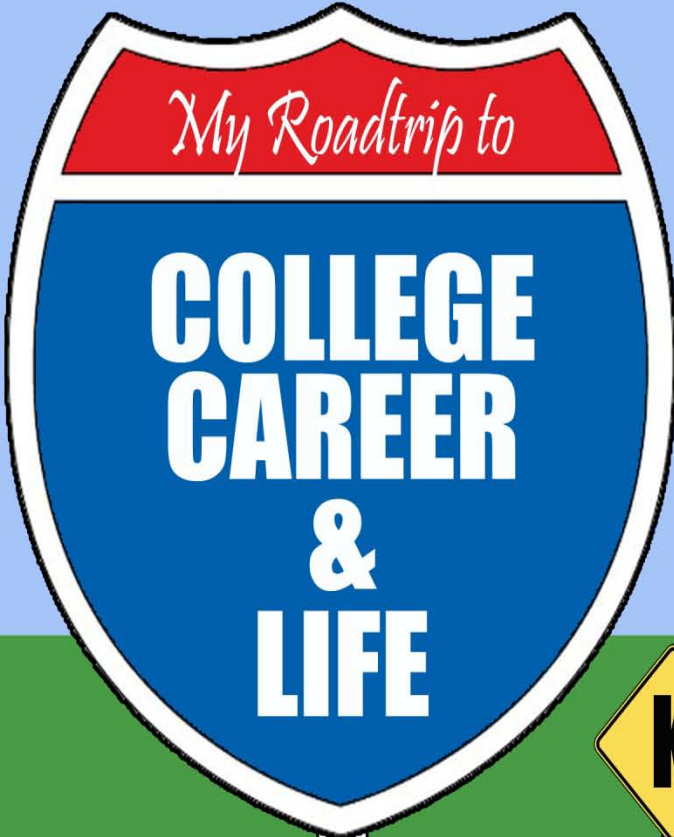


K-12 Readiness Checklist

NAME:



To be completed with an adult.

KINDERGARTEN

I am ready for 1st Grade

Academic Content and Behavior

I have met the Kindergarten English

Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects Standards.

I have met the Kindergarten Mathematics Standards.

When things seem difficult I keep trying.

Postsecondary and Career Awareness

Visit a college campus.

Read picture books about careers and select two that I like.

Take a field trip with my family and talk about where we went and who works there.

Enter and/or apply for one scholarship contest in my age group at <http://www.finaid.org/scholarships/age13.phtml> or www.homeworkspot.com

Self-Management and Life Skills

With the help of an adult find out why physical activity is important and how much of it I need each day.

Resource:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

With the help of an adult provide examples of good personal hygiene habits.

Resource:

http://kidshealth.org/kid/stay_healthy/index.html

With the help of an adult name the five food groups and provide an example of each.

Resource:

<http://www.choosemyplate.gov/>

Talk with my teacher about what a “goal” is.

I have an adult at home, school or in my community that I can go to for help.

Financial and Civic Literacy

Know the difference between a need and a want.

Work with others in cleaning up the playground or school campus.

GRADE 1

I am Ready for
2nd Grade

Academic Content and Behavior

- I have met Grade 1 English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects Standards.
- I have met Grade 1 Mathematics Standards.
- Learn to finish tasks that I have started.

Postsecondary and Career Awareness

- Ask an adult one thing they know and/or like about college.
- Ask my teacher or family what a resume is.
- Explain in words or pictures what I want to be when I grow up.
- Take a field trip with my family and talk about who works there and what kinds of materials they use in their jobs.
- Enter and/or apply for one scholarship contest in my age group at <http://www.finaid.org/scholarships/age13.phtml>. or www.homeworkspot.com

Self-Management and Life Skills

- Engage in at least 60 minutes of physical activity daily.

Resource:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

- With the help of an adult establish good personal hygiene habits daily.

Resource:

http://kidshealth.org/kid/stay_healthy/index.html

- With the help of an adult eat healthy meals and snacks daily.

