

Class of 2024: College and Career Readiness Plan

Bonneville Junior High School

bonnevillecounseling.weebly.com

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School Goal: _____

College Goal: _____

Career Goal: _____

Life Goal: _____

8th Grade Courses	
English 8	1.0
Mathematics	1.0
Integrated Science	1.0
US History	1.0
PE	.5
Health	.5
Music	.5-1.0
Visual Arts	.5-1.0
CTE	.5-1.0
Electives	.5-1.0

The BIG 5

- GPA
- ACT/ SAT- College entrance exams
- Challenging courses
- Extracurricular involvement
- Service

4 Year Plan

- High school graduation requirements
- CPA (Citizenship)
- Granite School District Student Planning Guide

Options for High School Credits

- Granite Technical Institute
schools.graniteschools.org/gti/
- Online classes
- Concurrent Enrollment/ Advanced Placement
- Demonstrated competency

College Readiness and Financial Aid

- UtahFutures.org
- StepUp and Utah Scholars
- Regents' Scholarship
- New Century Scholarship
- My529
- FAFSA

Friends

- Choose your friends carefully
- "You are the sum of you 5 closest friends."
- SafeUT website and app

PATHWAY TO COLLEGE

HIGH SCHOOL



WORK HARD FOR GOOD GRADES, COME TO SCHOOL ON TIME AND BE A GOOD STUDENT.

PARTICIPATE IN EXTRACURRICULAR ACTIVITIES LIKE SPORTS, TEAMS, CLUBS AND SERVICE OPPORTUNITIES.

TAKE THE ACT, A COLLEGE ENTRANCE EXAM. THIS IS TYPICALLY DONE DURING JUNIOR YEAR (11TH GRADE).

APPLY FOR COLLEGE AND FAFSA DURING APPLICATION WEEK OF YOUR SENIOR (12TH GRADE) YEAR.

GRADUATE FROM HIGH SCHOOL BY COMPLETING ALL OF YOUR REQUIRED CREDITS.

COLLEGE-UNDERGRADUATE

GRADUATE HIGH SCHOOL
APPLY TO COLLEGE
APPLY FOR FAFSA



CERTIFICATE

ABOUT A 1 YEAR PROGRAM TO COMPLETE A CERTIFICATION IN TRADES SUCH AS MECHANICS, CULINARY ARTS, CONSTRUCTION TRADES, COSMETOLOGY, CNA/MEDICAL/DENTAL ASSISTING, ETC.

ASSOCIATE DEGREE

ABOUT A 2 YEAR PROGRAM TAKEN AT A COMMUNITY COLLEGE LIKE SLCC AND SNOW OR A REGIONAL UNIVERSITY LIKE UVU, WEBER ST, USU-EASTERN, DIXIE ST. AND SUU.

BACHELOR'S DEGREE

ABOUT A 4 YEAR PROGRAM TAKEN AT A PUBLIC UNIVERSITY LIKE USU AND UTAH, PRIVATE UNIVERSITY LIKE BYU AND WESTMINSTER, AND REGIONAL COLLEGES AND UNIVERSITIES.

COLLEGE-GRADUATE SCHOOL

GRADUATE WITH A BACHELOR'S DEGREE



MASTER'S

TEST: GRE OR GMAT ABOUT 2-3 YEARS BEYOND YOUR BACHELOR'S DEGREE. EXAMPLES INCLUDE M.S., M.A., M.ED., M.B.A., ETC..

PROFESSIONAL

TEST: GRE, GMAT, LSAT 2-4 YEARS BEYOND YOUR BACHELOR'S DEGREE. EXAMPLES INCLUDE M.P.A., PHYSICAL THERAPY DEGREE, JURIS DOCTORATE, ETC..

DOCTORATE OF PHILOSOPHY (PH.D)

TEST: GRE OR GMAT ABOUT 4 OR MORE YEARS OF SPECIALIZED STUDY IN AN AREA OF STUDY INVOLVING A DISSERTATION.

MEDICAL DOCTOR (M.D./D.D.S.)

