

# Are You Ready for Life After High School?



## Know Your Options

### Continuing Your Education or Training

- ◇ Research your options
- ◇ Know the application process
- ◇ Prepare for and take standardized tests if required (ACT/SAT)
- ◇ Complete FAFSA
- ◇ Research scholarships
- ◇ Understand school loans
- ◇ Begin saving for college
- ◇ Visit potential schools

### Joining the Military

- ◇ Explore various branches
- ◇ Speak to a recruiter
- ◇ Take the Armed Services Vocational Aptitude Battery (ASVAB)
- ◇ Get military physical
- ◇ Meet with Military Entrance Processing Station (MEPS)

### Joining the Workforce

- ◇ Develop professional skills
- ◇ Fill out applications and submit resumes
- ◇ Build reference list
- ◇ Practice interviewing
- ◇ Have reliable (public or private) transportation
- ◇ Pursue on-the-job training options

## Resources to help prepare for the future

Visit [www.ErieTogether.org/Post-Secondary](http://www.ErieTogether.org/Post-Secondary) for more information.



- Cafe College: High School Checklist**
- College Board: Big Future**
- Student Aid: College Preparation Checklist**
- Pennsylvania CareerLink**
- Career Street: Career Exploration**
- How To Study: Study Skills**
- My Future: Enlisting**
- Positive Youth Development**
- Everyday Life: Ten Things High School Graduates Need**
- Transition Year: Roadmap**



# The Readiness Checklist for Life After High School

Before you graduate from high school you should know how to:

## Set Long-Term Goals

- ◇ Consider career possibilities
- ◇ Take appropriate courses in high school and strive for academic achievement
- ◇ Attend college and career fairs
- ◇ Participate in an internship, apprenticeship, job shadow, or other career exploration opportunities
- ◇ Develop life goals and map out a plan with a knowledgeable adult



## Manage Your Money



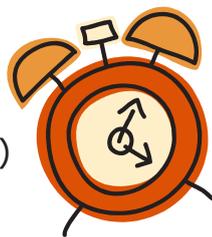
- ◇ Create and live within a budget
- ◇ Open and manage a checking account
- ◇ Establish a savings plan
- ◇ Practice good spending habits
- ◇ Understand how to build good credit and avoid bad credit
- ◇ Obtain a summer/part time job
- ◇ File taxes as required
- ◇ Protect personal information

## Manage Your Living Space

- ◇ Prepare healthy balanced meals
- ◇ Perform basic cleaning tasks such as dusting, vacuuming, mopping
- ◇ Know how to do laundry/dishes
- ◇ Understand contracts and leases before you sign
- ◇ Learn basic vehicle maintenance
- ◇ Learn basic first aid and CPR
- ◇ Organize and maintain important personal documents (health and immunization records, birth certificate, religious records, social security card, etc.)

## Manage Your Time

- ◇ Develop a system to plan and keep a schedule (calendar, app, etc.)
- ◇ Be on time
- ◇ Prioritize and follow through with commitments



## Think Critically

- ◇ Develop problem-solving skills
- ◇ Use logical reasoning
- ◇ Apply knowledge learned in classroom
- ◇ Research and make informed decisions



## Present Yourself Properly

- ◇ Strengthen professional written and verbal communication skills
- ◇ Develop appropriate relationships and respect boundaries
- ◇ Be aware of and respect dress codes
- ◇ Practice interview techniques
- ◇ Use proper etiquette (eye contact, handshake, manners, body language)
- ◇ Build a resume
- ◇ Maintain a respectable image on social media sites
- ◇ Acquire conflict resolution and negotiation skills

## Balance Your Life

- ◇ Participate in extracurricular, cultural, and community service activities
- ◇ Pursue hobbies and interests
- ◇ Be responsible and accountable for your behavior
- ◇ Maintain a healthy lifestyle
- ◇ Develop self-confidence