Resource:

<http://www.choosemyplate.gov/>

- With the help of an adult find out the difference between a short-term and long-term goal.

- I have an adult at home, school or in my community that I can go to for help.

- I am fair and share with others.

Financial and Civic Literacy

- Explain the reasons for personal savings.

Resource: <http://www.handsonbanking.org/en/>

- Attend a community event with my family and talk about who was there and the purpose of the event.

GRADE 2

I am Ready for
3rd Grade

Academic Content and Behavior

- I have met Grade 2 English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects Standards.
- I have met Grade 2 Mathematics Standards.
- Try and learn new things on my own.

Postsecondary and Career Awareness

- Talk to an adult about colleges they like and why. Then locate these colleges on a map.
- Identify at least two local businesses in my community with my family and talk with business representatives about how they chose their careers.
- Enter and/or apply for one scholarship contest in my age group at <http://www.finaid.org/scholarships/age13.phtml>. or www.homeworkspot.com

Self-Management and Life Skills

- Engage in at least 60 minutes of physical activity daily.

Resource:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

- Practice good personal hygiene habits daily.

Resource:

http://kidshealth.org/kid/stay_healthy/index.html

- Eat healthy meals and snacks daily.

Resource:

<http://www.choosemyplate.gov/>

- With support from an adult think of something I am interested in and set a goal that is achievable.
- I have an adult at home, school or in my community that I can go to for help.
- Treat others the way I want to be treated.

Financial and Civic Literacy

- Explain the costs and benefits of personal savings.

Resource: <http://www.handsonbanking.org/en/>

- Identify one thing that I am doing to help our planet.

Academic Content and Behavior

- I have met the Grade 3 English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects Standards.
- I have met Grade 3 Mathematics Standards.
- Keep a weekly assignment journal that is signed by my parents and teacher.
- With support from an adult identify academic areas where I need help and create action steps for improvement.

Postsecondary and Career Awareness

- Locate two careers at http://www.kids.gov/k_5/k_5_careers.shtml and provide an overview of each.
- Start building my resume by writing down my interests
Resource: <https://www.careerkids.com/resumeSSL.php>
- Enter and/or apply for at least one scholarship contest in my age group at <http://www.finaid.org/scholarships/age13.phtml> or www.homeworkspot.com

Self-Management and Life Skills

- Engage in at least 60 minutes of physical activity daily.
Resource: <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>
- Practice good personal hygiene habits daily.
Resource: http://kidshealth.org/kid/stay_healthy/index.html
- Eat healthy meals and snacks daily.
Resource: <http://www.choosemyplate.gov/>
- With support from an adult set a goal using the following steps: 1. Clearly define the goal. 2. Outline steps needed to achieve it. 3. Consider possible blocks to your goal and ways of dealing with them. 4. Set deadlines. 5. Measure and evaluate progress.
- I have an adult at home, school or in my community that I can go to for help.
- Discuss school issues and viewpoints with my family.

Financial and Civic Literacy

- Discuss with my family the costs and benefits of personal spending and saving choices.
Resource: <http://www.handsonbanking.org/en/>
- Identify 3 characteristics of my community.

GRADE 4

I am Ready for
5th Grade

Academic Content and Behavior

- I have met Grade 4 English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects Standards.
- I have met Grade 4 Mathematics Standards.
- Keep a weekly assignment journal that is signed by my parents and teacher.
- With support from an adult identify academic areas where I need help and create action steps for improvement.

Postsecondary and Career Awareness

- Locate two careers at http://www.kids.gov/k_5/k_5_careers.shtml and provide descriptions of each.
- Build my resume by writing down responsibilities I have had.
Resource: www.careerkids.com/resumeSSL.php
- Enter and/or apply for at least one scholarship contest in my age group at <http://www.finaid.org/scholarships/age13.phtml> or www.homeworkspot.com

Self-Management and Life Skills

- Engage in at least 60 minutes of physical activity daily.

