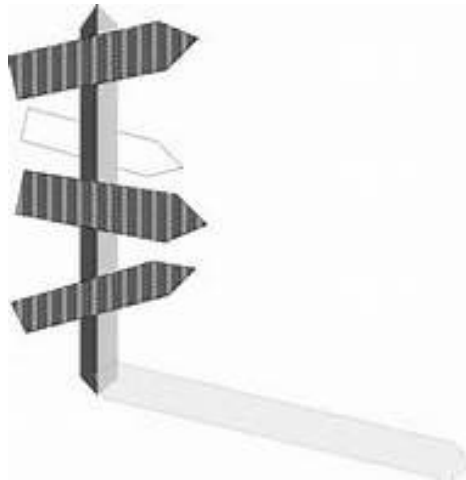


Post High School
Options
Guide



North Haven High School
School Counseling Department

POST HIGH SCHOOL OPTIONS



Below are some of the most common avenues that students take after graduation from high school.

FOUR-YEAR COLLEGE OR UNIVERSITY

Description: Offers a full four-year program, including a general education requirement in addition to a major course of study. The emphasis is on broad intellectual development.

Degrees: Bachelor's degree. Many also offer graduate programs (master's, doctorate and professional degrees).

Benefits: Generally provides an extensive and stable intellectual community for students. Broader curriculum encourages and accommodates a variety of interests. Housing is usually provided and numerous activities provide for a sense of community. Degrees can be valuable in the job market.

Things to consider: Depending on the school you choose, a four-year school can be expensive. The course of study is lengthy and it is easy to lose motivation. Courses may or may not prepare you to enter a career. Entrance requirements must be met both for the individual school as well as the specific major studied.

TWO-YEAR OR COMMUNITY COLLEGE

Description: Offers certificate and two-year study programs. Often better suited to serve part-time students and evening students. Frequently offers specialized job training in many areas.

Degrees: Associate's degree in most areas requiring two years of study and a certificate for programs requiring less study.

Benefits: Can provide a good transition from high school to a four-year college. Cost can be more affordable than at a four-year college. Students can save money by fulfilling general education requirements before transferring to a four-year college.

Things To Consider: Requires close planning to insure that credits earned will transfer to four-year colleges. Community colleges usually do not have campus housing and sometimes lack a sense of community. Junior colleges with housing can cost as much as some four-year colleges. Most professors will be part-time.

VOCATIONAL TRAINING SCHOOL

Description: Offers a more focused and practically oriented learning experience (examples; paralegal, automotive, cosmetology, computer repairs).

Degrees conferred: Varies depending on the field but usually a certificate indicating mastery of the training course.

Benefits: Offers a concentrated curriculum in preparation for a specific career. Most programs are shorter in length. Vocational training schools offer an excellent opportunity to gain practical experience to prepare you

MILITARY

Description: Full-time and part-time opportunity to learn and earn while performing a service to your country.



Degree conferred: Various branches of the military provide opportunities to learn traditional as well as high tech skills in numerous areas. Many branches provide members a chance to earn college credits and/or a college degree.

Things to consider: Military lifestyle is not for everyone. There is always a risk of going to combat. Health requirements must be met for entrance. Time commitments.

EMPLOYMENT:

Description: Varies with interest, abilities, aptitude and future goals.



Degree conferred: None but on-the-job training and apprenticeships do exist in a variety of areas.

Benefits: Immediate earnings and employment training.

Things to consider: Availability of jobs that match your interest, aptitude and future goals, as well as future job markets.

INTERIM YEAR (also referred to as a 'GAP' year)

Description: Structured programs for graduated seniors.

Degree: None

Benefits: Travel, Career Exploration, Volunteerism



Things to Consider: Cost & time of program; college admissions can be deferred; it would be important if choosing this avenue to participate in the college process and defer admissions.

Use NAVIANCE to create
your resume!!!!

THE RESUME

- Click About Me tab
- Go to Resume
- Add categories using the drop-down menu

In the fall of senior year, you will be asked to finalize a copy of your resume on **Naviance**. We encourage you to start working on it now!

