

# Plan for the Future

*The  
Individual Academic  
and Career Plan*

*and The  
Ohio Career  
Information System*

## *Resource Guide for Families*





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**NOTE:**

The *College and Career Planning: Resource Guide for Families* is not intended to be an exhausted list of resources. This information, which should not be perceived as an Ohio Department of Education (ODE) product, promotion or endorsement, was accurate and relevant at the time of publication. Addresses and information about external Web sites are believed to be accurate but not guaranteed or endorsed by the ODE, which disclaims liability for any errors or omissions and reserves the right to delete and add links.

Individuals are encouraged to share other relevant Web sites for future use by sending an e-mail to [carolyn.george@ode.state.oh.us](mailto:carolyn.george@ode.state.oh.us).

### About the Resource Guide



#### ***The Purpose***

This *Plan for the Future: Resource Guide for Families* is designed to assist parents who are helping a son/daughter plan for his/her future. Parent or family members will have more influence on a young person's career development than any other person. Involvement with career and college planning will impact a child's choices that lead to academic and personal success.

#### ***The Primary Support Tools***

Ohio has two important tools to support career development for students: the Ohio Career Information System (OCIS) and the Individual Academic and Career Plan (IACP). To learn more, go to [www.ocis.org](http://www.ocis.org).

While these tools are wide-ranging in scope, a wealth of additional information is available on the Internet and in print. This guide seeks to help families access those resources.

#### **What is the Ohio Career Information System (OCIS)?**

The OCIS is a career and college planning tool. Students can use it to:

- Learn about the different options for postsecondary education;
- Research the most up-to-date career information available;
- Find out what careers are in demand nationally and in Ohio;
- Research colleges, universities and scholarship opportunities;
- Read real-world interviews from someone in your career of interest;
- Find out how to prepare for a chosen career.

#### **What is the Individual Academic and Career Plan (IACP)?**

The IACP is a tool to help OCIS users develop in-depth, personalized academic and career plans. Users can save information from their OCIS searches and create an educational plan to meet their career goals. Students can also use it to:

- Monitor and track progress towards graduation;
- Plan and maintain academic course plans;
- Record information needed on college and job applications, i.e., extracurricular activities, test scores and career-related courses;
- Plan work-based learning experiences, such as job-shadowing.

### Why should Ohio students use the OCIS and IACP?

These tools take the next step beyond career and college searches. They help teens connect career opportunities with their learning process. This will encourage them to take an active role in planning for the future.

### How do I get access to the OCIS and IACP for me or the young person in my family?

Schools and community organizations pay a license fee to provide students or community members with access to the OCIS and IACP. Check with your area school or a local organization, such as a library, to see whether they have purchased a license. If they have, request a username and password.

### I don't have access to the OCIS and IACP. Can I still use the Resource Guide for Families?

Yes. You do not need access to the OCIS and IACP to access other resources in this guide.



### Ohio-specific Resources

Families can use these resources to help prepare youth for college and the college application process. These resources are targeted for students in Ohio.

#### College Access Information Hotline

1-877-I-ATTAIN (1-877-428-8246)

The College Access Hotline is a toll-free number students and families can call to get answers to questions about college and financial aid. The hotline is available 10 a.m. to 6 p.m. Monday through Friday. Call 1-877-I-ATTAIN (1-877-428-8246) to talk to a college information specialist.

#### Ohio College Access Network (OCAN)

[www.ohiocan.org](http://www.ohiocan.org)

OCAN is a group of community organizations that work to make college accessible to all Ohio students. Families can use OCAN to find programs in their community that help students learn about college and how to get into college. To find resources in your area, click on the map of Ohio in the upper right-hand corner of the home page. Select your county from the drop down box.

#### College 101

[www.ohiocan.org/College\\_101.aspx](http://www.ohiocan.org/College_101.aspx)

*College 101* is a magazine about attending college in Ohio. It includes real stories and interviews from Ohio college students. Topics include how they got to college and advice for other students planning for college. It also includes profiles of Ohio colleges and universities. This magazine can give students and families a better understanding of opportunities in Ohio.

#### Ohio Career Information System (OCIS) and Individual Academic Career Plan (IACP)

[www.ocis.org](http://www.ocis.org)

OCIS and IACP are career search and planning tools for students of all ages. OCIS contains the latest national, Ohio and local labor market data. Students can research careers and develop a plan to meet career goals.

### Ohio Department of Education Family Web Site

[education.ohio.gov](http://education.ohio.gov)

The Ohio Department of Education has developed a new part of the Families Web site to give families information on college and career planning. Visit this site to find information on planning for the future and postsecondary options for high school students. Keyword search: *families*.

