

Rock Ridge High School Academic and Career Plan

The [Regulations Establishing Standards for Accrediting Public Schools in Virginia \(SOA\)](#) includes provisions for each middle and high school student to have a personal learning plan and course of study that aligns with the student's academic and career goals.

The Academic and Career Plan must include but is not limited to:

- A program of study for high school graduation and a postsecondary career pathway based on the student's academic and career interests.
- A review and update, if necessary, before the student enters the ninth and eleventh grades.
- The signatures of the student, student's parent or guardian and school official(s) designated by the principal.

The Academic and Career Plan is used to guide your high school experience and prepare you for postsecondary education or training and career. This plan is updated each year to reflect your assessment results, review of your high school transcript, and assess progress toward identified goals. Your plan can be revised as necessary for changing interests, goals, and needs.

Student Name:				
Student ID#:				
Year Entered 9th Grade:				
Anticipated Graduation Date:				
CAREER PLANS				
<p>A career interest inventory or assessment can be taken each year to learn about your career and educational aspirations.</p> <ul style="list-style-type: none"> ▶ Virginia Career View: https://www.vaview.org/parents ▶ Virginia View: https://www.vawizard.org/wizard/home?404url=/vccs/main.action ▶ Naviance: https://www.go.lcps.org 				
Career Goal:		Career Cluster:	Choose an item.	
POST-SECONDARY PLANS				
<p>Using your career interests to guide you, educational goals for what you want to do after high school can be explored using the following postsecondary pathway links.</p> <ul style="list-style-type: none"> ▶ Colleges & Universities in VA: http://www.schev.edu/index/students-and-parents/explore/virginia-institutions ▶ 4-Year and 2-Year Colleges (Out of state/Private) <ul style="list-style-type: none"> ○ College Board's Big Future: https://bigfuture.collegeboard.org/ ○ Peterson's College Information Guide: https://www.petersons.com/college-search.aspx#/sweeps-modal ▶ Apprenticeship Programs: https://www.doli.virginia.gov/apprenticeship/ ▶ Military Training: http://todaysmilitary.com/ 				
Post-Secondary Goal: <i>(check appropriate box)</i>	4-Year College/University	2-Year Community College/Technical Program	Military (list interested branch)	Apprenticeship Program
Colleges/Universities of Interest:				
HIGH SCHOOL EDUCATION PLANS				
<p>The Profile of a Virginia Graduate comprises the course and credit requirements students must meet to earn a Standard Diploma or Advanced Studies Diploma and the skills, experiences, and attributes essential for success in college and the work force.</p> <p>Students meeting the Profile of a Virginia Graduate achieve the commonwealth's high academic standards and graduate from high school with workplace skills, an understanding of their responsibilities as citizens, and career plans aligned with their talents, interests and experiences.</p>				
Secondary Education Goal: <i>(check diploma type)</i>	Standard	Advanced Studies	Other	
Postsecondary Major or Area of Study:			Postsecondary Minor or Additional Area of Study:	
Diploma Seals:	<input type="checkbox"/> Governor's Seal <input type="checkbox"/> Board of Education Seal		Application Required:	

	<input type="checkbox"/> Career and Technical Education Seal	<input type="checkbox"/> Mathematics and Technology Seal <input type="checkbox"/> Civics Education Seal <input type="checkbox"/> Seal of Biliteracy <input type="checkbox"/> Seal for Excellence in Science and the Environment
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Directions: List below the courses you have taken (or plan to take) each year in high school. Note and consider local/state graduation requirements and post-secondary admission requirements for colleges.

SUBJECT AREA	GR 9	GR 10	GR 11	GR 12
English				
Mathematics				
Science				
Social Sciences				
Health and PE				
World Language				
Career Technical - CTE Industry Credentials/Certification: Date Passed:				
General Electives				
TOTAL CREDITS <i>Advanced: 26 credits</i> <i>Standard: 22 credits</i>				

In addition to an analysis of formal academic and career assessments, the following questions might assist you as you explore academic and career options for students.

GRADES 9 AND 10	
SAMPLE QUESTIONS	NOTES
<p><u>Personal Interest and Talents:</u></p> <ul style="list-style-type: none"> • Have your college and/or career plans changed? If so, how? • What do you do outside of school that may help you in your career interest? • What are your plans to participate in school clubs/organizations? • Update your information on clubs, organizations, sports, and/or community service. 	
<p><u>Academic and Career Preparation:</u></p> <ul style="list-style-type: none"> • What are your favorite courses? • What courses will help you attain your career goal? • What are the benefits of the PSAT testing? • Are you aware of the Early College Scholars program? • Explain the benefits of taking dual enrollment courses and AP courses. • What are diploma seals and how can they benefit you? 	
<p><u>College and Career Preparation:</u></p> <ul style="list-style-type: none"> • Which colleges interest you? In-State? Out-of-State? • Explain how your parent(s) or guardian(s) support or influence your decision for college or career plans. • What are your plans to participate in College and Career Night and what information will you specifically seek from the event? • Are you aware of the industry certifications that are available through career and technical education courses? Are you aware these are required for a standard diploma? 	

GRADES 11 AND 12

SAMPLE QUESTIONS	NOTES
<p><u>Personal Interest and Talents:</u></p> <ul style="list-style-type: none"> • Have your college and/or career plans changed? If so, how? • Update your information on clubs, organizations, sports, and/or community service. 	
<p><u>Academic and Career Preparation:</u></p> <ul style="list-style-type: none"> • Are you aware of how dual enrollment and AP courses can save you money and earn you credits towards college? • Are you aware that you may be eligible for assistance in paying for Advanced Placement exams if you qualify for Federal free/reduced lunch program. • When do you plan to take the SAT/ACT or SAT Subject Tests? • Are you aware of diploma seals? What diploma seals are you eligible to receive? • Are you on track to receive an Early College Scholars Certificate? 	
<p><u>College and Career Preparation:</u></p> <ul style="list-style-type: none"> • What colleges/universities do you plan to visit this year? • Describe the benefits of attending a community college? • How can you and your parents/guardians obtain information about financial aid and college expense? • What are your plans to participate in College and Career Night and what information will you specifically seek from the event? • What is your plan for submitting applications to colleges? What are the deadlines? • What other scholarships are you aware of and what steps are you taking to apply for those scholarships? • Do you have a résumé? 	

RESUME OR ACTIVITY LOG

Your Academic and Career Plan should include a completed résumé by the end of 11th Grade. A résumé or activity log is a good way to introduce yourself. You will usually need one if you are applying for a job, an internship, or scholarship, and one may be needed for a college application. A résumé or activity log summarizes who you are including, but not limited to your experience, what you can do, and your unique skills, talents, and leadership and/or athletic abilities. We encourage you to complete this in NAVIANCE throughout your four years of high school.