

## OnTrack for Life

Middle school is a great time to start thinking about setting goals for your future. What do you like to do? What do you want to be? What will you do after high school?

Relax — you don't have to make any big decisions yet. But making your dreams happen requires getting a good education built on a solid academic foundation, which starts with Indiana's Academic Standards.

Academic standards outline the knowledge and skills you need at each grade level to make sure you graduate high school prepared for college, careers and citizenship. (See page 8 for a sneak peek at the 8th grade standards.) Tests like ISTEP+ provide a checkup along the way to make sure you're on track and signal if you're ready for more advanced work or need extra help.

Although college and a career might seem like they are a long way off, staying on track with your schoolwork and planning for the future are things you need to do right now. On Track: 8th Grade has some quick tips and information to help you succeed this year, and it gives you the scoop on four simple steps you can take now to plan and prepare for college.

Education plays a big part in making your dreams happen — so check out the tips inside OnTrack:8th Grade and share them with your family.

## Have a great year!

MitchDaniels **Mitch Daniels** 

Governor State of Indiana De Suellen Beed Dr. Suellen Reed

Superintendent of **Public Instruction** Indiana Department of Education

Commissioner for Higher

**Stan Jones** 

**Indiana Commission** Education

Indiana's Academic Standards for Grade 8: You'll Learn This Year

To see the "big picture" about what you can expect to know and be able to do by the end of 8th grade, go to page 8. You also can go to www.doe.in.gov/standards or call 1-800-992-2076

Brought to you by:

**Indiana Department of Education** 

**Indiana Commission for Higher Education** 

If you have questions, call Learn More Indiana at 1-800-992-2076 or go to www.learnmoreindiana.org.

Learn More Indiana is a statewide communication effort to raise the educational attainment of Hoosiers. It is a partnership of the Indiana Commission for Higher Education, the Indiana Department of Education, the Indiana Department of Workforce Development and the State Student Assistance Commission of Indiana, with additional support from Indiana's colleges and universities, USA Funds, and the Lumina Foundation for Education.

KnowHow2GOIndiana is a statewide campaign led by Learn More Indiana. It is designed to let students know that college does not just happen and that there are actual steps to take. KnowHow2GOIndiana is part of a national effort led by the Lumina Foundation for Education, the Ad Council and the American Council on Education.

## Contents

Tips To Get It Together in 8th Grade

## **Push Yourself**

Get with the Program:

Go Beyond Core 40



What You Need To Know in 8th Grade: Indiana's **Academic Standards** 

ISTEP+ Reality Check: How Much Do You Know?

Find the Right Fit

7 More Ways To Learn about Careers

Don't Be Career Clueless: Take the OnTrack Quiz



Choosing the Right College for You

## Put Your Hands on Some Cash

Learn More, Earn More

Quiz: Ready for the Real World?

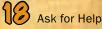
You Can Afford College

## OnTrack Bonus



Take a Byte out of the

## Be a Pain, in a Good Way ...



## OnTrack Bonus



Make It Happen: Your 8th Grade Checklist

## **Parent Tips**



10 Ways To Help Your Student Succeed

# Tips to Get It Together in 8th Grade

Let's get straight to the point: Only you can make your future happen, and the first step is getting the best education you can.

Middle school is the time to get it together before making the jump to high school. It's a great time to prove to yourself and others your ability to work hard and succeed.

Here are some practical tips to use right now to make sure you do well in 8th grade:

Go to School

It sounds obvious, but you might be surprised at how many students fail to take attendance seriously, which can cause big problems. A solid attendance record is important:

- You'll get better grades and learn more if you actually attend school period. You can't learn if you're not there.
- Get in the habit of taking school attendance seriously. In middle and high school, you will need to follow your school's attendance policy and limit the number of absences. Too many absences might mean that you won't earn enough credits to graduate.
- Employers want to hire workers they can count on, and regular school attendance shows dependability.

If you must be absent for any reason, take the necessary steps to get the absence excused and make sure you contact your teachers or someone from your classes to find out what was covered. Then, be sure to get the homework you've missed completed and turned in.

## Where To Go When You Need HOMEWORK HELP

You can find help from many sources. Ask your teacher or school counselor about homework clubs, study tables, or where to go for free or low-cost tutoring in your community. Rose-Hulman Institute of Technology's Homework Hotline provides free math and science homework help. Students can visit the Web site at www.askrose.org or call the Homework Hotline

from 7 p.m. to 10 p.m. (EST) for free at 1-877-ASK-ROSE.

## Get Organized

The first step toward organization is having the right equipment. It doesn't have to be fancy; a different color folder (neatly labeled) for each class and a calendar or planner should do it.

In the folders, keep notes in one pocket and handouts in the other. In your calendar or planner, create a schedule to keep track of all your major assignments and tests. Take time to plan your weekly schedule including homework, activities, work and time with friends. Then try to stick to the plan.

# 3 Do Your Homework

Sounds like a no-brainer, right? Wrong. Some students blow off homework by either not doing it at all or not putting enough effort into it. Blow it off and your grades will suffer. You'll lose the points for the assignment and miss an opportunity to learn the material before the test.

There are two schools of thought on homework: Complete the easiest tasks first to give yourself a boost of energy and confidence, or complete the hardest and longest assignment first to get it out of the way. Try both methods to see which one works better for you.

Whichever you choose, make sure you give yourself a little downtime or a reward between tasks to give your brain a break. Experts also suggest scheduling a specific time each day for homework. Create the right environment — free of distractions — and have all your supplies on hand before you start.

# 4 Pro Cet Felp

If you're worried about your grades or test scores — or you know you should be worried — ask for help. Whether you are struggling with homework or aren't doing well on quizzes, tell your teacher or school counselor about the problem and ask for specific advice on how to improve. Speak up if you think you're falling behind, and be sure to take advantage of the extra help sessions, study tables or tutoring your school may provide.

# 5 Work Hard

Do more than just get by. For example, if your teacher offers you extra credit, take the opportunity — even if you don't need it to make the grade. Take the most challenging classes you can. (Check out page 7 for more information.) Grades matter, but it's more important to stretch yourself than to take an easy class. Students who go the extra mile will have more job opportunities and college choices.

# 6) Read for Fun

Spend some time reading outside of class — books, online news, magazines, whatever appeals to you. Reading for fun gives you a chance to learn about new things, which will help you do better in school. It also can improve your scores on standardized tests like the ACT or SAT and help you explore your interests.