### State Grants and Scholarships

Hotline: 1-888-833-1133

[regents.ohio.gov](http://regents.ohio.gov)

Information about state grants and scholarships is available on the Ohio Board of Regents Web site. Click on "State Grants and Scholarships." If you have questions about state grants and scholarships, call the State Grants and Scholarships Hotline at 1-888-833-1133.



## Internet Resources

### ACT Information for Parents

[www.act.org/path/parent/](http://www.act.org/path/parent/)

Use this site to:

- Understand the career planning process;
- Learn the basic steps of career planning to help with a teen's future;
- View checklists for both the family and the student to help prepare and make decisions; and
- View parent newsletters and other resources.

### Bureau of Labor Statistics - What Do You Like?

[www.bls.gov/k12](http://www.bls.gov/k12)

Use this site to:

- Help Grade 4-8 students learn about career fields and options; and
- Connect to the U.S. Bureau of Labor Statistics main site for more information.



### Career One Stop: Pathways to Career Success

[www.careeronestop.org/studentsandcareeradvisors](http://www.careeronestop.org/studentsandcareeradvisors)

Use this site to:

- Begin the career planning process with your teen;
- Examine trends, growing industries, postsecondary education options, and job qualifications. Site includes information about specific career areas; and
- Start career planning discussions with your child.

### Career Zone

[www.nycareerzone.org](http://www.nycareerzone.org)

Use this site to:

- Assess your teen's personal interests for career planning;
- Watch videos about careers;
- Search for information in the fields of health services and natural and agricultural science;
- Find information on summer-related internships, games and summer camps; and
- Read job highlights that include education, skills, knowledge, tasks, wages, job outlook and other additional information.

### College Access

[www.going2college.org](http://www.going2college.org)

Use this site to:

- Help teens plan for college;
- Calculate the difference in lifetime income with different levels of education;
- Use this information to discuss planning for postsecondary choices; and
- Calculate costs and learn about saving for college and financial aid.

### Construct My Future

[www.constructmyfuture.com/parents](http://www.constructmyfuture.com/parents)

Use this site to:

- Find information on careers in the construction industry;
- Discuss the variety of construction career opportunities in areas of your teen's interests; and
- Explore postsecondary education, look at current job possibilities and investigate scholarships.

### Engineer Girl

[www.engineergirl.org](http://www.engineergirl.org)

Use this site to:

- Promote engineering with your teenage girl;
- Play interactive games, do activities and explore careers;
- Discuss classes to take;
- Explore colleges; and
- Help your teen enter contests that provide scholarships to help women enter the predominately male engineering career field.

### College Board

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

Use this site to:

- Find resources on college access;
- Explore information on financing college; and
- Help prepare your teen to be college and career ready.

### Idealist.org

[www.idealists.org](http://www.idealists.org)

Use this site to:

- Find information about nonprofit careers, as well as key terms such as departments, duties and daily tasks;
- Help your teen find job and internship opportunities in the nonprofit sector; and
- Explore career options in nonprofit organizations.

### LifeWorks

[science.education.nih.gov/LifeWorks](http://science.education.nih.gov/LifeWorks)

Use this site to:

- Browse for information on more than 100 medical science and health careers by title, education required, interest area or median salary; and
- Read true stories of successful people illustrating the variety of real-life career pathways, from the carefully planned to the unpredictable.

### Making it Count! Parents

[www.makingitcount.com/parents/start/default.asp](http://www.makingitcount.com/parents/start/default.asp)

Use this site to:

- Research the process and planning for postsecondary education with your teen;
- Consider aspects that are often overlooked, such as finding the best college “style” for your teen;
- Discuss the pressures of senior year and making the transition to independence with your teen; and
- Read articles on topics such as:
  - ✓ Working with the school counselor
  - ✓ Advice from students to families
  - ✓ College visit checklist
  - ✓ Timelines
  - ✓ Admissions and applications
  - ✓ Financial aid process and questions
  - ✓ And much more.

### Manufacturing Is Cool

[www.manufacturingiscool.com](http://www.manufacturingiscool.com)

Use this site to:

- Discuss the variety of manufacturing career opportunities in areas of your teen's interests through the video and print interviews;
- Find summer camp and academy opportunities for career exploration; and
- Find college and scholarship opportunities in manufacturing.

### Mapping Your Future

[mappingyourfuture.org/](http://mappingyourfuture.org/)

Use this site to:

- Use the career planning area to have your teen complete an interest survey;
- Discuss the high school courses and careers that involve the preferred interests;
- Look at education options, school selection and paying for postsecondary education.