Resource:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

- Practice good personal hygiene habits daily.

Resource:

http://kidshealth.org/kid/stay_healthy/index.html

- Eat healthy meals and snacks every day.

Resource:

<http://www.choosemyplate.gov/>

- With support from an adult set a goal using the following steps: 1. Clearly define the goal. 2. Outline steps needed to achieve it. 3. Consider possible blocks to your goal and ways of dealing with them. 4. Set deadlines. 5. Measure and evaluate progress.

- I have an adult at home, school or in my community that I can go to for help.

Financial and Civic Literacy

- Explain the importance of interest and how it is an incentive to saving money.

Resource: <http://www.handsonbanking.org/en/>

- Explain ways an individual can contribute to a community.

Academic Content and Behavior

- I have met Grade 5 English Language Arts & Literacy in History/Social Studies, Science, and Technical Subjects Standards.
- I have met the Grade 5 Mathematics Standards.
- Keep a weekly assignment journal that is signed by my parents and teacher.
- With support from an adult identify academic areas where I need help and create action steps for improvement.

Postsecondary and Career Awareness

- Locate two careers at http://www.kids.gov/k_5/k_5_careers.shtml and list the pathways and their requirements.
- Build my resume by writing down my best school skill.
Resource: www.careerkids.com/resumeSSL.php
- Enter and/or apply for at least one scholarship contest in my age group at <http://www.finaid.org/scholarships/age13.phtml> or www.homeworkspot.com

Self-Management and Life Skills

- Engage in at least 60 minutes of physical activity daily.

Resource:

<http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>

- Practice good personal hygiene habits daily.

Resource:

http://kidshealth.org/kid/stay_healthy/index.html

- Eat healthy meals and snacks daily.

Resource:

<http://www.choosemyplate.gov/>

- With support from an adult set a goal using the following steps: 1. Clearly define the goal. 2. Outline steps needed to achieve it. 3. Consider possible blocks to your goal and ways of dealing with them. 4. Set deadlines. 5. Measure and evaluate progress.

- I have an adult at home, school or in my community that I can go to for help.

Financial and Civic Literacy

- Explain the use of cash, checks, money orders, debit cards and credit cards.

Resource: <http://www.handsonbanking.org/en/>

- Explain ways citizens are actively involved in the democratic process.

GRADE 6

I am Ready for
7th Grade

Academic Content and Behavior

- I have met Grade 6 English Language Arts Standards.
- I have met Grade 6 Mathematics Standards.
- Ask a counselor and look for resources such as <http://www.howtostudy.org/> for study tips.
- Keep a weekly assignment journal signed by my parents.
- With support from an adult identify academic areas where I need help and create action steps for improvement.

Postsecondary and Career Awareness

- Illustrate 10 words from College/Career Vocabulary list with a drawing or picture and create a sentence using each word.
- Build my resume by writing down any special achievements.
Resource: www.careerkids.com/resumeSSL.php
- Enter and/or apply for at least one scholarship contest in my age group at <http://www.finaid.org/scholarships/age13.phtml> or www.homeworkspot.com

Self-Management and Life Skills

- Engage in at least 60 minutes of physical activity daily.
Resource: <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>
- Practice good personal hygiene habits daily.
Resource: http://kidshealth.org/kid/stay_healthy/index.html
- Eat healthy meals and snacks daily.
Resource: <http://www.choosemyplate.gov/>
- With support from an adult set a goal using the following steps: 1. Clearly define the goal. 2. Outline steps needed to achieve it. 3. Consider possible blocks to your goal and ways of dealing with them. 4. Set deadlines. 5. Measure and evaluate progress.
- Consistently consider how my actions might affect others.
- I have an adult at home, school or in my community that I can go to for help.
- Keep a time log for 1 week and evaluate how I spend time.

Financial and Civic Literacy

- Compare the cost and benefits of using credit.
Resource: <http://www.handsonbanking.org/en/>
- Display respect, responsibility, fairness and involvement.

