

# Life After High School

Office of Higher Education

www.ctohe.org

It's never too early to start planning for your future. The earlier you start thinking about college and career possibilities, the better prepared you will be for success. The four key steps are to: 1) let everyone know you're thinking about college and would like their help, 2) work hard and don't stop pushing yourself, 3) find out which kind of school best fits you and your career goals, and 4) learn about financial aid – there's lots out there. Follow these steps and you'll find yourself well on your way to a great future.

Use your computer as your tool for discovery. Unsure of your future direction? One or more of the websites listed below may offer just the spark to explore a college or career you hadn't considered before. You'll be surprised by how easy, informative and fun navigating these resources can be.

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## Planning for College

### *Tips for Applying & Preparing for College*

ACT®: College Planning – [www.actstudent.org/college/index.html](http://www.actstudent.org/college/index.html)

College Board – [www.collegeboard.org](http://www.collegeboard.org)

Federal Student Aid – <http://studentaid.ed.gov/home>

Office of Higher Education – [www.ctohe.org](http://www.ctohe.org)

ED.gov: Students with Disabilities Preparing for Postsecondary Education –  
<https://www2.ed.gov/about/offices/list/ocr/transition.html>

First Steps Toward College – [www.studentaid.ed.gov/prepare-for-college/checklists/middle-school](http://www.studentaid.ed.gov/prepare-for-college/checklists/middle-school)

### *Learn about College Entrance Exams*

ACT® – [www.act.org](http://www.act.org)

CollegeBoard – [www.collegeboard.org](http://www.collegeboard.org)

### *College Entrance Exam Preparation*

ACT® – [www.actstudent.org/testprep](http://www.actstudent.org/testprep)

CollegeBoard: SAT – [www.khanacademy.org/sat](http://www.khanacademy.org/sat)

ETS – [www.ets.org](http://www.ets.org)

NUMBER2.com – [www.number2.com](http://www.number2.com)

Vocabulary University® – [www.vocabulary.com](http://www.vocabulary.com)

### *Glossary of College Terms*

CollegeBoard: College Prep Glossary – [www.collegeboard.com/parents/plan/getting-ready/26304.html](http://www.collegeboard.com/parents/plan/getting-ready/26304.html)

FastWeb: College Admissions Glossary – [www.fastweb.com/college-search/articles/759-college-admissions-glossary](http://www.fastweb.com/college-search/articles/759-college-admissions-glossary)

Funding Your Education, The Guide to Federal Student Aid –  
<https://studentaid.ed.gov/sites/default/files/funding-your-education.pdf>

### *College Fairs*

CollegeBoard: Find a College –

<https://bigfuture.collegeboard.org/find-colleges/how-to-find-your-college-fit/college-fair-checklist>

FastWeb! – [www.fastweb.com/college-search/articles/763-college-fairs](http://www.fastweb.com/college-search/articles/763-college-fairs)

NACAC: National College Fairs – [www.nacacnet.org](http://www.nacacnet.org)

NEACAC: College Fairs – [www.neacac.org](http://www.neacac.org)

Questions to Ask When Choosing a College – [www.ctohe.org/edinfo/pdfs/Questions.pdf](http://www.ctohe.org/edinfo/pdfs/Questions.pdf)

### ***Explore & Apply to Colleges Online***

CollegeBoard – <https://bigfuture.collegeboard.org/get-in/applying-101/how-to-finalize-your-college-list-admissions-college-application>

College Reality Check – [www.collegerealitycheck.com](http://www.collegerealitycheck.com)

Common Application – [www.commonapp.org](http://www.commonapp.org)

Connecticut Office of Higher Education Academic Program Search – [www.ctohe.org/heweb/ProgramSearch.asp](http://www.ctohe.org/heweb/ProgramSearch.asp)

New England Board of Higher Education – [www.nebhe.org](http://www.nebhe.org)

Peterson's – [www.petersons.com](http://www.petersons.com)

Possibility U – [www.possibilityu.com](http://www.possibilityu.com)

U. S. Department of Education College Navigator – <http://nces.ed.gov/collegenavigator/>

### ***Student-Athletes***

NAIA – [www.naia.org](http://www.naia.org)

NCAA – [www.ncaa.org](http://www.ncaa.org)

NCAA ELIGIBILITY CENTER – [www.eligibilitycenter.org](http://www.eligibilitycenter.org)

NJCAA: National Junior College Athletic Association – [www.njcaa.org](http://www.njcaa.org)

### ***College Financial Aid Resources***

College Goal Sunday Connecticut – [www.collegegoalsundayct.org](http://www.collegegoalsundayct.org)

College Scorecard – <http://collegecost.ed.gov/scorecard/index.aspx>

Office of Higher Education Student Financial Aid – [www.ctohe.org/SFA](http://www.ctohe.org/SFA)

FastWeb – [www.fastweb.com](http://www.fastweb.com)

Federal Student Aid – [www.federalstudentaid.ed.gov](http://www.federalstudentaid.ed.gov)

Federal Student Aid Loan Counseling Tool – <https://studentloans.gov/myDirectLoan/index.action>

FinAid – [www.finaid.org](http://www.finaid.org)

National Association of Student Financial Aid Administrators – [www.nasfaa.org](http://www.nasfaa.org)

## **Planning Your Career**

### ***Find a Career that Matches Your Interests & Skills***

College & Career Quest Exercise – [www.njsca.org/col/colquest.htm](http://www.njsca.org/col/colquest.htm)

The Career Interests Game – <http://career.missouri.edu/career-interest-game>

Connecticut Department of Labor: Pathways to the World of Work for Young Adults – Self-Assessment – [www.ctdol.state.ct.us/youth/assessment.htm](http://www.ctdol.state.ct.us/youth/assessment.htm)

Mapping Your Future – <http://mappingyourfuture.org/planyourcareer>

### ***Career Exploration Resources for Middle School Students***

Engineer Girl! – [www.engineergirl.org](http://www.engineergirl.org)

The Fun Works for Careers You Never Knew Existed –

[www.mydigitalchalkboard.org/portal/default/Group/Viewer/GroupView?action=2&q1=funworks](http://www.mydigitalchalkboard.org/portal/default/Group/Viewer/GroupView?action=2&q1=funworks)

Kids.gov – <https://kids.usa.gov/teens/jobs/index.shtml> (Links to a variety of career information sites)

NASA – [www.nasa.gov/audience/forstudents](http://www.nasa.gov/audience/forstudents) (Information on space-related subjects and careers)

NIEHS KIDS' PAGES: Health and Science Careers – <http://kids.niehs.nih.gov/explore/scienceworks/index.htm>

Sci4KIDS – [www.ars.usda.gov/oc/kids/index/](http://www.ars.usda.gov/oc/kids/index/)

Science Careers – [www.montereybayaquarium.org/lc/kids\\_place/kidseq\\_careers.aspx](http://www.montereybayaquarium.org/lc/kids_place/kidseq_careers.aspx)

### ***Career Exploration Resources for High School Students***

Connecticut State Colleges & Universities – [www.ct.edu/academics/cot](http://www.ct.edu/academics/cot)

Connecticut Early Childhood Education Interactive Career Map – <http://ctearlychildhoodcareerdev.info>

Connecticut League for Nursing: A Guide to Nursing Education in Connecticut –

[www.ctleaguefornursing.org/nursing-guide](http://www.ctleaguefornursing.org/nursing-guide)  
 Connecticut State Department of Education: Certification Information – [www.sde.ct.gov/sde/cert](http://www.sde.ct.gov/sde/cert)  
 (How to become a Connecticut teacher)  
 H.O.T. Health Occupations and Technology Careers in Connecticut – [www.healthcareersinct.com](http://www.healthcareersinct.com)  
 Institute of Sustainable Energy: Green Jobs in Connecticut – [www1.easternct.edu/sustainenergy/](http://www1.easternct.edu/sustainenergy/)  
 Connecticut Department of Labor Job & Career ConneCTion – [www.ctjobandcareer.org](http://www.ctjobandcareer.org) (A comprehensive site  
 providing links to self-assessment tools, occupational information, educational resources and job search services)  
 Mapping Your Future™ – <http://mappingyourfuture.org> (Outlines steps that students need to take in each grade for  
 future success)  
 The National Association of Music Education – [www.nafme.org/music-college-and-career-resources/](http://www.nafme.org/music-college-and-career-resources/)  
 Ocean Careers.com – [www.oceancareers.com/2.0/index.php](http://www.oceancareers.com/2.0/index.php)  
 The Riley Guide – [www.rileyguide.com](http://www.rileyguide.com) (A comprehensive career planning resource)  
 SIAM: Thinking of a Career in Applied Mathematics – [www.siam.org/careers/thinking/intro.php](http://www.siam.org/careers/thinking/intro.php)

### ***Choosing a Major***

Major Resource Kits – [www.udel.edu/CSC/mrk.html](http://www.udel.edu/CSC/mrk.html)  
 What Can I Do With a Major In... – <http://uncw.edu/career/WhatCanIDoWithaMajorIn.html>

### ***Career Descriptions & Requirements***

Career Guide to Industries – [www.bls.gov/oco/cg](http://www.bls.gov/oco/cg)  
 CareerOneStop – [www.careeronestop.org](http://www.careeronestop.org)  
 Collegeboard.com: Major & Career Profiles – [www.collegeboard.com/csearch/majors\\_careers/profiles](http://www.collegeboard.com/csearch/majors_careers/profiles)  
 Exploring Career Information from the Bureau of Labor Statistics: What Do You Like? – [www.bls.gov/k12](http://www.bls.gov/k12)  
 JobStar Central: Career Guides – [www.jobstar.org/tools/career/index.php](http://www.jobstar.org/tools/career/index.php)  
 Occupational Outlook Handbook – [www.bls.gov/oco](http://www.bls.gov/oco)  
 Occupational Outlook Quarterly – [www.bls.gov/opub/ooq](http://www.bls.gov/opub/ooq)  
 O\*NET OnLine – [www.onetonline.org](http://www.onetonline.org)

### ***Labor Market Information***

Bureau of Labor Statistics: Employment Projections: Education Pays... – [www.bls.gov/emp/ep\\_chart\\_001.htm](http://www.bls.gov/emp/ep_chart_001.htm)  
 Careeronestop: America's Career Infonet –  
[https://www.careerinfonet.org/Occupations/select\\_occupation.aspx?next=occ\\_rep&level=&optstatus=&id=1,11&no](https://www.careerinfonet.org/Occupations/select_occupation.aspx?next=occ_rep&level=&optstatus=&id=1,11&no)  
[deid=2&socode=&stfips=&jobfam=&menuMode=](https://www.careerinfonet.org/Occupations/select_occupation.aspx?next=occ_rep&level=&optstatus=&id=1,11&no)  
 Careeronestop: Salaries & Benefits – [www.careeronestop.org/SalariesBenefits/SalariesBenefits.aspx](http://www.careeronestop.org/SalariesBenefits/SalariesBenefits.aspx)  
 Connecticut Department of Labor: Labor Market Information for Students – [www.ctdol.state.ct.us/lmi/students.htm](http://www.ctdol.state.ct.us/lmi/students.htm)

### ***Occupational Licensure***

Careeronestop: Explore Careers – [www.careerinfonet.org](http://www.careerinfonet.org) (Click on “Certification Finder” and “Licensed  
 Occupations”)  
 Connecticut Licensing Info Center – <https://www.cerc.com/licenses/>

### ***Volunteerism***

AmeriCorps – [www.americorps.gov](http://www.americorps.gov)  
 Citizen Corps – [www.citizen corps.gov](http://www.citizen corps.gov)  
 Corporation for National and Community Service – [www.nationalservice.gov](http://www.nationalservice.gov)  
 Office of Higher Education: Connecticut Commission on Community Service – [www.ctohe.org/Cccs](http://www.ctohe.org/Cccs)  
 Peace Corps – [www.peacecorps.gov](http://www.peacecorps.gov)  
 SERVE.GOV – [www.serve.gov](http://www.serve.gov)  
 USA Jobs – [www.usajobs.gov](http://www.usajobs.gov) (Click on “Students and Recent Graduates”)  
 Volunteer.gov/gov – [www.volunteer.gov/gov](http://www.volunteer.gov/gov)

### ***Internships***

Federal Government Internships – <http://gogovernment.org>  
 Students.gov – <https://www.usajobs.gov/StudentsAndGrads>

***Understanding the World of Work***

Connecticut Department of Labor: Pathways to the World of Work for Young Adults –  
[www.ctdol.state.ct.us/youth/main.htm](http://www.ctdol.state.ct.us/youth/main.htm)

JAN - Job Accommodation Network – <http://askjan.org>

U.S. Department of Labor: Occupational Safety & Health Administration – Young Workers –  
[www.osha.gov/SLTC/teenworkers](http://www.osha.gov/SLTC/teenworkers)

U.S. Department of Labor: Resources for Young Workers – [www.dol.gov/dol/topic/youthlabor/StudentWorkers.htm](http://www.dol.gov/dol/topic/youthlabor/StudentWorkers.htm)

YouthRules! – [www.youthrules.dol.gov](http://www.youthrules.dol.gov)

**Other Sites of Interest*****Study Skills***

[www.dus.psu.edu/academicsuccess/studyskills.html](http://www.dus.psu.edu/academicsuccess/studyskills.html)

[www.shsu.edu/~tst\\_www/tips](http://www.shsu.edu/~tst_www/tips)