### ParentFurther

[www.parentfurther.com](http://www.parentfurther.com)

Use this site to:

- Customize the site to your family's needs;
- Discover what teens need to become caring, healthy, responsible adults by making smart choices;
- Find solutions to challenges in the lives of students and identify critical building blocks of positive youth development; and/or
- Sign up for the Everyday Parenting Ideas Newsletter, a collection of weekly parenting tips for you and your teenager from a positive perspective.

### MyChild'sFuture

[www.mychildsfuture.org](http://www.mychildsfuture.org)

Use this site to:

- View information on child development relevant to any age;
- Look over the tips and empower yourself with information on career decision making;
- Complete activities that help with decision making;
- View tips, checklists and facts for families to talk to their teens; and
- View future planning and guidance ideas with suggestions for implementing them.

### Sloan Career Cornerstone Center

[www.careercornerstone.org/](http://www.careercornerstone.org/)

Use this site to:

- Explore science degree fields;
- Read candid interviews about science careers; and
- Access the Career Cornerstone Center, which offers resources to explore career paths in biology, chemistry, the geosciences and physics.

### Try Engineering

[www.tryengineering.org](http://www.tryengineering.org)

Use this site to:

- Ask questions of engineers and engineering students;
- Read interviews given by engineers in the field;
- Use the Ask an Expert tool to ask engineers and undergraduate engineering students about their careers;
- Help your teen see if his or her personality traits match those best suited for an engineer;
- Plan for an engineering education; and
- Use the Find a University tool to guide you and your teen in searching for universities and financial aid.

### What Can I Do With a Major in...

[www.uncwil.edu/stuaff/career/Majors/](http://www.uncwil.edu/stuaff/career/Majors/)

Use this site to:

- Help teens narrow their focus to choose a college major;
- Talk to your teen about his or her interests and favorite school subjects, and then explore this Web site's information together; and
- Help you see that your teen's preference for a college major does have career choices.



## Print Resources

*Ask Me Where I'm Going  
and Other Revealing Messages from Today's Teens*

Search Institute, 2004

ISBN: 978157482854 (Softcover)

This book uses practical “real words” from teens — describing what they really want from the caring adults in their lives. “Let me share my worries with you...Never give up on me...Encourage me more, criticize me less.” This is a primer for parents and family members new to the teen years and a reminder for those already in the “teen trenches.”

*Conversations on the Go:  
Clever Questions to Keep Teens and Grown-Ups Talking*

Mary Ackerman, 2004

ISBN: 970157482863 (Softcover)

Conversations on the Go is filled with questions to stretch the imagination and bring out your teen's personality. Take turns asking questions such as:

- If you were the smartest person in the world, what would you use your intelligence to do?
- What does integrity mean to you?
- If you could take the next year off, what would you do?

*Emerging Adulthood:  
The Winding Road from the Late Teens through the Twenties*

Jeffrey Jensen Arnett, 2004

ISBN: 978-0195309379 (Hardcover or paperback)

Early adulthood, ages 18 to 29, is often characterized by exploration, instability, possibility, self-focus and a sustained sense of being in limbo. Emerging adults emphasize having meaningful and satisfying work to a degree not seen in prior generations. This book is valuable for anyone wanting to understand the evolving demographics of American youth, the American workplace and adulthood.

### ***E-Parenting: Keeping up with Your Tech-Savvy Kids***

Sharon Miller Cindrich, 2007

ISBN: 978-0375721656 (Paperback)

Podcast. IM. Downloadable ring tone. It's the language of the future, and chances are, your kids are already fluent. Are you? E-Parenting teaches various technologies and explain how you can make the most of each with your family. Learn about:

- The Internet;
- Handheld organizers;
- Cell phones;
- Digital cameras;
- Digital recording devices; and
- Global Positioning Satellite (GPS) technology.

### ***Getting Real: Helping Teens Find Their Future***

Kenneth Gray, 1999

ISBN: 978-0761975151 (Paperback)

Getting Real offers realistic advice and career directions to negotiate the disparity between teenage beliefs and aspirations and the real economic labor market.

### ***Other Ways to Win: Creating Alternatives for High School Graduates***

Kenneth Gray and Edwin Herr, 2006

ISBN: 978-1412917810 (Paperback)

Research suggests that more than half of high school student graduates are not academically prepared for college. This book explores the choices available to these students beyond traditional four-year colleges.