GRADE 7

I am Ready for
8th Grade

Academic Content and Behavior

- I have met the Grade 7 English Language Arts Standards.
- I have met the Grade 7 Mathematics Standards.
- Take good notes and review them.
- Take challenging courses.
- Keep a weekly journal of assignments signed by my parents.
- With support from an adult identify academic areas where I need help and create action steps for improvement.
- Ask a counselor and look for resources such as <http://www.howtostudy.org/> for study tips.

Postsecondary and Career Awareness

- Illustrate 15 new words from College/Career Vocabulary list with a drawing or picture and create a sentence using each word.
- Build my resume by listing any jobs I have had.
Resource: www.careerkids.com/resumeSSL.php
- Enter and/or apply for at least one scholarship contest in my age group at <http://www.finaid.org/scholarships/age13.phtml> or www.homeworkspot.com

Self-Management and Life Skills

- Engage in at least 60 minutes of physical activity daily.
Resource: <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>
- Practice good personal hygiene habits daily.
Resource: http://kidshealth.org/kid/stay_healthy/index.html
- Eat healthy meals and snacks daily.
Resource: <http://www.choosemyplate.gov/>
- With support from an adult set a goal using the following steps: 1. Clearly define the goal. 2. Outline steps needed to achieve it. 3. Consider possible blocks to your goal and ways of dealing with them. 4. Set deadlines. 5. Measure and evaluate progress.
- Check to see if something is true before saying it is so.
- I have an adult at home, school or in my community that I can go to for help.
- Keep a time log for 1 week and evaluate how I spend time.

Financial and Civic Literacy

- Describe the types of personal investments such as, saving accounts, stocks and bonds.
Resource: <http://fffl.ncee.net/activities/9-12/9-12.htm>
- List the benefits of community service.

GRADE 8

I am Ready for
9th Grade

Academic Content and Behavior

- I have met the Grade 8 English Language Arts Standards.
- I have met the Grade 8 Mathematics Standards.
- Take good notes and review them.
- Take challenging courses.
- Keep a weekly journal of assignments signed by my parents.
- With support from an adult identify academic areas where I need help and create action steps for improvement..
- Ask a counselor and look for resources such as <http://www.howtostudy.org/> for study tips.
- Keep a folder of my best work.
- Visit the high school I will attend.

Postsecondary and Career Awareness

- Take a “college & career” readiness assessment.
- Attend a college fair.
- Start my ECAP (Education & Career Action Plan).
- Research short-term summer jobs at www.backdoorjobs.com
- Search www.collegeboard.org and/or <http://www.youniversitytv.com/> for colleges that fit my interests.
- Illustrate 15 new words from College/Career Vocabulary list with a drawing or picture and create a sentence using each word.
- Complete my resume at www.careerkids.com/resumeSSL.php and print it out.
- Enter and/or apply for at least one scholarship contest at <http://www.finaid.org/scholarships/age13.phtml> or www.homeworkspot.com

Self-Management and Life Skills

- Engage in at least 60 minutes of physical activity daily.
Resource: <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>
- Practice good personal hygiene habits daily.
Resource: http://kidshealth.org/kid/stay_healthy/index.html
- Eat healthy meals and snacks daily.
Resource: <http://www.choosemyplate.gov/>
- When I speak up for what I think is right make sure to show respect for others.
- I have an adult at home, school or in my community that I can go to for help.
- Keep a time log for 1 week, evaluate and make changes.
- Use Facebook/My Space/E-mail appropriately.

Financial and Civic Literacy

- Create a personal budget that includes fixed and variable expenses.
Resource: <http://www.genirevolution.org/>
- Look for an opportunity to volunteer within my community.