# Get the

In addition to the information in this minimagazine, the KnowHow2GOIndiana and Learn More Indiana Web sites are your connection for information on college and careers and how to succeed in school. Visit www.learnmoreindiana.org or www.KnowHow2GOIndiana.org for more tips, checklists, career interest inventories and other information about what you can do to get the future you want.

## 7 KNOWHOW2GO TO COLLEGE

Most 8th graders say they plan to go to college, but big dreams and good grades aren't enough. There are actual steps you need to take in 8th grade. KnowHow2GOIndiana spells it out in four steps:

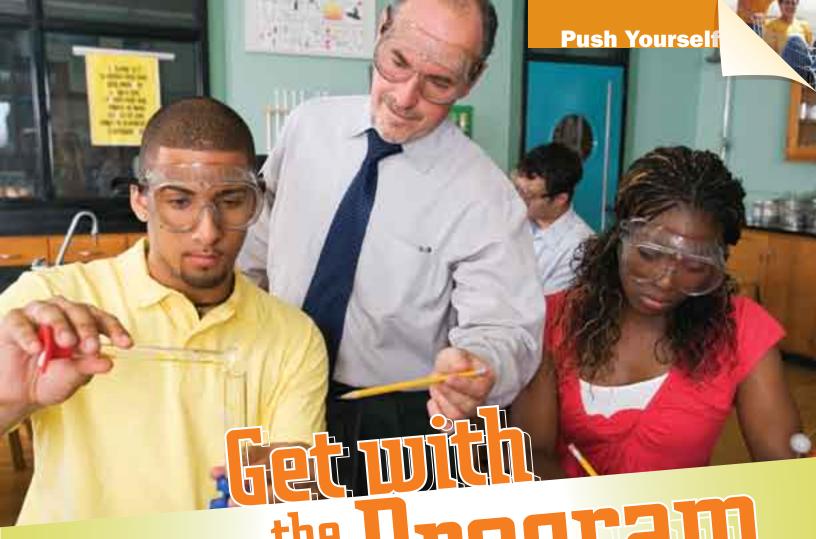
1. Push Yourself

2. Find the Right Fit

4 ONRACK 8th Grade

3. Put Your Hands on Some Cash

4. Be a Pain, in a Good Way — Ask for Help



the Programme CORE 40



ou will need to make a lot of decisions while preparing for high school. One part you don't have to worry about is choosing which core academic courses to take.

In Indiana, all students need to take Core 40 to graduate. Core 40 is a set of courses in English/language arts, math, science and social studies that provides you with a solid foundation for college, work and the real world.

# Completing Core 40 gives you:

- More career choices and skills for the jobs of the future.
- $\star$  A better chance of getting into college and earning a degree. In fact, Indiana's four-year colleges will require, at a minimum, that you have completed Core 40.
- $\star$  More options for financial aid and scholarships.

CORE4 High School Core 40 Course & Credit Requirements

English/Language Arts	<b>8 credits</b> Including a balance of literature, composition and speed	ch
Mathematics  All students must take a math or physics course during their junior or senior year.	6 credits Algebra I, Geometry and Algebra II or Integrated Math series I, II and III	
Science	6 credits Biology I; Chemistry I or Physics I or Integrated Chemistr and any additional Core 40 science course	ry-Physics;
Social Studies	6 credits U.S. History; U.S. Government; Economics; and either World History/Civilization or Geography/ History of the World	1111
Directed Electives	<b>5 credits</b> Any combination of world languages, fine arts and career/technical courses	What abou
Physical Education	2 credits	you have
Health and Wellness	1 credit	provide lo Electives
<b>Electives</b> Career Academic Sequence recommended.	6 credits	technical Choose yo
Total	40 credits	COM

In addition, schools may have local graduation requirements that apply to all students.

Who are these people? Visit www.KnowHow2GOIndiana.org to find out.

## **Get Going on Math**

Maximize your options by taking more advanced math, such as trigonometry and calculus, in high school. Why? There are lots of reasons.

- 🏠 It pays. Every occupation uses math in some form. 🦙 Math exercises your brain. At football practice, Also, some of the fastest-growing and highestpaying occupations, like those in engineering and technology, rely heavily on it.
- You can use it to shine at your first job. At some point in the next few years, there's a good chance you will have a part-time job at a store or restaurant. Good math skills will help you process transactions, calculate discounts and gauge your paycheck.
- Math gives you options. Many students change their career plans throughout high school and college. By taking advanced classes now, you're ready in case you need them in the future. Plus, research shows that the more math you complete in high school, the better you will do in college.

What's This about Electives

Core 40 spells out only some of the courses you have to take. High school class schedules provide lots of time for electives.

Electives are courses that **you** choose and can include math and science, fine arts, career/ technical courses — whatever you want. Choose your electives wisely and be sure to complete a Career Academic Sequence, which means taking classes to

explore your interests and prepare for possible careers.

Explore a Different Language

Most programs at Purdue University, Indiana University and other colleges will expect you to have taken two years (or more) of a world language while in high school. You also may have to study a world language to graduate from college.

- do athletes just spend their time throwing and catching a football? Of course not! To create a solid foundation for success on the field, they also run laps, lift weights and might even take ballet. Similarly, advanced math will train your mind to think logically and linearly, which is a skill that helps with everything from organizing papers for English class to winning debates with your parents.
- Math appears in some surprising places. The sciences and social sciences use math to explain the world; music relies on it to organize scores and create harmonies; doctors use it to calculate treatments; CEOs need it to run their companies.

PREPARE FOR COLLEGE —
KNOCK OUT THE TOUGH CLASSES





## **Push Yourself**

tudents complete Core 40 because it provides a solid academic foundation. But if you want to do more with your life than just the basics, you can choose to push yourself beyond Core 40.

Colleges and employers look at the courses you take and the grades you earn. Taking more challenging courses and doing well can help you get into the college you want. Plus, you may qualify for more financial aid and scholarships and might even be able to get some credit for college courses early. In other words, pushing yourself beyond Core 40 means you could graduate from college faster and save money.

