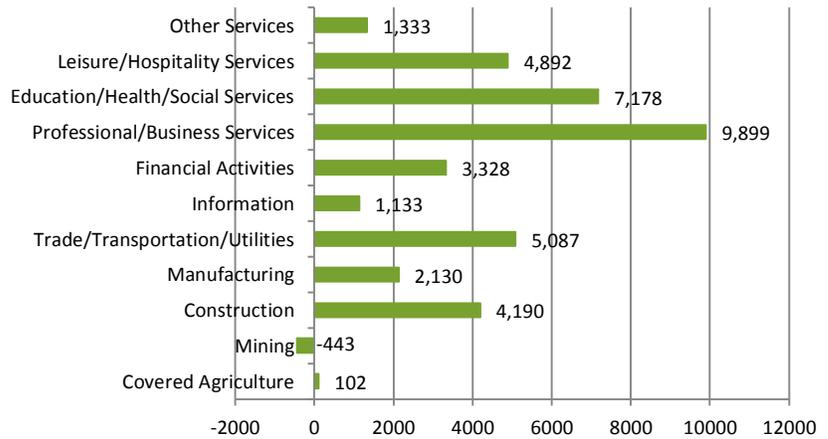
Industry Percent Change (Rate) Utah Statewide 2013

The primary source of data for the description of industry **change** is the Quarterly Census of Employment and Wages (QCEW), which includes information submitted by Utah employers for the Unemployment Insurance program.

In terms of **percentages**, growth looks strongest in Construction (e.g., Building Construction, Specialty Trade Contractors) and Professional/Business Services (e.g., Professional, Scientific, and Technical).

Industry Numeric Change (Jobs) Utah Statewide 2013

Looking at the **number** of jobs added within industries over the past year gives a slightly different perspective of where opportunities exist. Professional/Business Services is in the lead at almost 10,000 jobs added – and that’s almost 3,000 more jobs than the next industry leader, Education/Health/Social Services.



UTAH'S TEN LARGEST EMPLOYERS



Rank	Company	Employment
1	Intermountain Healthcare	20,000 +
2	University of Utah (Including Hospital)	20,000 +
3	State of Utah	20,000 +
4	Brigham Young University	15,000-19,999
5	Wal-Mart Associates	15,000-19,999
6	Hill Air Force Base	10,000-14,999
7	Davis County School District	7,000-9,999
8	Granite School District	7,000-9,999
9	Utah State University	7,000-9,999
10	Smith's Food and Drug Centers	5,000-6,999

