



# Discovering Students' Post High School Intent

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Rural Student Success Initiative*

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# Extension Program Specialists- *College Access and Success*



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# Objectives

## School Counselors/ teachers will be able to:

- ⦿ Gain a deeper understanding about students' aspirations for when they graduate from high school
- ⦿ Help students set goals so they reach their full potential
- ⦿ Be able to target programming to meet students' needs for making an informed decision

# Start Conversations Early And Be Intentional



- ⦿ The clock starts ticking in 9<sup>th</sup> grade, but the alarm goes off in their junior year.
- ⦿ When students begin their junior year of high school, the transition to college will begin to feel real as admissions deadlines, and entrance exams approach.
- ⦿ It is important for students to begin seriously refining their post-high school goals and aspirations.
- ⦿ The following “Post High School Intent “discussion guide is a good way to start that process.

# Student Discussion Activity- Best Practices



## Student Activity #1 : Post-High School Intent

### Student Questionnaire

*(Please complete and return to counselor)*

Name: \_\_\_\_\_ High School: \_\_\_\_\_

Email: \_\_\_\_\_ Date Completed: \_\_\_\_\_

1. What is your preference for getting information to you about career/postsecondary opportunities?
2. What social media platforms do you use frequently?
3. What extracurricular activities have you participated in while in high school?
4. List 3 goals you would like to accomplish during your senior year?
5. What is your dream job? What do you enjoy doing?
6. What are you planning on doing after you graduate from high school?
7. What influenced you to pursue the pathway you have chosen after high school graduation?
8. What obstacles do you anticipate affecting your life after high school?
9. If you were to attend a college or university after high school, what type of degree would you want to pursue.
10. What options are you aware of that can help pay for an education beyond high school?

- ⊙ Series of discussion questions
- ⊙ Walk the student through the questions
- ⊙ Call on students to share their answers
- ⊙ Share personal unbiased experiences
- ⊙ Dispel myths
- ⊙ Point to resources

# Discussion Activity Walk Through

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# What is your preference for getting information to you about career/postsecondary opportunities?

## ⦿ Email

- ⦿ *school email vs. personal email*

## ⦿ Phone

- ⦿ *call vs. text message*

## ⦿ Group messaging *(Group Me, WhatsApp)*

## ⦿ Social media *(Facebook, Twitter, Instagram, Snapchat)*

### **Reflection:**

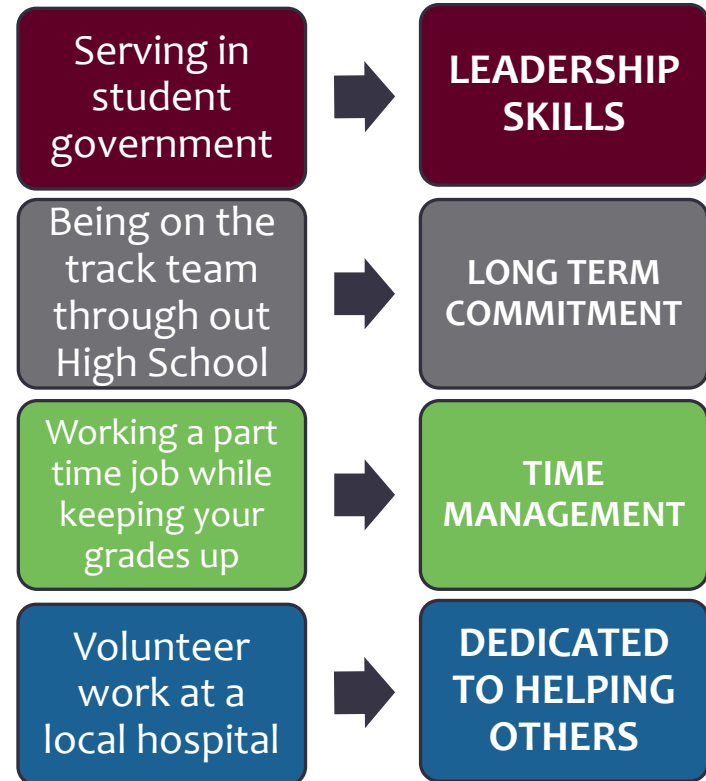
- *Do the student's choices align with the way you reach out to students in your programming?*
- *Should parents/guardians also receive information via these platforms?*