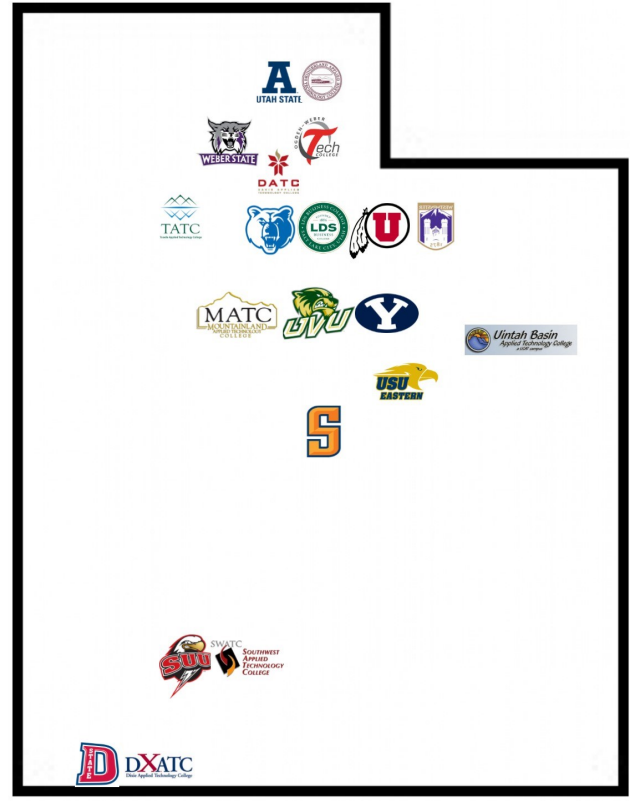
TEST: MCAT OR DAT 4+ YEARS OF SPECIALIZED INSTRUCTION IN THE MEDICAL FIELD. STUDENTS START THEIR RESIDENCY AFTER MEDICAL SCHOOL.

Public Schools

-  Utah State University
-  Weber State University
-  Salt Lake Community College
-  University of Utah
-  Utah Valley University
-  USU-Eastern
-  Snow College
-  Southern Utah University
-  Dixie State University

Private, Non-Profit Schools

-  LDS Business College
-  Westminster College
-  Brigham Young University



Utah College of Applied Technology

- Bridgerland (Logan)
- Ogden/Weber (Ogden)
- Davis (Kaysville)
- Tooele (Tooele)
- SLCC (SLC)
- Mountainland (Lehi)
- Uinta Basin (Roosevelt)
- Southwest (Cedar City)
- Dixie (St. George)

COLLEGE NAVIGATOR

nces.ed.gov/collegenavigator/

UTAH PUBLIC COLLEGE MAJOR GUIDE

<http://www.utahmajors.org/>

SAMPLE 4-YEAR COLLEGE AND CAREER READINESS PLAN (CCR PLAN)

Required Areas	Credits	9 th Grade	10 th Grade	11 th grade	12 th grade
ENGLISH/LANGUAGE ARTS	4.0	English 9	English 10	English 11	English 12 or Applied or Advanced
MATH	3.0	Secondary Math 1	Secondary Math 2	Secondary Math 3	Pre-Calculus, Calculus, Concurrent, other
SCIENCE	3.0	Earth Systems or Biology	Biology, Chemistry, Physics or Computer Science	1.0 credit Applied or Advanced Science (student choice)	
SOCIAL STUDIES	3.5	Geography for Life	World Civilizations	United States History	US Gov. & Citizenship (0.5 credit)
CAREER & TECHNICAL EDUCATION (CTE)	1.0	Career related courses taken at your high school or at the Granite Technical Institute (GTI)			
DIGITAL STUDIES	.50	<i>(Beginning with the 2018-2019 school year students in grades 9-12 will complete the digital studies requirement from approved courses.)</i>		-----	-----
FINE ARTS (Art, Music, Dance, Drama)	1.5	1.5 credits to be completed during grades 9–12			
GENERAL FINANCIAL LITERACY	.50	0.5 credit to be completed during grades 9-12			
HEALTH	.50	0.5 credit to be completed during grades 9-12			
PHYSICAL EDUCATION	1.5	PE 9 (0.5 credit)	Fitness for Life (0.5 credit)	0.5 credit in grades 11 or 12	
ELECTIVES	8.0	Student choice based on interests, abilities, and talents and may include additional courses offered in CTE/GTI, Fine Arts, World Languages, Driver Education, Special Education, and ESL courses, Work/Service Experience, etc.			
Graduation Requirements	27 CR	2.0 Cumulative CPA Pass Basic Civics Test			

As you plan, choose courses that will:

- Complete high school graduation requirements
- Connect to your goals and plans
- Prepare you for 1, 2, or 4 years of education and training after high school
- Help you meet college and university admissions requirements
- Lead to Centennial, Regents' and/or New Century Scholarships

Keep in mind:

- Courses cannot be repeated for credit.
- Earn high school credit outside of the school day through demonstrated competency assessments in core areas, online courses, and/or concurrent enrollment/early college courses taken at a college or university.

Vikings are Responsible Digital Citizens



Vikings keep private information private!



Vikings are kind in person and online!



Vikings respect other's work!



Vikings use technology responsibly in the classroom!