GRADE 9

I am Ready for
10th Grade

Academic Content and Behavior

- I am meeting Grades 9-10 English Language Arts Standards.
- I am meeting the High School Mathematics Standards.
- Take good notes and review them.
- Take challenging courses.
- Keep a weekly journal of assignments.
- Identify academic areas I need to improve on, seek help immediately and create action steps to improve.
- Look for resources such as <http://www.howtostudy.org/> for study tips.
- Participate in a study group.
- Keep a folder of my best work.

Postsecondary and Career Awareness

- Research scholarships at www.fastweb.com or <http://www.phoenix.gov/collegedepot/> or www.homeworkspot.com
- Take an interest inventory.
- Attend a college fair.
- Review my ECAP.
- Research short-term summer jobs at www.backdoorjobs.com
- Search www.collegeboard.org and/or <http://www.youniversitytv.com/> for colleges that fit my interests.
- Keep a calendar with important dates and deadlines.
- Find about myself, career interests, and how to get there at <http://azcis.intocareers.org>

Self-Management and Life Skills

- Engage in at least 60 minutes of physical activity daily.
Resource: <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>
- Practice good personal hygiene habits daily.
Resource: http://kidshealth.org/kid/stay_healthy/index.html
- Eat healthy meals and snacks daily.
Resource: <http://www.choosemyplate.gov/>
- Analyze how the world is constantly changing, and use facts to make well-informed decisions.
- I have an adult at home, school or in my community that I can go to for help.
- Keep a time log for 2 weeks, evaluate and make changes.
- Use Facebook/My Space/E-mail appropriately.

Financial and Civic Literacy

- Explain how education, career choices, and family obligations affect future income.
Resource: <http://www.jumpstart.org/reality-check-page1.html>
- Know my rights and freedoms as well as obligations and responsibilities of citizenship.

Some items on this checklist may not apply to you. Please consult a counselor and check your ECAP.

GRADE 10

I am Ready for 11th Grade

Academic Content and Behavior

- I have met Grades 9-10 English Language Arts Standards.
- I am meeting the High School Mathematics Standards.
- Take good notes and review them.
- Take challenging courses.
- Keep a weekly journal of assignments.
- Look for resources such as <http://www.howtostudy.org/> for study tips.
- Identify academic areas I need to improve on, seek help immediately and create action steps to improve.
- Participate in a study group.
- Keep a folder of my best work.

Postsecondary and Career Awareness

- Research scholarships at www.fastweb.com or <http://www.phoenix.gov/collegedepot/>
- Take an interest inventory.
- Attend a college fair.
- Review my ECAP.
- Research short-term summer jobs at www.backdoorjobs.com
- Search www.collegeboard.org and/or <http://www.youniversitytv.com/> for colleges that fit my interests.
- Keep a calendar with important dates and deadlines.
- Find about myself, career interests, and how to get there at <http://azcis.intocareers.org>
- Research financial aid at www.fafsa.ed.gov or www.finaid.org.
- Check colleges for required courses & tests.
- Take the PSAT or PLAN
- Research the SAT/ACT

Self-Management and Life Skills

- Engage in at least 60 minutes of physical activity daily.
Resource: <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>
- Practice good personal hygiene habits daily.
Resource: http://kidshealth.org/kid/stay_healthy/index.html
- Eat healthy meals and snacks daily.
Resource: <http://www.choosemyplate.gov/>
- Analyze how the world is constantly changing, and use facts to make well-informed decisions.
- I have an adult at home, school or in my community that I can go to for help.
- Keep a time log for 2 weeks, evaluate and make changes.
- Use Facebook/My Space/E-mail appropriately.

Financial and Civic Literacy

- Analyze how advertising influences my consumer choices.
Resource: http://www.ehow.com/list_6783761_effects-advertising-consumer-choice.html
- Know my rights and freedoms as well as obligations and responsibilities of citizenship.

Some items on this checklist may not apply to you. Please consult a counselor and check your ECAP.