# What extra-curricular activities have you participated in while in high school?

## Examples

- Sports teams
- Special-interest clubs (FFA/4-H)
- Choir/band
- Community Service/Volunteer Work
- Part-time job



### Tip:

- *Be intentional in connecting students to community service opportunities. Not everyone will be connected to a service organization or an extra-curricular activity.*



# List 3 short-term goals you would like to accomplish this year?

Help students set goals for next year if they do not have any



## Tips:

- Guide students through creating SMART goals.
- Consider inviting a guest speaker (future programming) to provide testimonial on importance of staying focused and embracing a growth mindset.

## SMART Goal Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

A SMART goal is a goal that is **specific, measurable, attainable, relevant and time based**. In other words, a goal that is very clear and easily understood.

**INSTRUCTIONS** Work through the following handout, including as much detail as possible under each heading. Clarify your goal to yourself as much as is possible. When you are done with the questions you will see if your goal is a SMART goal.

**MY GOAL:** \_\_\_\_\_

**S**

**SPECIFIC**- What exactly do you want to accomplish?

**M**

**MEASURABLE**-How will you know that you have achieved your goal?

**A**

**ACHIEVABLE**- What steps will be taken to achieve your goal? (List at least 3)

**R**

**RELEVANT**- Why is this goal significant to your life?

**T**


**TIMELY**- What is the deadline to achieve this goal?

# SMART Goal Worksheet

# Explore Guide: Texas 4-H Leadership- Personal Leadership Development- **Lesson** **2 Setting Goals**


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# EXPLORE



**Texas 4-H Leadership  
Personal Leadership Development**


**texas4-h.tamu.edu**



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4-H LEADERSHIP *Lessons*

## Setting Goals



**EXPLORE THE CONTENT:**  
Are you waiting for your dreams to come true? Are you dreaming of being a famous country singer? Or maybe you dream of being a professional baseball player? Are you dreaming of being a world famous barrel racer? Maybe your dream is to serve on Texas 4-H Council. The sad fact is, dreams don't often come true. They might, however, if that dream is coupled with goals. Dreams by themselves are just dreams. If you're just dreaming, you might as well be daydreaming. For your dreams to come true, you have to set goals. Goals provide the pathway to achieving those dreams. Goals have deadlines, require hard work, and have an endpoint. Dreams can go on forever, only require your imagination and are free! Dreams inspire you, but they don't change anything.

Goal setting identifies a desired result, giving a person or a group something to work toward. Goals help groups set priorities, make decisions and motivate their members. A leader is responsible for making sure the group achieves its goals, no matter what those goals are.

**TIME:**  
30-45 minutes

**MATERIALS NEEDED:**

- Paper and pencil for each participant

**OBJECTIVES:**  
4-H members will be able to:

- Learn the difference between goals and dreams
- Learn the importance of setting goals
- Learn how to write a SMART goal

Setting goals and achieving those goals is a step by step matter. It can be broken down into five steps:

1. Identify the purpose or the intended result. That is your goal.
2. Write down the objectives. Objectives are the individual steps toward the goal.
3. Make an action plan – what needs to be done for each objective in order to reach the goal?
4. Act on the plan. Do it.
5. Reach goal.

SMART is a five-letter mnemonic designed to help write goals that are achievable.

- S** – Specific; be specific in describing the goal you want to reach, having a clear and well defined goal provides the best pathway for getting where you want to go.
- M** – Measurable; the goal must be measurable in order to know that you've reached the goal; be precise about amounts, dates, or numbers in order to know that you've really met the goal.