## TAKE CHALLENGING COURSES

Your high school will offer many opportunities to take more challenging courses. Some options include:

- Advanced Placement (AP) College-level courses offered in high school. If you score well on AP exams, you may move directly to upper-level college classes and possibly receive college credit.
  - Dual-credit courses Courses taught in high school, at local colleges and through distance education (online classes) that meet high school and college requirements and often provide both high school and college credit.
    - International Baccalaureate (IB) A program for 11th and 12th graders that requires students to complete rigorous courses across all disciplines. Not all schools offer this program, so check with your school counselor.

## **Earn an Advanced Diploma**

- Secretary

Indiana offers two advanced diplomas: Core 40 with Academic Honors and Core 40 with Technical Honors. Here's what you have to do to earn them:

INDIANA

C-RE40

with Academic Honors

(minimum 47 credits)

## Students must complete all Core 40 requirements, plus:

- Earn 2 additional Core 40 math credits
- Earn 6 to 8 Core 40 world language credits
- Earn 2 Core 40 fine arts credits
- Earn a grade of a "C" or better in courses that will count toward the diploma
- Have a grade point average of a "B" or better

## Students also must complete one of the following:

- Complete AP courses (4 credits) and corresponding AP exams
- Complete IB (higher level) courses (4 credits) and corresponding IB exams
- Earn a combined score of 1200 or higher on the SAT critical reading and mathematics
- Score a 26 or higher composite on the ACT
- Complete dual high school/college credit courses from the Core Transfer Library (6 transferable college credits)
- Complete a combination of AP courses (2 credits) and corresponding AP exams and dual high school/college credit course(s) from the Core Transfer Library (3 transferable college credits)

#### **INDIANA**



with Technical Honors

(minimum 47 credits)

## Students must complete all Core 40 requirements, plus:

- ★ Complete a career/technical program (8 or more related credits)
- Earn a grade of a "C" or better in courses that will count toward the diploma
- ★ Have a grade point average of a "B" or better

## Students also must complete two of the following (one must be A or B):

- Score at or above the following levels on WorkKeys:
  - · Reading for Information Level 6
  - · Applied Mathematics Level 6
  - · Locating Information Level 5
- B. Complete dual high school/college credit courses in a technical area (6 college credits)
- Complete a Professional Career Internship course or a Cooperative Education course (2 credits)
- Complete an industry-based work experience as part of a two-year technical education program (minimum 140 hours)
- Earn a state-approved, industry-recognized certification

## Plan Ahead!

When you start thinking about what classes to take in 9th and 10th grades, plan ahead and find out what AP and dualcredit courses your high school offers. Most challenging courses require certain other classes — called prerequisites

> — to be completed first. So try to take prerequisites early on.

## What You Need To Know in 87th 975de

Eighth grade is an exciting time. Want a sneak peek at what you're going to be learning this year? You're in luck: Indiana's Academic Standards spell out what you're supposed to know and be able to do by the end of 8th grade. And since our state has the best standards in the country, expect a world-class education. Check out the "big picture" below.

INDIANA'S
ACADEMIC
STANDARDS

## **ENGLISH/LANGUAGE ARTS**

Vocabulary and Concept Development
Identify the difference between the literal and figurative meanings of words given the context in which they occur. Make connections between the history

and etymology of words and their present meanings.

- Informational Text: Structure,
  Comprehension and Analysis Analyze different
  informational documents serving the same purpose to
  determine the strengths of each (in coherence of structure, development and accuracy of ideas, extent of
  information) and to find which best fulfill their function.
- Literary Text: Comprehension and Analysis Describe the characteristics of different forms of poetry and the structural elements of fiction. Chart and analyze the overall structure of plots (including subplots and parallel episodes) within literary texts and connect to the mood, devices, themes, language and ideas within the texts. Discuss the historical context of different works (including

those within American, British and world literature).

- Writing: Informational, Research and Persuasive Texts Use a variety of strategies to develop topics, and display knowledge of how to organize pieces for different purposes, topics and audiences. Use note-taking skills to summarize relevant information from carefully evaluated paper and online sources. Write pieces with a well-defined thesis, a balance of original ideas and evidence, and clear and well-supported conclusions. Revise writing, improving clarity and organization. Edit writing, correctly crediting all ideas and wording from sources.
- Writing: Literary Text Use graphic organizers, a list or notebook of ideas, and various strategies to plan writing. Write biographical, descriptive and literary text that is told from a distinct point of view, follows a clear organizational pattern, contains necessary elements of the chosen form (e.g., plot, setting, rhythm, rhyme), incorporates precise and varied vocabulary, and shows a command of basic

literary devices (e.g., symbolism, alliteration, personification). Review, revise and edit writing.

- Finglish Language Conventions Write paragraphs that display varied sentence constructions and clear and meaningful connections of ideas within sentences. Edit pieces of writing to correct spelling, grammar and punctuation.
- Listening and Speaking Outline the organization of speeches and deliver presentations that are well organized and supported with details, language and speech techniques appropriate to a particular purpose and audience. Analyze and evaluate speeches to determine the validity of a speaker's conclusions. Identify the impact of visual images on listeners' opinions.

## MATH

- Integer Exponents Use the laws of integer exponents and evaluate expressions with negative integer exponents. Use scientific notation for small numbers.
- Square Roots Understand and use irrational numbers. Calculate square roots. Use the inverse relationship between squares and square roots.
- Perform basic compass and straightedge constructions, such as constructions of angle and segment bisectors, copies of segments and angles, and perpendicular segments. Justify the constructions. Identify properties of geometric shapes.
- Pythagorean Theorem Use the Pythagorean theorem and its converse to calculate lengths of line segments, such as the altitude of an equilateral triangle, the diagonal of a rectangular prism or the chord of a circle that subtends a right angle.
- Rates Solve simple problems involving rates and derived measurements, such as speed and density. Express measurements in a given unit in terms of other units of the same types, such as miles per hour in terms of feet per second and kilometers per hour in terms of meters per minute.

- Solids Find and use the surface areas and volumes of cones, spheres and pyramids. Use scale factors to find areas and volumes of similar figures.
- Solving Equations and Inequalities Write and solve multistep equations and inequalities in one variable.
- **Linear Functions** Use linear functions and linear equations to represent, analyze and solve problems. Translate among tables, equations, verbal expressions and graphs.
- Analyzing Data Use mean, median, mode, upper and lower quartiles, and range of data to compare data sets. Organize and display data to analyze central tendencies of data. Investigate effects of change in data values on the measures of the central tendency of the set of data. Display data in scatter plots, informally finding lines of best fit.
- Evaluating Claims, Selecting Samples and Analyzing Bias Identify claims based on statistical data and, in simple cases, evaluate the reasonableness of the claims. Identify different methods of selecting samples, analyzing the strengths and weaknesses of each method, and the possible bias in a sample or display.
- Simple Experiments Compute probabilities of events from simple experiments with equally probable outcomes.