GRADE 11

I am Ready for 12th Grade

Academic Content and Behavior

- I am meeting Grades 11-12 English Language Arts Standards.
- I am meeting the High School Mathematics Standards.
- Keep a folder of my best work.
- Keep a weekly journal of assignments.
- Take good notes and review them.
- Look for resources such as <http://www.howtostudy.org/> for study tips.
- Identify academic areas I need to improve on, seek help immediately and create action steps to improve.
- Participate in a study group.
- Take challenging courses.

Postsecondary and Career Awareness

- Research scholarships at www.fastweb.com or <http://www.phoenix.gov/collegedepot/>
- Take an interest inventory.
- Attend a college fair.
- Research short-term summer jobs at www.backdoorjobs.com
- Search <http://www.youniversitytv.com/> for colleges that fit my interests.
- Keep a calendar with important dates and deadlines.
- Find about myself, career interests, and how to get there at <http://azcis.intocareers.org>
- Research financial aid at www.fafsa.ed.gov or www.finaid.org.
- Take the SAT/ACT or both.
- Research majors and careers at www.princetonreview.com
- <http://www.bls.gov/audience/students.htm>
- Search www.collegeboard.com www.act.org to help prepare for the SAT/ACT.
- Schedule interviews with admissions counselors.
- Ask for college applications.
- Retake the PSAT.
- Review and update my ECAP.

Resource:

http://kidshealth.org/kid/stay_healthy/index.html

- Eat healthy meals and snacks daily.

Resource:

<http://www.choosemyplate.gov/>

- Analyze different perspectives on an issue and make a well-informed decision.
- I have an adult at home, school or in my community that I can go to for help.
- Keep a time log for 3 weeks, evaluate and make changes.
- Use Facebook/My Space/E-mail appropriately.

Financial and Civic Literacy

- Determine short-term and long-term financial goals and plans, including income, spending, saving and investing. Also, take the Invest test at:

- Know my rights and freedoms as well as obligations and responsibilities of citizenship.

Some items on this checklist may not apply to you. Please consult a counselor and check your ECAP.

GRADE 12

I am Ready for College/Career/Life

Academic Content and Behavior

- I have met Grades 11-12 English Language Arts Standards.
- I have met the High School Mathematics Standards.
- Keep a folder of my best work.
- Keep a weekly journal of assignments.
- Take good notes and review them.
- Look for resources such as <http://www.howtostudy.org/> for study tips.
- Identify academic areas I need to improve on, seek help immediately and create action steps to improve.
- Participate in a study group.
- Take challenging courses.

Postsecondary and Career Awareness

- Research scholarships at www.fastweb.com or <http://www.phoenix.gov/collegedepot/>
- Take an interest inventory.
- Attend a college fair.
- Research short-term summer jobs at www.backdoorjobs.com
- Keep a calendar with important dates and deadlines.
- Find about myself, career interests, and how to get there at <http://azcis.intocareers.org>
- Research financial aid at www.fafsa.ed.gov or www.finaid.org
- Take or retake the SAT/ACT
- Research majors and careers at www.princetonreview.com
<http://www.bls.gov/audience/students.htm>
- Send in college applications, contact colleges to see if they received them and keep copies of everything sent.
- Make a final visit to college.
- Review and update my ECAP.
- Submit FAFSA.
- Have my transcript sent to colleges.

Self-Management and Life Skills

- Engage in at least 60 minutes of physical activity daily.
Resource: <http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html>
- Practice good personal hygiene habits daily.
Resource: http://kidshealth.org/kid/stay_healthy/index.html
- Eat healthy meals and snacks daily.
Resource: <http://www.choosemyplate.gov/>
- Analyze problems from different views before expressing my own.
- I have an adult at home, school or in my community that I can go to for help.
- Keep a time log for 1 month, evaluate and make changes.
- Use Facebook/My Space/E-mail appropriately.

Financial and Civic Literacy

- Explain advantages and disadvantages of using various forms of credit.
Resource: <http://www.handsonbanking.org/en/individuals.html>
- Set goals and plans to fulfill my obligations and responsibilities of citizenship.

K-12 Readiness Checklist

NAME:

