

## Villa Oasis High School ECAP

Student Last Name: \_\_\_\_\_

Student First Name: \_\_\_\_\_

SAIS ID: \_\_\_\_\_

Yr: \_\_\_\_\_

Date of ECAP: \_\_\_\_\_

Counselor: A. Arvin

### 4-YEAR HIGH SCHOOL PLAN

<u>Freshman</u>	<u>Sophomore</u>	<u>Junior</u>	<u>Senior</u>
Freshmen English I (1.00)	Sophomore English II(1.00)	Junior English III (1.00)	Senior English IV (1.00)
Algebra I (1.00)	Geometry (1.00)	Algebra II (1.00)	Math Content (1.00)
Science (1.00)	Physical Science (1.00)	General Science (1.00)	Senior Exit(.50)
AZ US History I-II (1.00)	World History I-II (1.00)	U.S. Government (.50)	Elective (.50)
Voc Ed (1.00)	Life Skills (1.00)	Economics (.50)	
Elective (1.00)	Elective (1.00)	Elective (1.00)	
Elective (1.00)		Elective (1.00)	
<b>7</b>	<b>6</b>	<b>6</b>	<b>3</b>

\*\*\*Total of 22 Credits required for graduation

### 4-YEAR HIGH SCHOOL PROGRESS\*

<b>MATH (4 CREDITS)</b>	Q1	Q2	Q3	Q4
Algebra 1	.25	.25	.25	.25
Geometry 1	.25	.25	.25	.25
Algebra 2	.25	.25	.25	.25
Geometry 2	.25	.25	.25	.25
Math Content	.25	.25	.25	.25
<b>ENGLISH (4 CREDITS)</b>				
101-102	.25	.25	.25	.25
103-104	.25	.25	.25	.25
105-106	.25	.25	.25	.25
107-108	.25	.25	.25	.25
<b>SCIENCE (3 CREDITS)</b>				
Earth Science	.25	.25	.25	.25
General Science	.25	.25	.25	.25
Biology I	.25	.25	.25	.25
Biology II	.25	.25	.25	.25
Investigative Sci	.25	.25		
<b>UPDATED:</b>				

<b>SOCIAL STUDIES (3 CR.)</b>	Q1	Q2	Q3	Q4
AZ/US History I & II	.25	.25	.25	.25
World Hist./Geo. I & II	.25	.25	.25	.25
AZ/US Government	.25	.25	XX	XX
Economics	.25	.25	XX	XX
<b>Civics Exam</b>	<b>P</b>			
<b>CPR/First Aid</b>	<b>P</b>			
<b>VOC. ED. (1 CREDIT)</b>	.25	.25	.25	.25
<b>LIFE SKILLS I/II (1 CREDIT)</b>	.25	.25	.25	.25
<b>SENIOR EXIT (.50 CREDIT)</b>	.25	.25	XX	XX
<b>ELECTIVES (5.50 CREDITS)</b>				
	.25	.25	.25	.25
	.25	.25	.25	.25
	.25	.25	.25	.25
	.25	.25	.25	.25
	.25	.25	.25	.25
	.25	.25	XX	XX

**TOTAL CREDITS:**

**STUDENT SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

## My Progress

<u>9<sup>th</sup> Grade</u>	<u>10<sup>th</sup> Grade</u>	<u>11<sup>th</sup> Grade</u>	<u>12<sup>th</sup> Grade</u>
*Post HS Plan:	*Post HS Plan:	*Post HS Plan:	*Post HS Plan:
Cumulative GPA: <u>Simple GPA:</u>	Cumulative GPA:	Cumulative GPA:	Cumulative GPA:
Career Goal /Interest:	Career Goal /Interest:	Career Goal /Interest:	Career Goal /Interest:
			ASSET Scores: CAC placement Test Date:
		ACT Scores: Test Date:	ACT Scores: Test Date:
			ASVAB Results: Test Date:
	ASVAB Results: Test Date:	ASVAB Results: Test Date:	Other Results: Test Date

\* Choose one:

- |  |                                 |
|--|---------------------------------|
| ★ <i>Attend a 4-Year University</i>                                      | ★ <i>Enlist in the Military</i> |
| ★ <i>Start at Community College &amp; Transfer to a University (2+2)</i> | ★ <i>Work</i>                   |
| ★ <i>Complete a 2-Year Degree at a Community College</i>                 | ★ <i>Other</i>                  |
| ★ <i>Attend a Vocational / Technical Institute</i>                       | ★ <i>Undecided</i>              |

## My Volunteer / Community Service:

Organization Name	Address & Phone	Dates of Service	Description of Service

## My Employment History:

Company Name	Position/Title	Address & Phone	Employment dates	Job Duties

## 9th Grade Checklist

### **August**

Beginning of your high school transcript. Meet with school counselor to review initial ECAP and establish short-term and long-term goals for the year.

### **September**

Continue to work towards goals. Meet with school counselor as needed to ensure you are staying on track or if you are struggling with the transition to high school.

### **October**

Checkpoint for end of 1<sup>st</sup> quarter to ensure smooth transition into high school.

### **November**

Work hard to achieve good grades. C's, D's, and F's will have a far reaching effect.

### **December**

Check point for the end of quarter 2. This is the end of the first semester. Keep pushing to ensure you aren't falling behind!

### **January**

Take some time to really think about your postsecondary options. What career would be best for you? Will it require attending college?

### **February**

Colleges want to see passion and commitment. If there is something that excites you, explore it; don't wait until junior or senior year to start building your resume. Start doing volunteer work.

## 10th Grade Checklist

### **August**

Re-evaluate your high school plan to make sure you are on track for graduation. Review ECAP with counselor to ensure you are making good progress. Get involved in school and community activities.

### **September**

Visit the counseling office to explore college catalogs and other materials.

### **October**

Draw up a list of careers that interest you and determine the best post-secondary path to achieve them.

### **November**

Checkpoint for grades/credits. Winter break is in the near future so make sure you are all caught up and your attendance is good!

### **December**

Winter break and the end of quarter 2/semester 1. Take time review goals and make sure that you continue to explore future possibilities.

### **January**

Explore an online program for careers and postsecondary schools information. Re-evaluate your high school plan to make sure you are on track for graduation.

### **February**

Do volunteer work in the community. Keep a record of the hours you volunteer, the organization, and describe the kind of volunteer work that you do.

## 11th Grade Checklist

### **August**

Get serious about your schoolwork if you haven't already; junior year grades are extremely important as is the rigor of your coursework. Re-evaluate your high school plan to make sure you are on track for graduation.

### **September**

Keep a folder for each post-secondary school in which you are interested. Take practice ASVAB test and consider taking the actual ASVAB test if the military is one of your options.

### **October- November**

Take ASVAB test and review results with appropriate personnel to ensure a clear understanding of what those results mean to your future career choices. Also, check out community colleges for vocational/technical programs. They have many excellent programs and are quite inexpensive

### **December**

Winter break and the end of quarter 2/semester 1. Take time review goals and make sure that you continue to explore future possibilities.

### **January**

Re-evaluate your high school plan to make sure you are on track for graduation. Begin investigating financial aid by going online to:  
[StudentAid.gov](http://StudentAid.gov)  
[fafsa.gov](http://fafsa.gov)  
[StudentAid.gov/fsa-id](http://StudentAid.gov/fsa-id)

### **February**

ACT exam is coming up. Review for the test at [www.act.org](http://www.act.org). Continue to work hard to achieve the very best grades that you can.

## 12th Grade Checklist

### **August**

Continue to work really hard this year. Don't slack off on your school work. Review your final post-secondary school choices with your counselor. Begin senior project.

### **September**

Continue working on post-secondary applications. Start applying for scholarships; check the internet and school scholarship bulletin.

### **October**

Continue working on applications and researching scholarships. Begin assembling documents for financial aid applications; see your counselor for a list of specific documents that you will need. Go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov) to begin financial aid application. Everyone going on to postsecondary education is required to file a FAFSA. Check point for senior projects. Prepare to take or retake ASVAB.

### **November**

Continue working on applications and researching scholarships. Obtain recommendation letters from teachers if needed. Participate in college fairs. Mid-year graduates present projects and graduation planning.

### **December**

If you haven't already done so, complete your FAFSA as soon as possible. Application for financial aid opened in October.

### **9th Grade Checklist**

#### **March**

End of quarter 3. Stay focused on being organized and getting the best grades you can. If you need help, talk to your teachers and counselor.

#### **April**

Take time to research careers and to learn more about yourself, so that you can select a career that is right for you. Career goals can and will change, but start the planning process now.

#### **May**

If you are old enough to get a summer job, try it out! If not a job then volunteer in the community through churches and the Chamber of Commerce.

#### **June-July**

Rest up! Attend summer school (if needed) to catch up on any English or Math courses that you may not have passed. Use the summer to have some fun and prepare for your sophomore year!

### **10th Grade Checklist**

#### **March**

End of quarter 3 and the beginning of 2<sup>nd</sup> semester. Consider early college programs over the summer at CAC (Central Arizona College) to get a head start on your college credits. They offer 6 free credits beginning the summer after your sophomore year.

#### **April**

School year is almost over. Start making plans for the summer including researching part-time jobs or volunteer opportunities.

#### **May**

Get a summer job if possible; continue to do volunteer work. Consider early college programs over the summer at CAC (Central Arizona College) to get a head start on your college credits. If you haven't already done so, register for summer school at Villa Oasis or at CAC.

### **11th Grade Checklist**

#### **March**

If possible, use an electronic system to explore post-secondary school majors and choices. Start narrowing your choices. You should have at least three or four. ACT test begins!

#### **April**

School year is almost over. Continue to make plans for the summer including researching part-time jobs or volunteer opportunities.

#### **May-June-July**

Find a summer job that will boost your skills or your savings. Continue researching scholarships. Consider early college programs over the summer at CAC (Central Arizona College) to get a head start on your college credits.

### **12th Grade Checklist**

#### **January**

File all federal financial aid forms and begin applications to vocational, community college or universities. Verify that all your application materials have been received. DON'T give in to "senoritis".

#### **February**

Check with your postsecondary schools to make sure that they have all the documentation that they require. Follow up immediately, if additional information/documents are requested. Make sure to submit your completed FAFSA by the end of the month.

#### **March**

Continue to look for sources of financial aid. Check point for senior projects.

#### **April**

By now you should have received most of your decision letters. Talk to your counselor and parents and then make your final choice. May graduates present senior projects and prepare for graduation.

#### **May**

Have your high school send your final transcript to the school you have chosen

#### **June**

Make sure you know when tuition and room and board payments are due. Be sure to pay them on time. Participate in Summer Orientation if provided.

**GOOD LUCK WITH YOUR FUTURE!!!**