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Texas 4-H Youth Development | texas4-h.tamu.edu

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[http://texas4-h.tamu.edu/wp-content/uploads/Explore\\_Leadership.pdf](http://texas4-h.tamu.edu/wp-content/uploads/Explore_Leadership.pdf)

# What is your dream job?

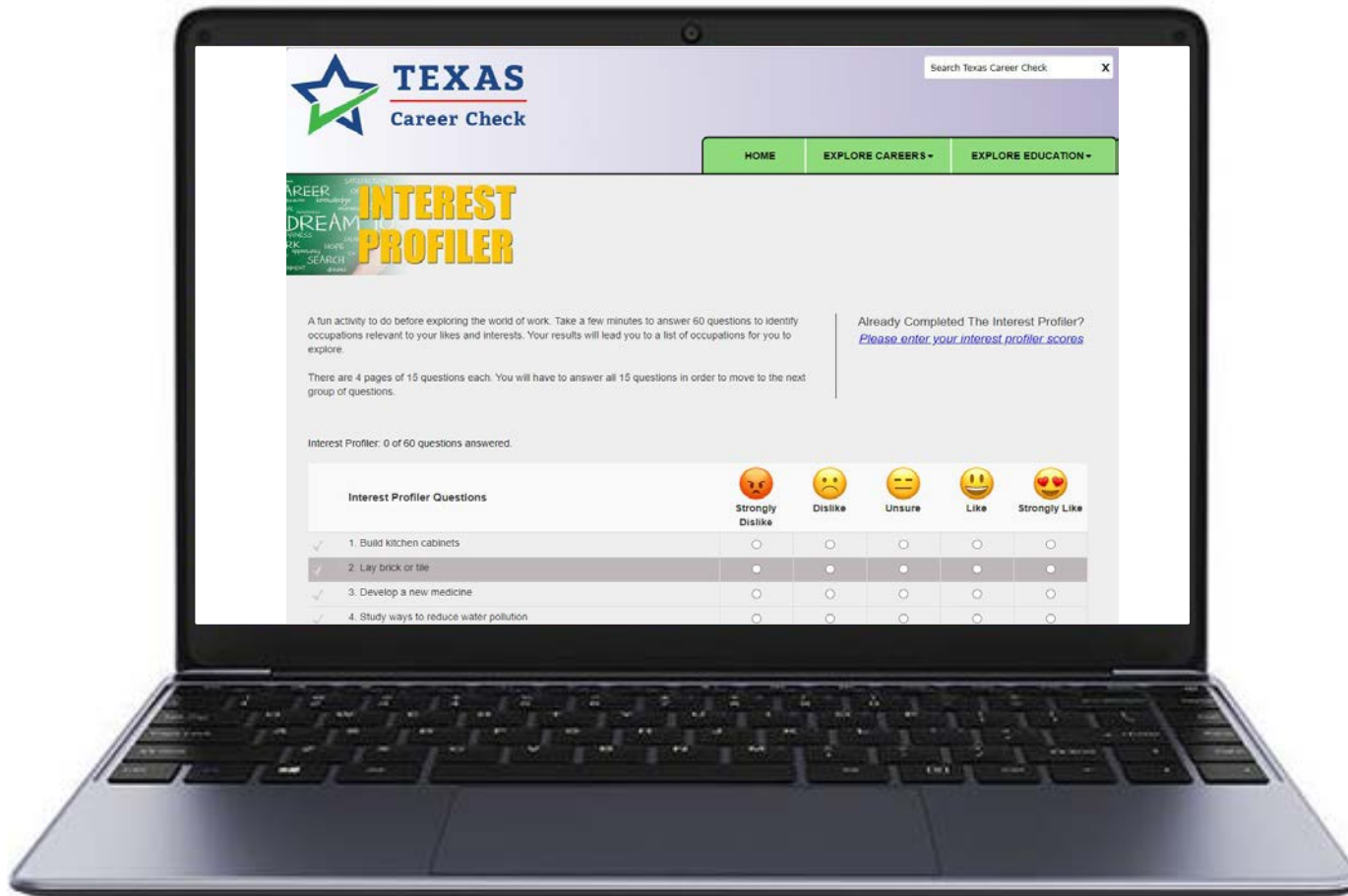
- ⦿ Explore students' likes/dislikes
- ⦿ Be a sounding board for students' career choices.
- ⦿ Guide them through choices by asking probing questions.
- ⦿ Oftentimes students will not know what they want to do, so start by crossing out things they don't like to do?