## **SCIENCE**

- **Evaluating Conclusions** Critically evaluate data from a simple experiment and form a logical statement about the cause-and-effect relationship. Compare this information against prevailing theories. Identify when further studies of the problem being investigated may be necessary.
- Constraints, Values and the Future Analyze how technological developments are constrained by the laws of the physical world and by the values and priorities of diverse groups of people. Examine some of the issues that surface when technological changes occur.



## Physical Science

- Properties of Matter Describe how the chemical properties of a substance are determined by the arrangement of atoms and molecules. Draw diagrams to show that atoms may come together as well-defined molecules and also that they may be packed together in large arrays.
- Changes in Matter 1. Describe the change in movement of atoms and molecules in a solid, liquid and gas that occurs with a change in state. Recognize that although such a change in state may occur, atoms and molecules are in constant motion and do not change their internal structure. 2. Diagram or describe a simple chemical change that occurs when two substances, elements or compounds react and produce one or more different substances. Use examples to explain that when a chemical change occurs in a closed system, the total mass of the system remains unchanged. Explain how chemical reactions involve the exchange or sharing of electrons between the atoms of the reactants.
- **Energy** Use examples to explain that when energy is transferred from one system to another, the total energy before the transfer equals the total energy after the transfer. Describe the transfer of heat energy across space or through a material and how it involves the collision of atoms within the material.

#### Earth and Space Systems

Earth Structures Describe the cause and history of the movement of Earth's lithospheric plates and how these movements have shaped Earth's surface. Predict which geologic events and features will be present at plate boundaries.

#### Life Science

Change in Living Systems 1. Identify that instructions specifying the traits of an organism are found in the DNA packaged as chromosomes inside its cells. Recognize that DNA is the same in every cell of an organism. Describe how traits are inherited by the passage of chromosomes from one generation to another. 2. Differentiate between

traits that are acquired and those that are inherited. Explain how a particular environment selects for traits that increase survival and production by individuals bearing those traits. Explain how not all traits that are selected for are necessarily beneficial for long-term survival of the species.

## **SOCIAL STUDIES**

## History

- The Foundations of the United States to 1800 Explain specific causes and effects of the American Revolution. Describe the roles the Founding Fathers played in the establishment of the Republic. Identify the conflicting ideas and the compromises that shaped the new nation.
- Westward Expansion to 1861 Define
  Manifest Destiny and explain how the United
  States grew through westward expansion. Describe
  the interactions between settlers and Native
  American Indian groups and identify the consequences of western expansion.
- Civil War and Reconstruction to 1877

Describe the impact of slavery on the United States. Explain the causes of sectionalism and the Civil War, including key events, individuals and movements. Describe the policies, practices and consequences of Reconstruction.

## Chronology, Analysis and Interpretation

Recognize historical perspective. Formulate questions about issues confronting the United States and use a variety of sources to compare and contrast American culture.

#### Civics and Government

#### Foundations of the U.S. Government

Explain the essential ideas of constitutional government, including limited government, checks and balances, rule of law, due process of law, and representative government as they appear in founding documents.

### Functions of the U.S. Government

Identify the three branches of government and describe their powers. Explain the function of government in people's lives. Compare the powers reserved to federal and to state governments.

#### Geography

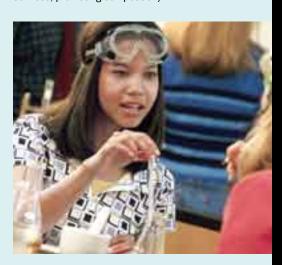
- Maps and Globes Map and describe the major climate regions and physical regions in the United States. Create maps that identify physical growth and development of the United States.
- Human and Physical Systems Describe the role of major mountain ranges and river systems in the development of the United States. Identify agricultural regions and explain land development and land modification. Explain factors influencing migration and settlement.

#### **Economics**

## Development of the Nation and the

**Economy** Explain how the characteristics of a market economy have affected the development and history of the United States from colonial exploration through Reconstruction. Analyze the effects of urbanization and immigration on labor productivity and the development of the U.S. economy.

Role of Government Explain the basic functions of the government in the economy of the United States (e.g., taxation, providing goods and services, promoting competition).



Since grade 3, you have been taking the Indiana Statewide Testing for Educational Progress Plus (ISTEP+). The exam is based on Indiana's Academic Standards, which outline the knowledge and skills you need at each grade level to make sure you graduate from high school prepared for college, careers and citizenship. (An overview of the key concepts in the grade 8 standards is on pages 8 and 9.)

Tests like ISTEP+ provide a checkup along the way to make sure you are on track and signal if you are ready for more advanced work or need extra help.

#### When is the test?

Previously, ISTEP+ was given in the fall to find out how well students mastered content in the prior school year. Starting this year, Indiana will be giving ISTEP+ in the spring. This transition means that

> this year only, you will take ISTEP+ in the fall and spring.

## 2008-2009 ISTEP+ at a Glance

	Subjects	Types of questions
Testing date Fall September	English/language arts Math	Multiple choice, essay and short answer
Spring March	English/language arts Math	Essay and short answer
Spring	English/language arts Math	Multiple choice

After this year, you will take ISTEP+ only in the spring.

#### Why am I taking ISTEP+ twice this year?

The federal government requires states to report test results each year to ensure that schools and students are improving performance. The state must give the test in the fall this year to meet federal reporting requirements. After this year, ISTEP+ will be given only in the spring.

#### Why is Indiana making this change?

Administering the test in the spring will give you the whole school year to learn what you need to know. Results will be available before the current school year ends, so in the fall, your teachers already will know how you are doing and where you might need extra help.

### What's covered on the test?

- ✓ The test includes questions on English/language arts and mathematics.
- The spring test has two parts:
  - In March, you will take part one, which includes essay and open-ended questions that ask you to write a response.
  - In late April or early May, you will take part two, which includes multiple-choice questions.

## FOR THE GOE

ISTEP+ is just one in a series of tests that you will take throughout your educational career. As part of Indiana's high school diploma requirements, you will need to pass Indiana's Graduation Qualifying Exam (GQE).

Starting this year, Indiana is changing the GQE. Now, instead of one big test you take for the first time in 10th grade, the new GQE includes two smaller tests you will

take after completing courses in Algebra I and English 10. Some students take Algebra I in 8th grade or even earlier, so you may

HELP YOU DO YOUR BEST ON take that part of the GQE this year. To find out more, contact your school counselor.

#### BE PREPARED

Cramming for any test is never the best way to prepare. Keep up with your homework, complete assignments and ask your teacher for help when you need it.

#### REVIEW

ISTEP+ checks what you should be learning. Your teacher may do some reviewing during class in the weeks before you take ISTEP+. Take it seriously.

#### **GET PLENTY OF SLEEP**

Go to bed a little earlier so you get a good night's sleep. Being well rested will give you an extra boost of energy for test day.

## HAVE A GOOD BREAKFAST

Protein such as eggs, meat, cheese or yogurt will help you perform better than a sugary doughnut. Too much food can make you feel sleepy, so don't overdo it.

## TAKE A BREAK

When you get the chance, get up and walk around. Too much sitting can make you restless during the test.

#### ASK FOR HELP

If you've had trouble with the ISTEP+ in the past, ask a teacher, counselor or parent for help right now. Passing ISTEP+ is important every year. Your school and community have extra help available. Be sure to take advantage of it.

To find out more about ISTEP+, go to www.learnmoreindiana.org/istep.

## Find the Right Fit

# 7 More Ways To Learn about Careers

In high school, take classes that will help you explore your interests and start to figure out what you want to do in life. Right now, you also can use these other tools:

## Search

Check out www.learnmoreindiana.org for career interest inventories and hundreds of career profiles to help you start figuring out what jobs might interest you.

## **Drive**

Drive of Your Life (www.driveofyourlife.org) is an online activity that lets you explore your career interests in a customizable car.

## Shadow

Job shadowing is a great way to see what a job is really like by spending the day with someone who works in a career that interests you. Even spending a day with one of your family members at work is a great start.

## Join

Clubs and organizations let you explore interests in new areas and develop leadership skills.

## What's **Hot** in Indiana Careers

Want to know which careers will have the most job openings and pay the best salaries? at www.learnmoreindiana.org/hoosierhotjobs.

You also can find out what education you need for different types of jobs with the Indiana available at www.learnmoreindiana.org/

# Keeping It All Straight: Your Graduation Plan

There is a lot of information to track as you think about and plan for your future. The high school Graduation Plan is a great place to write down your thoughts and track information on:

- Your career interests
- The courses you need for graduation
- Your education goals
- Checklists of things you need to do each year to prepare

Fill it out with your parents or school counselor by the end of 8th grade. Stay on track toward your goals by revisiting it each year to make updates.

Ask your school counselor for your copy of the Graduation Plan.

## Perform

The creative arts, which include music, acting and painting, teach creativity and self-expression — important skills companies desire in their workers.

## Serve

Community service or volunteer work can give you the opportunity to try out various career areas.

## 7 Experience more

Indiana high schools offer elective courses that allow you to combine school and work — great ways to get a firsthand look at different careers.



Eighth grade is a great time to start exploring options for your future. What do you love to do? Whether it's playing sports, building models or playing an instrument, what you like to spend

time doing today says a lot about the career you might want to pursue.

Don't be clueless — start exploring your interests now.

Follow the three steps at right to take an inventory of your interests and match them to possible careers. If interactive quizzes are more your style, you can take the online version of this quiz — called Career Clickers eXpress — at www.learnmoreindiana.org. Whichever version you choose, the quiz is easy — and fun.

In each section, check the subjects, activities or people that are the most appealing to you.

I'm an "SIE"

- Count the number of items you checked in each section. Write this number at the end of each section.
- Write the letters from the three sections containing the highest numbers at the top of the next page, from greatest to smallest. This is your career code. An "ICR" will

= TOTAL A

love this part; -)

-I'm an "ARC"



= TOTAL R
Driving a truck
Fixing electrical things
Building things
Wildlife biology
Exercising or working out
Carpentry
Auto mechanics
Farming
( /

1	<b>(S</b> )
	Studying foreign cultures
	Community service
	Teaching children
	Helping people
	Making new friends
	Attending sports events
	Belonging to a club
	Working with elderly people
	= TOTAL S



Advanced math
Astronomy
Physics
Using a chemistry set
Being in a science fair
Doing puzzles
Building rocket models
Working in a science lab
= TOTAL I

/	(E)
	Talking with people at a party
	Working on a sales campaign
	Buying materials for a store
	Selling a product
	Being with leaders
	Being elected class president
	Giving speeches
	Talking to salespersons
	= TOTAL E



<b>√</b>	<b>(C</b> )
	Word processing on a computer
	Using a cash register
	Working 9 to 5
	Typing reports
	Following a budget
	Using business machines
	Keeping detailed reports
	Filing letters and reports
	= TOTAL C

## KIRKIN

## (R) Realistic

Realistic people have athletic or mechanical abilities. They usually like to work outdoors with objects, machines, tools, plants or animals.

Auto body repairer	Farmer
Cabinet maker	Landscaper
Commercial driver	Mechanic
Electrician	Surveyor

## Investigative

Fill in your code:

Investigative people like to observe, learn, investigate, analyze, evaluate or solve problems.

Biologist	Fire investigator
Chemist	Meteorologist
Doctor	Pharmacist
Engineer	Veterinarian

## (A) Artistic

Artistic people have innovative or intuitive abilities. They usually like to work in an unstructured situation, using their imagination or creativity.

Actor/actress	Interior decorator
Architect	Musician
Composer	Stage director
Dancer	Writer

## (S)Social

Social people like to work with others. They like to inform, enlighten, help, train, develop or cure people. They also may be skilled with words.

	Athletic trainer	Probation officer
	Counselor	Psychologist
	Dental hygienist	Speech therapist
	Physical therapist	Teacher

## **E**Enterprising

Enterprising people also like to work with people, but they like to influence, persuade or perform. They like to lead or manage for organizational goals or economic gain.

Buyer	Lawyer
Cosmetologist	Manager
Flight attendant	Salesperson
Insurance agent	Travel agent

## (C)Conventional

Conventional people like to work with data, have clerical or numerical ability, and pay attention to detail.