What Should be Included?

- Your name and address.
- Information about your high school years: activities, accomplishments, interests including things done outside of school

Other “Do’s”

- Include an objective if you possibly can
- Check spelling
- Pay attention to neatness and format
- Be descriptive, but also concise
- Make every effort to keep resume to one page
- Use a printer that is dark enough to make legible copies



Some “Don’ts”: Common Resume Mistakes to AVOID

Personal Information

Data such as age, weight, height, personal appearance, etc., isn’t recommended, so leave personal information out.

Exaggeration

Avoid overblown descriptions and titles; use “grocery clerk” rather than “supervisor of non-organic produce.”

Little or No Extracurricular Activities

Don’t choose a category if you have nothing to put in it; ex. Awards - none. If you do a little something see if it can be added to another category or group.

Vague Descriptions

Start each sentence with an action verb that describes your duty; ex. Assisted shift manager with scheduling station assignments and food production. Don’t say “worked counter”.

Spelling Mistakes

Proofread your resume carefully; don’t rely solely on a spell check program.

MILITARY OPTIONS

1. **Recruiting officers of all branches of the Armed Services visit the high school regularly.** If you are interested, speak with your counselor to set up an appointment. You can also seek additional information by visiting the Career Center or recruiting offices in your area.
2. Students should consider learning about specific abilities that they have by taking the **Armed Services Vocational Aptitude Battery (ASVAB)**. This test is administered by appointment during the school year by military personnel in each high school. There is no cost to either the student or school district, nor does taking the test obligate the student to enlist. Contact **Mr. Iverson** for further information.
3. For the student with the goal of college or university education, the military services offer several options to consider. These include:
 - A) The United States Service Academies
(Annapolis, West Point, Coast Guard, Air Force, Merchant Marine)
 - B) ROTC - Reserve Officers Training Corps
 - C) National Guard
 - D) Simultaneous Membership Program
 - E) Enlistment with delayed college study



U. S. ARMY: www.goarmy.com
U. S. Airforce: www.airforce.com
U. S. Navy: www.navy.com
U. S. Marines: www.marines.com



World of Work:
Job Search Basics

1. Know What You Want to Do

Take the career profiler and Do What You Are inventories in Naviance. The results may give you direction as to what careers are a match for your personality and interests.

2. Write a Resume

You can write your own in a program such as Microsoft Word or use the tool in Naviance.

3. Use Your Resources

Let family and friends know you are looking for a job. Connections are useful in learning what openings may be available at places where they work.

4. Search

Visit the CT Works (<http://www.ctworksjobs.org>). This office is located in Hamden and can assist individuals looking for employment.

Visit www.careerbuilder.com. This site lists current job opening. Begin with a simple search.

Sites like www.craigslist.org displays job openings. This can be a great resource but use caution and good judgement when applying. Do your research on the organization.

5. Apply

Most job listings will indicate how to apply for the position. Some methods are to apply on a particular website, or in person with a paper application.

6. Follow Up

After applying, you may find it useful to follow up on the process after a few days or a week.

World of Work:

Preparing for a Job Interview

As they say, you only get one chance to make a first impression. Presenting the best side of yourself can help you get the job. If you are asked to participate in a job interview, here are some tips to help you:

1. Dress for the Position

You will want to be well groomed. This means clean clothes with your hair combed or done neatly. If you are not sure what to wear “Business Casual” is appropriate in most situations. This means a collared shirt or pressed single color t-shirt (depending on the position) with pressed pants or skirt.

2. Arrive 5 Minutes Early

You want to give yourself enough time so that you arrive on time. Being late to a job interview would not be favorable.

3. Shake Hands

It is courteous to greet the person interviewing you with a strong handshake.

4. Be Prepared to Answer Questions

Typical interview questions may include:

Why would you like this job? What skills or qualifications do you bring to the position? What experience have you had? What are your strengths or areas for improvement?

5. Follow Up

It is often appreciated and courteous to send a thank you note or email to the person who gave you the opportunity to interview