## **Tip:**

- *Recommend that a student take an Interest Inventory Quiz online*

# Texas Career Check: *Interest Profiler*



<https://texascareercheck.com/ExploreCareer/InterestProfiler>

# What are you planning on doing after you graduate from high school?

- ⦿ **Four-Year College or University**
  - ⦿ UTSA, UofH, TAMUK, TAMU
- ⦿ **Two-Year College**
  - ⦿ SWTJC, Blinn College, Palo Alto College
- ⦿ **Trade and Certificate Programs**
  - ⦿ Lineman school, Cosmetology
- ⦿ **The Military**
  - ⦿ Army, Marines, Airforce
  - ⦿ ROTC Programs/Post-Secondary Institution
- ⦿ **Work**
  - ⦿ Local Vs Relocation



**Tip:** Be sure to dispel any myths about either choice

# Provide examples of different types of colleges



TECHNICAL /  
VOCATIONAL SCHOOL  
(6M-2YR)



COMMUNITY COLLEGE  
(2 YR)



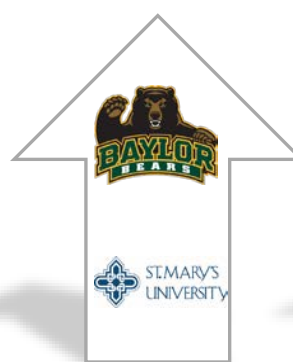
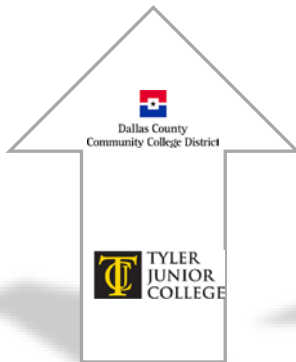
PUBLIC COLLEGES AND  
UNIVERSITIES  
(4 YR)



PRIVATE COLLEGES AND  
UNIVERSITIES  
(4 YR)



FOR-PROFIT UNIVERSITY  
(2 YR & 4 YR)



# If you were to attend a college or university, what type of degree would you want to pursue?

Type	Completion Timeframe
Doctorate	5-7 years (after your bachelor's)
Professional	3-6 years (after your bachelor's)
Master's	2 years (after your bachelor's)
Bachelor's	4 years
Associate's	2 years
Certificate	10-16 months

**Tip:** Discuss the differences



# Factors to Consider (Non-Economic) - *Have they considered them?*

*Present benefits beyond financial rewards.*



**Less Likely to  
be  
Unemployed**



**The ability to  
think  
critically**



**Job  
Satisfaction**



**More likely to  
civically  
engage**



**Access to  
Health  
Insurance**



**More likely to  
be Promoted**

# What influenced you to pursue the pathway you have chosen after graduation?



## **Tips:**

- Oftentimes its beneficial to understand what outside factors are influencing a student’s decision.
- Sometimes, you may be able to provide a different perspective and provide guidance to clarify their choices.

# What obstacles do you anticipate affecting your life after high school?

## Potential Obstacles

## Things to think about

Will you need to work?

- Flexibility to work and go to school
- Time Management

Do you have family obligations?

- Flexibility of your time
- Time Management

Do you have reliable transportation?