Accountant	Receptionist
Air traffic controller	Administrative assistant
Computer operator	Tax preparer
Mail carrier	Telephone operator

## Do You Feel That You Fit?

It's OK if you don't think you fit any of the results above. Most occupations include more than one career code letter. For example, although doctors are mainly investigative, they also fall within the social and artistic areas. Interest inventories can help you explore career ideas that may not have occurred to you, but they are not meant to limit your choices. More are available online at www.learnmoreindiana.org.

## Now What?

- To learn more about careers that match your interests, go to "Career Profiles" at www.learnmoreindiana.org. Click on the "Advanced Search" link and where it says "RIASEC," enter your career code. Then click the "Get Careers" button. You will get a list of careers that match your interests, along with detailed profiles about each career.
- Investigate other career options through the Learn More Indiana Web site, www.learnmoreindiana.org.
- Talk to your parents, teachers, school counselor and other adults about your preferences and career options.
- Record your career code and possible career interests in your Graduation Plan (see page 11 for details). This information can help as you choose your high school electives and other courses and as you plan for college.



## Find the Right Fit

## Choosing the Right College for You

More and more good jobs — those that pay a decent salary and have room to move up the career ladder — require a two- or four-year college degree or an apprenticeship.

Although you don't have to decide on a college just yet, 8th grade is a great time to start exploring your options. There are thousands of colleges and universities in the United States — almost 80 college campuses in Indiana alone — and each one has its own distinct personality.

With so many options, it is good to get started early so you can choose the one that best suits your interests.

Talk to your parents, friends and school counselor.

Tell them what you picture when thinking about

"college." Is the campus a small community, filled with
a wide variety of people or something else? How many
students should be in your classes? What do your fellow
students do for fun on the weekends? Having these
conversations now can help you discover the types
of colleges that fit your interests. Later, in grades 11
and 12, you'll start to narrow down your options based
on more specific factors, like what you plan to study,

**Take a virtual tour.** Many college Web sites offer virtual tools that provide a feel for the campus. An online look at a campus is a great first step to take before an actual visit.

distance from home and other important factors.

Visit in person. Colleges love it when 8th grade students visit. If there is a campus in your community or one nearby, ask to visit. If your family is traveling on vacation, ask if you can stop at a college or two along the way. Visits can be scheduled with the admissions office, or you and your family can just wander around the campus.

Attend a regional college fair. In addition to visiting college campuses, attend one of the many regional college fairs around the state. Colleges set up booths at these fairs and distribute information about their schools. Check out locations and dates for regional college fairs at www.learnmoreindiana.org.

**Get college paid for right now.** Apply for the Twenty-first Century Scholars GEAR UP program.



## Learn More Barn More

Money isn't the only thing you need to get the future you want, but getting a good job that earns a good paycheck gives you flexibility to pursue your dreams. The real story here is that the more you learn, the more you earn ...

## Bach year ...

Average annual earnings (in thousands) of full-time workers, by degree



## Over a lifetime ...

Average lifetime earnings (in millions) of full-time workers, by degree



Source: College Board, Education Pays 2004: The Benefits of Higher Education for Individuals and Society

## CORE 4 Pays

Completing Core 40 may make it easier to pay for college. If you earn this diploma, graduate with at least a 2.0 grade point average (GPA) on a 4.0 scale, enroll in an eligible Indiana college and meet other requirements, you may receive state financial aid awards of up to 90 percent of approved tuition and regularly assessed fees. Earning a Core 40 with Academic Honors or Core 40 with Technical Honors diploma with at least a 3.0 GPA on a 4.0 scale means you may be eligible for even more state financial aid — up to 100 percent of approved tuition and regularly assessed fees at an eligible Indiana college. See www.learnmoreindiana.org for more information.

In addition, completing any of the Core 40 diplomas can position you to earn a federal Academic Competitiveness Grant. See www.studentaid.ed.gov for more information.



## **Put Your Hands on Some Cash**

# Think you'll have it made with just any job?

Gined out III P

Think you'll have it made with just any job? Picture your perfect life in 10 years, then take our quiz to find out what you'll need for that oh-so-cool future during your first two years in the workforce.

## 1. Housing

#### I'd like to live in (circle one)

- **a.** an unfurnished one-bedroom apartment
- **b.** a furnished one-bedroom apartment
- c. a rented two-bedroom house
- **d.** a two-bedroom house that I will own

## 2. Transportation

#### I'd like to drive a (circle one)

- a. new economy car
- b. used economy car
- c. new midsize car
- d. used midsize car
- e. new sports car
- f. used sports car
- g. new truck
- h. used truck

#### 3. Food

## I'd like to (circle one)

- **a.** buy groceries and cook all my meals
- **b.** eat all of my meals at fast food restaurants
- c. cook some and eat out some

#### 4. Entertainment

#### My entertainment will be

(circle all that apply)

- a. a movie, four times a month
- **b.** golfing, three times a month
- **c.** surfing the Internet and watching cable TV every night
- **d.** biking, rollerblading, hiking and other outdoor sports
- e. attending a concert, once a month

## 7. Educational plans (circle one)

- a. high school dropout
- b. high school graduate
- c. proprietary (private career) school
- d. apprenticeship program
- e. two years of college
- f. four years of college
- **g.** four years of college, plus a master's degree
- **h.** professional degree (such as a law or medical degree)

## 5. Phone

#### I'd like to (circle all that apply)

- a. have a phone
- **b.** have a cell phone
- c. not have a phone

## 6. Insurance

#### I plan to purchase

(circle one in each group)

#### Home

- a. renter's insurance
- **b.** homeowner's insurance
- $\boldsymbol{c.}\,$  no renter's/homeowner's insurance

#### Medical

- a. I plan to continue my education after high school so the job
   I hold is likely to provide insurance as a benefit.
- b. I do NOT plan to continue my education after high school so the job I hold is NOT likely to provide insurance as a benefit.
  - **c.** no health insurance





## Put Your Hands on Some Cash

Match your answers from the previous page to the approximate monthly costs below and then enter the totals in the space at the bottom of each column.

#### 1. Housing:

If you plan to have a roommate, reduce these amounts by one half.

- **a.** \$475 (unfurnished, one bedroom)
- **b.** \$600 (furnished, one bedroom)
- c. \$800 (rented, two bedroom)
- **d.** \$1,000 (purchased, two bedroom)

## 2. Transportation

- a. \$400 (new economy car)
- **b.** \$250 (used economy car)
- **c.** \$550 (new midsize car)
- d. \$350 (used midsize car) e. \$700 (new
- sports car) f. \$450 (used
- sports car) g. \$710 (new truck)
- h. \$425 (used truck)

#### 3. Food

- **a.** \$250 (buy groceries and cook meals)
- **b.** \$450 (eat at fast food restaurants)
- c. \$300 (cook some and eat out some)

#### 4. Entertainment Include all that apply

- a. \$32 (movie four
- times a month) b. \$90 (golf three
- times a month)
- c. \$100 (cable TV + Internet)
- d. \$0 (outdoor activities)
- e. \$70 (concert one time per month)

## 5. Phone

Include all that apply

- **a.** \$30 (phone)
- **b.** \$60 (cell phone)
- **c.** \$0 (no phone)

#### 6. Insurance Include all that apply

#### **Home**

- a. \$20 (renter's insurance)
- b. \$30 (homeowner's insurance)
- **c.** \$0 (no insurance)

#### Medical

- a. \$0 (insurance employer pays)
- **b.** \$160 (insurance — you pay)
- **c.** \$0 (no insurance)



## Car

a. \$100 (Add this amount for car insurance. Liability insurance is required by law in Indiana.)

## Clothing

Estimate your monthly clothing costs.

## Laundry

\$20 minimum + dry cleaning

## **Doctor and Dentist Visits**

At an average of four visits per year, you should budget:

- a. \$80 if you have medical insurance (see #6, above)
- **b.** \$300 if you do not have medical insurance

## **Utilities**

\$95 Add this amount for utilities.

## Savings

Experts recommend saving 10 percent of your income (use income figures



Add up the amounts in all of the boxes above.



Now based on the educational plan you selected on #7 on page 15, find out your estimated monthly income (after taxes and medical insurance).

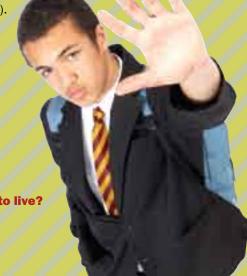
## (circle one)

- \$1,100 High school dropout
- b. \$1,400 High school graduate
- \$2,100 Proprietary (private career) school C.
- \$2,100 Apprenticeship program d.
- \$2,000 Associate's degree (2 years of college) e.
- \$2,800 Bachelor's degree (4-6 years of college)
- \$3,000 Master's degree (5–6 years of college)
- \$5,200 Professional degree (6+ years of college)

Which was greater — your expenses or your income? How much money will you need to earn to live the life you want to live? How much education will you need to pay your bills? Did you pick the right educational plan?

ONTRACK 8th Grade





## **Put Your Hands on Some Cash**

# Take a Byte out of the Internet

You've probably heard stories about people who have gotten into serious trouble because they put something online that went beyond their inner circle — such as a video on YouTube, personal information on MvSpace or a photo on Facebook — or because they've met people online who persuade them to do things they shouldn't.

## Be smar



Follow your parents' and school's rules about computer use (or risk losing your privileges).



Never give out personal information online. Don't ever reveal your full name, home address, phone number, Social Security number, passwords, names of your family members, credit card numbers or the name of your school. It can happen accidentally — for example, a picture of you in a school shirt or at a school function could let someone know where you go to school — so be careful. And when in doubt, don't post it.



Make sure that your online identity (e-mail address or screen name) doesn't identify whether you are male or female. In chat rooms, use a name that is different from your e-mail address so that no one can contact you after you leave the chat room.



Remember, everything you post or text message can be saved forever. Only write online what you are willing to say in person - words can follow you around. Before posting something on the Internet, ask yourself if it is something you want your parents, grandparents, potential employers or colleges to see.

For more information on Internet safety, visit www.safeteens.com.

College is expensive, but you can find the money to afford it. There are many resources to help.

Between now and your senior year of high school, you will get a lot of information on paying for college. Right now, start learning about different financial aid programs from your school counselor or by visiting www.learnmoreindiana.org.



## Become a Twenty-first Century Scholar

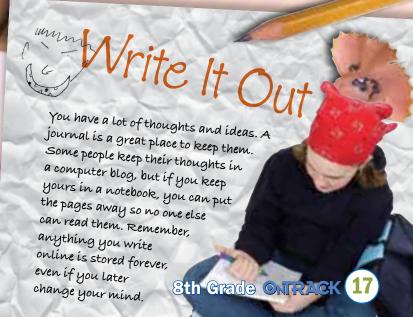
The Twenty-first Century Scholars GEAR UP program is too great a deal to pass up.

Indiana started the Twenty-first Century Scholars GEAR UP program to ensure that all families can afford a college education for their children. Income-eligible 8th graders who enroll in the program and fulfill a pledge of good citizenship are guaranteed the cost of four years of college tuition at any participating public college or university in Indiana.

If you attend a private or an independent institution, the state will award an amount comparable to that of a public institution. If you attend a participating proprietary (private career) school, the state will award a tuition scholarship equal to that of Ivy Tech Community College of Indiana.

Once you get to college, students who are Twenty-first Century Scholars receive support to finish their college degrees. As a Twenty-first Century Scholar, you can hook up with free tutoring, a mentor, a part-time job and friends to hang out with.

But first you have to apply. Students and their parents must complete and return the application by June 30 of the 8th grade year. Don't wait. Apply today. There is an application in the middle of OnTrack, or you can apply online at www.scholars.in.gov. Questions? See your school counselor or call 1-888-528-4719.



## Ask for Help

Sometimes it can be hard to talk to adults, but they can help you succeed in school and get to college. Here are some helpful tips to keep in mind.

## Talk to Your Parents

The best way to communicate with parents, or any adult, is to keep talking to them no matter what. Strong relationships really depend on keeping the lines of communication open. Here are some ways to approach your parents (or any adult) with an important topic:

Plan what you want to say ahead of time. Think over what you want to say in advance, and write down the two or three most important points you want to make.

Let them know directly that there's something you'd like to discuss. To be sure you have their full attention, be direct in your language. Say, "There's something important I want to talk to you about," instead of, "Hey, when you have a moment I'd like to talk." Pick α good time to tαlk. Try to approach them at a time when you know they'll be less busy and more able to focus on you. You may even want to ask if they could talk at a particular time so that you know you'll have their attention.