Vikings

DIGITAL CITIZENSHIP



CYBER-SAFE

- NEVER TALK TO STRANGERS
- NEVER GIVE OUT YOUR PERSONAL INFORMATION
- ONLY VISIT WEBSITES YOU KNOW ARE SAFE



CYBER-SMART

- THINK BEFORE YOU POST
- ASK YOURSELF "WHAT WOULD MOM/DAD THINK?"
- REMEMBER, WHAT IS POSTED ON THE INTERNET, STAYS ON THE INTERNET- FOREVER!



CYBER-KIND

- BE POLITE
- USE THE SAME BEHAVIORS ONLINE THAT WOULD IN REAL LIFE
- THE INTERNET IS NOT A WEAPON!

Internet Safety & Digital Citizenship Resources

Common Sense Media

<https://www.commonsensemedia.org/>

Reviews and guidelines for apps, games, movies, books, screen time, etc.

Be Internet Awesome

https://beinternetawesome.withgoogle.com/en_us/

Helping kids be safe, confident explorers of the online world.

Digital Citizenship Utah

<https://digcitutah.com/>

Utah NetSmartz

<http://utahnetsmartz.org/>

NetSafe Utah

<https://www.netsafeutah.org/>



EXTRACURRICULAR ACTIVITIES

SPORTS

Fall

BOYS SOCCER
GIRLS SOCCER
CROSS COUNTRY

Winter

BOYS BASKETBALL
GIRLS BASKETBALL

Spring

BOYS VOLLEYBALL
GIRLS VOLLEYBALL
BOYS WRESTLING
TRACK & FIELD

PERFORMING ARTS

FALL MUSICAL (TOLMAN)
SPRING PLAY (TOLMAN)
DEBATE TEAM (7-8, TOLMAN)

CLUBS

STUDENT BODY OFFICERS
M.E.S.A. (EVANS)
SEAPERCH (8, EVANS)

VOLUNTEER & SERVICE

WWW.VOLUNTEERMATCH.ORG

WWW.YOUTHLINC.ORG

WWW.JUSTSERVE.ORG

Self Care

Physical

Exercise regularly
Eat healthy meals
Get plenty of sleep
Spend time in nature

Social

Surround yourself with good people
Make plans with family and friends
Participate in school activities
Be a good friend

Mental

Take regular study breaks
Set S.M.A.R.T goals
Read for entertainment
Imagine

Emotional

Utilize healthy coping strategies*
Treat yourself with kindness
Avoid self-criticism
Process emotions in a healthy way
Talk about how you're feeling

*** Examples of Healthy Coping Skills**

Go for a walk or run.

Meditate or sit in silence.

Talk to someone you trust like a friend, teacher or school counselor.

Count to 10 forward and backward.

Write in a journal.

Listen to uplifting music

Make a paper airplane.

Close your eyes and focus on each of your senses individually.

Breathe in for 5 sec. and out for 5 sec.

Find something that smells nice to you.

Rip up a piece of paper.

Hyperfocus on an object.

Get a drink of cold water.

Sing your favorite song.

Think of something that makes you happy.

Eat a mint.

Surround yourself with people that lift you up.

Resources & Support



Need to talk with your counselor?



Fill out "Request to See Counselor" on our website:

BONNEVILLECOUNSELING.WEEBLY.COM

Homework Help



brainfuse

HelpNow

ONLINE TUTORING
through your public library



Youtube.com



Khan Academy

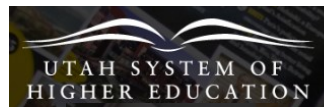
Khanacademy.org

College and Career Readiness Planning

UtahFutures

College and Career Planning

Utahfutures.org



MAJOR'S
GUIDE

Utahmajors.org



O*NET OnLine

onetonline.org

Mental Health Support

Chat - CrisisLine
Opens 2 - way messaging
with a SafeUT CrisisLine
counselor.

Call - CrisisLine
Tap this to speak to a
SafeUT CrisisLine counselor.
The CrisisLine number will
appear and you can call
immediately.



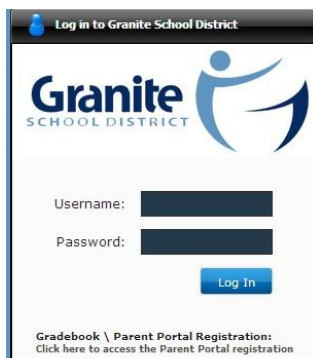
Submit a Tip
Submit confidential tips
to school administrators
on bullying, threats, or
violence.



<https://safeut.med.utah.edu>



Parent Resources



Understood

for learning & attention issues

understood.org

Brought to you by 15 nonprofit partners.

KidsHealth®

KidsHealth.org