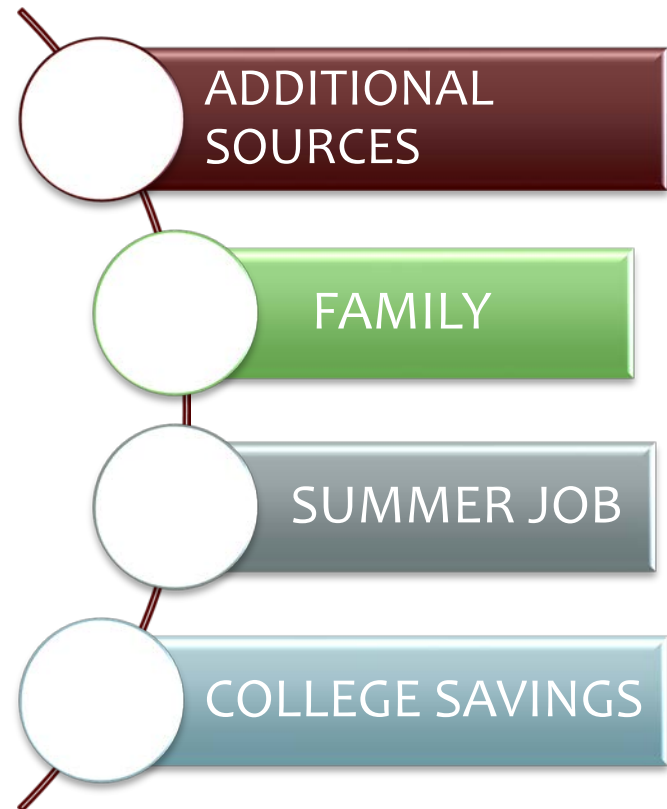
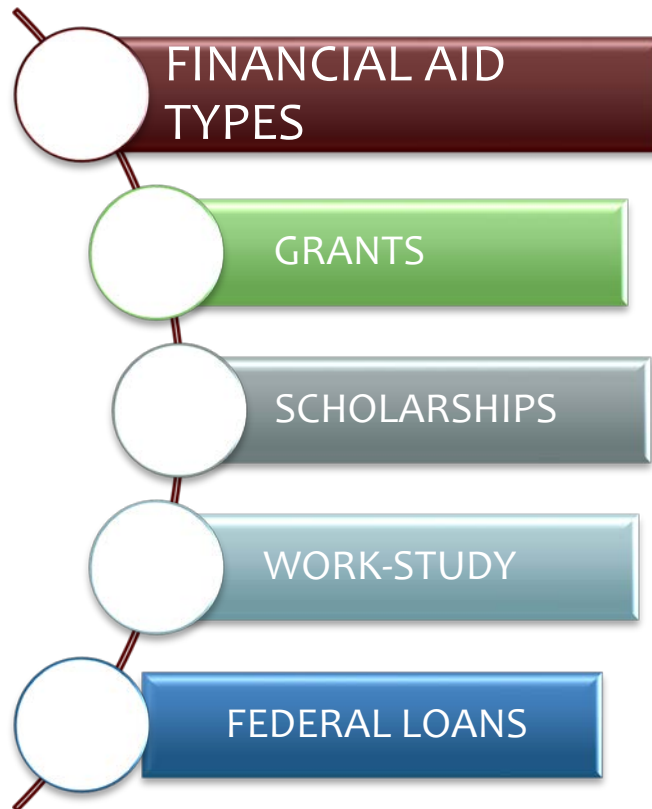
- Travel to and from school
- Bus transportation on campus

Do you have necessary technical equipment?

- Reliable Internet / Personal computer
- Computer services on campus

**Tip:** Take note of students' obstacles and connect them to resources

# What options are you aware of that can help pay for an education after high school?



**Tip:** Present multiple options and how to apply

# Facilitation of Activity

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# Facilitation of Activity

## In Person

### Setting:

- Classroom
- Auditorium

### • Time:

- 45 minutes

## Virtual

### Setting:

- Google Classroom
- Microsoft Teams
- Zoom

### • Time:

- 45 minutes + 15 minutes  
(technical issues)

# Activity Toolkit

## Supporting Platforms:

- ✓ Google Classroom
- ✓ Microsoft Teams
- ✓ Zoom

## **Resources:**

- PowerPoint presentation
- Instructional video
- Student Discussion Handout
- Online Student Discussion Handout
- SMART Goals Handout

# Final Thoughts...

Student's have high college aspirations, but these aspirations deflate once they hit senior year due to perceived challenges they may face (Musoba, 2020)





# Discussion