

## COUNSELING DEPARTMENT

### Join Us in Celebrating College and Career Awareness Week!

Monday 5/24: **College Can Take You Further** (Dress in college apparel/colors)



Tuesday 5/25: **Dress to Impress** (Wear the clothes you would wear to a professional interview)



Wednesday 5/26: **Your Future Looks Bright** (Wear neon colors and sunglasses)



Thursday 5/27: **Reaching Your Goals Takes Sweat and Hard Work** (Wear sweatshirts, sweatpants, athletic attire)



Friday 5/28: **My Future Starts Here** (Wear PV attire/purple and white)

# Panthers

## College and Career Week!

It's that time of year again! Pine Valley Central School is celebrating colleges and careers at the end of this month by including tons of opportunities for students to learn and explore different career opportunities for their futures! To kick off the week, the Pine Valley Seniors will be involved in a graduate parade followed with a Q&A with the elementary students. During this week the elementary, middle and high school will be having a theme week where students are encouraged to participate in college and career themed days! To conclude the week there will be a Career on Wheels event where various occupational vehicles will line up in front of the school for students to view, ask questions, and participate in appropriate activities. The counseling department implements these opportunities to encourage students to see that it is never too early to start thinking about their futures!

### *How can you begin preparing for the college and trade school process?*

- **EXPLORING!** Whether you know exactly what you want to do or are still trying to figure out details, exploring your options can help you see what opportunities could be available to you and what's involved to retrieve those options.
- **DIVE DEEPER!** Once you have been exploring, begin going deeper into your interest, use resources like campus visits, in-person or zoom meetings with school representatives, working with the school/program's academic advisor and search for the curriculum of the programs you are interested in.
- **ESTABLISH A TIMELINE!** When applying for different colleges and programs there can often be many dates that are important to remember. It is crucial that organization is maintained in order to meet deadlines and decrease the chance of stress and last-minute rushing. Whether you use a paper calendar, phone app, agenda, spreadsheet, or something else, find the form of organization best for you to keep track of the dates and deadlines that are important for the application process.
- **FINANCIAL AID!** Grants, scholarships, FAFSA, loans, the list could go on with the various financial support that could be given to students that are continuing their education. This process is not one that you want to wait until the last minute to do; the sooner you begin applying, the better chances you have to receive more aid. Financial aid meetings typically begin in October or November of the year prior that you are apply for. (Example: financial aid begins in October-November 2021 for the 2022-2023 academic year education programs)
- **BUILD YOUR PORTFOLIO!** When you begin applying for colleges and other programs, it is important to do all that you can to be the best applicant. This means providing all information the programs are looking for as well as providing a portfolio of your accomplishments and more information about you. Portfolios can include a resume, cover letter, reference letters, certificates, awards, community recognitions, and/or essays. Creating a well-rounded portfolio can assist the program leaders to learn more about you and what your goals are.

- **APPLY!** It is good to ask schools/programs what their application process is. Sometimes the application can be online or on paper, and some universities can provide application waivers for any qualified applicants.
- **KEEP AN OPEN MIND!** Applying to more than one school/program can allow you to gain the experience of applying as well as provide additional opportunities if accepted or denied from the applied programs. Change can happen rapidly, so using coping skills that promotes flexibility and understanding can help with working through any obstacles that are faced.

### **Resumes! Applications! And Interviews! OH MY!**



This may sound intimidating, but the links below are resources that can be used to improve skills and knowledge of how to put your best foot forward when applying to a school or place of employment.

- **Getting Started with the College/Career Process and How to Make it Easier:** <https://studentaid.gov/resources/prepare-for-college>

This link provides tons of additional resources about exploring options, the application processes, how to feel prepared, financial aid, and budgeting.

- **Job Interview Etiquette and Tips:** [https://www.ccboe.com/schools/stcharles/images/careercenter/Job Interview Tips for High School Students.pdf](https://www.ccboe.com/schools/stcharles/images/careercenter/Job%20Interview%20Tips%20for%20High%20School%20Students.pdf)

This link focuses much of its information on job interview tips but could also be applied to a college or trade school interview and other initial interactions.

- **Resume Building and Templates:** <https://resume.io/resume-examples/high-school-student>

This link focuses on creating a resume as a High School student for a potential job or can even be used during the college application process as well. This resource identifies the information that should be prioritized as well as the appropriate way to word the information, so it is as impressive as possible.

## **Start your career *Research* with these helpful websites**

- **Start here:** <https://www.mynextmove.org/>

My Next Move, a sister site to O\*Net, allows students to search careers using key words, by industry or using their interest inventory. These options allow students who are unsure of what they would want to do for a living explore a variety of careers they may not have initially considered. The interest inventory allows students to browse career options based on level of preparation needed to obtain a given job.

- **Use O\*Net for an in depth look at specific jobs/careers:** <https://www.onetonline.org/>

This website provides a more in depth look at each individual career that is listed on it. Each career has a job description, a list of tasks associated with the job, information about the amount of schooling typically required of the job, options to find trainings/ certifications/ licenses/ apprenticeships associated with the job, and has the national median wage for the previous year. Additionally, students can look specifically at New York state (or any state they may be considering moving to) to compare wages and to see if there are any training programs available there. Lastly, there is an option to find job openings on the web if a student is looking and is eligible for that job.

- **Use Career One Stop for brief informational videos about a given job/career:**  
<https://www.careeronestop.org/Videos/CareerVideos/career-videos.aspx>

This website is nice for the student that likes to see/hear information rather than just reading through it. While these video descriptions are not long (videos average about 1:30-2:00 minutes) it allows students to get an introduction to any given job listed on the site. A transcript for the video is provided below the video. In addition, the website offers a description of the job, the average pay within the U.S., career outlook (whether there will be job openings in the near future), education level expectations, wage information, and training information for the jobs listed.