Write it down first. Some people find it easier to put their ideas into a letter. Let the other person read it and then have your discussion.

**Disagree without disrespect.**Parents are only human, and they can feel offended when their views



are challenged. Using respectful language and behavior is important. Resist the temptation to use sarcasm, yell or put down your parents, and you'll have a much better chance of finding a solution.

## Teachers Are People, Too

It may be hard to think of your teachers as real people. But given the chance, they can offer you the kind of advice and support that might change your life forever.

# Questions for Your School Counselor

Your school counselor is one of your best resources as you plan for high school and college. Take the first step, and make an appointment to discuss your plans. The following are some basic questions that you might ask your counselor:

- What courses should I take beyond Core 40 for graduation and college prep?
- How should I use my electives?
- Where can I get extra help if I need it?
- What activities can I do at home and over the summer to help me plan for college?
- What kinds of grades do different colleges require?

- What can I do to explore careers that interest me?
- Do you have any after-school or evening sessions available for exploring careers?
- What are the "Hoosier Hot 50 Jobs"?
  - What are the new careers in science, technology, engineering and math?





# Make It Happen

## Keep it all straight: Start working on your Graduation Plan now!

Pu	sh Yourself	•	Fir	ndt
	Read OnTrack: 8th Grade from cover to cover.	1	Explo	re caree
Ŏ	Focus on your classes and stay on top of homework assignments.		0	Complet www.lea
0	Take a learning-style assessment (if you haven't		O	Visit ww
	already) to understand the ways you learn new		Get in	nvolved.
$\sim$	information best.		0	Join club
Q	Sign up for the right high school classes — Core 40.			voluntee
$\mathbf{O}$	Reach higher — aim for classes that will challenge			interests
	you (Advanced Placement, dual credit, Interna-			opportu
$\sim$	tional Baccalaureate).		$\cup$	Rememl
O	Set a goal of earning a distinguished diploma			of your i
	(Core 40 with Academic Honors or Core 40 with			recognit
	Technical Honors).		Start	thinking
$\mathcal{Q}$	Start a world language.		$\circ$	Explore
$\cup$	Use your electives to explore possible careers.			colleges
			$\circ$	Ask to vi
				It's neve
	457			

## Put Your Hands on Some Cash

	GEAR UP program now to help pay for college
	later (see page 17).
0	Do the Ready for the Real World activity on
	page 15 or online at www.learnmoreindiana.org
	to test your financial savvy.
	If you don't have one request your Social

Apply for the Twenty-first Century Scholars

- If you don't have one, request your Social Security number at www.ssa.gov or by calling 1-800-772-1213 you'll need it for financial aid and job applications.
- Save money. College is a great investment in your future!

## Find the Right Fit

Explo	re careers.
0	Complete a career interest inventory online at www.learnmoreindiana.org.
0	Visit www.driveofyourlife.org to explore some more.
Get in	nvolved.
0	Join clubs, play sports, explore the arts and volunteer — great ways to expand your career interests and prepare for future scholarship opportunities.
0	Remember to keep a list in your Graduation Plan of your involvement as well as any awards or recognitions you receive.
Start	thinking about college now.
0	Explore Indiana's public universities and private colleges online at www.learnmoreindiana.org.
0	Ask to visit universities or a college fair in your area. It's never too early to start gathering information.

# Bea Pain, in a Good Way—Ask for Help

0	Discuss your future plans with your family and other adults.
0	In the spring, an orientation session may be offered by your high school. Go to it!
0	Bookmark www.learnmoreindiana.org and add 1-800-992-2076 to speed dial. You can turn to
	Learn More Indiana for tips on how to do well in

school now and how to get to college later.

## **Parent Tips**

# Your Student J Succeed

- **Have high expectations.** It is important for your child to know that you value education. Make sure your student understands that you expect him or her to work hard, graduate and continue learning after high school.
- **Check grades.** Your son or daughter may say things are "fine" at school, but don't stop checking grades on report cards, progress reports, assignments, tests and class projects. Most schools let you check your child's progress online.
- Talk to teachers. Teachers know how hard students are working, how well they are behaving, the quality of their homework and what areas need improvement. Collect e-mail addresses or phone numbers of all your child's teachers and check in periodically.
- Don't buckle on homework. If your child is not studying at home, ask why and check with teachers. It's tough to hold the line, but making sure your child does his or her homework is crucial for academic success.
- Ask for help. Students who are struggling in a particular class may need extra help after school or with a tutor. Find out from your school where you can go for help and make sure your student gets the support he or she needs. Catching a problem area early can make a big difference.

Math matters. Math exercises your brain and trains your mind to think logically — a skill that is extremely important in today's complex world. Every occupation uses math in some way, and the fastest-growing, highest-paid jobs rely heavily on math skills. Encourage your child to take and succeed in math; he or she should take a rigorous math course all four years of high school (no slacking senior year). Even if your child struggles with math, don't reinforce the myth that math is hard — enforce the fact that math is power!

- **Get involved.** Nothing will have a bigger impact on your student's success than your involvement in his or her education: volunteer, participate in parent-teacher organizations and attend school events. Most schools offer parent nights or teacher-parent sessions that provide great information. Check your school's calendar for details.
  - **Plan for the future.** College is an important investment that will pay back for a lifetime. Call Learn More Indiana at 1-800-992-2076 to order a free copy of Indiana's Guide to Paying for College: An Introduction for Families and Students. Apply for the Twenty-first Century Scholars GEAR UP program (www.scholars.in.gov or 1-888-528-4719). Open a savings account and investigate opportunities like Indiana's 529 College Savings Plan (www.collegechoiceplan.com), which can help pay for education after high school. Remember, a few dollars saved each month now can make a big difference in the future.
- **Lead by example.** Show your child firsthand the importance of education. Take a class. Finish your diploma. Earn a college degree. Seeing you demonstrate a personal commitment to lifelong learning sends your child a powerful message about the importance of education.

**Learn more.** Learn More Indiana has free information to help Indiana students and families explore careers, plan and pay for college, stay on track for academic success, and more. Try it out: Visit the Web site or call the Helpline today.

Learn More Indiana is a partnership of the Indiana Commission for Higher Education, the Indiana Department of Education, the Indiana Department of Workforce Development and the State Student Assistance Commission of Indiana. with additional support from Indiana's colleges and universities, USA Funds, and the Lumina Foundation for Education — all working together to provide information that supports learning.