***Ready or Not, Here Life Comes***

Mel Levine, 2005

ISBN: 978-0743262255 (Hardcover or Paperback)

Making the transition to adulthood is hard for teens. Many suffer from what Dr. Mel Levine calls “work-life unreadiness,” which prevents them from making the transition to full adulthood and which can cause considerable anguish. In *Ready or Not, Here Life Comes*, Dr. Levine examines why many young people seem to stall before beginning their adult lives and shows how they can get back on track.



### Tips on College and Career Planning

#### **General Tips**

As parents, we want our children to have a bright, successful future. In a world that changes so quickly, it can be a challenge to understand the ways we can help our children prepare for college and a career. Below are some general tips for helping your child plan for college and/or a career.



#### **Start early.**

Helping your child think and talk about going to college or what kind of career he/she want to explore at a young age helps communicate your belief and expectation that he/she will be successful. Research has shown that parents' and family members' expectations for their children, regardless of their own job or educational attainment, are some of the most powerful influences in whether a student pursues higher education. You also can never start saving too early for their education.

#### **Talk with your child's guidance counselor.**

The guidance counselor at your child's school is usually the school's main resource person on college and career planning. The counselor will be able to provide you and your child with information on colleges and career colleges, college entrance tests, academic summer camps and other programs and services that may be available to your child.

### **Talk with your child's teachers.**

As our children enter middle and high school, we may find it even more challenging to find out from them how they're doing in school. Often, young adults who are struggling may be reluctant to discuss these issues. High-achieving students that need more of a challenge may not communicate this to parents. By talking with your child's teacher you can find out if he/she needs more support, or if he/she excels in a certain subject. When you know what he or she needs, you can advocate for resources on behalf of your child.

### **Encourage your child's interests.**

A simple way to do this is to talk to your child about his/her interests and spend some time together researching related careers. Make it a game to see how many related jobs each of you can list. Academic summer camps are another great way to help inspire your child. These camps are focused on a wide range of topics and are available across the state. Many camps offer scholarships or financial assistance. Attending camp can be a great way for your child to explore an interest in depth or get a taste of what college is like.

### **Get involved in your child's learning.**

Parents and families can be involved in their high schooler's education by helping them plan for college or a career. Teens can be overwhelmed during the college application process or when they are making plans for their life after graduation. Parents can help their teen by working with them to make a calendar of college and financial aid application deadlines.

## ***Talking with Your Teen***

Many parents have asked the question, "What do you want to do?" and heard the reply, "I don't know." Finding ways to talk about your child's future in a meaningful way can be a challenge. Helping your teen find the career path in life where they will be happy and fulfilled means helping them get to the very core of who they are. Think of it as a treasure hunt; at the end you will know more about your teen than you thought and will have helped them clarify some of their ideas and goals. The following are some questions and tips to help in the process.

### Questions to ask your teen:

1. What do you do that makes you feel confident?
2. What do you think you're good at? (This does not need to be academic.)
3. Have you thought about where you might like to go to college? If so, where and why?
4. What are your favorite subjects in school?
5. What extracurricular activities and hobbies do you enjoy doing the most?
6. If you picture yourself five years from now, what is your life like?
7. What are you doing when you feel the happiest and most satisfied?
8. What have you always dreamed about being?
9. Who do you find inspiring?
10. What people in your life do you want to be like? Why?
11. Where would be your "dream" place to live?
12. What places would you like to travel to in your lifetime?

### Tips on talking with your teen:

- ✓ Reaffirm your belief that they will be successful in life.
- ✓ Start talking with them about their future at an early age. Elementary and middle school are not too soon.
- ✓ Let them know what your expectations are. Ask them about their own expectations. Listen carefully and non-judgmentally. Do you share the same expectations? If not, talk about how they are different and why.
- ✓ Give them some time to think about the topics. Tell them what you'd like to discuss, ask them if they have additional topics they'd like to discuss and agree on a time to sit down and talk.
- ✓ As parents know, teens are very perceptive and often very sensitive to what they perceive to be judgmental. Think of this when you're having conversations about college and career planning. Try to be aware of your own tone of voice and body language, even if you feel very strongly about a certain point.
- ✓ Discuss how each of you sees your roles in the decision-making process. What decisions will your teen need to make and what resources are available to help? What decisions will you make collaboratively?

- ✓ At the same time, let them know that you are still the parent and still have high expectations. (Parents' high expectations are a crucial factor in student success.)
- ✓ Positively reinforce their behavior when they show maturity, insight or initiative in planning for the future. This can be as simple as a well-placed compliment: "I'm really impressed that you're already thinking ahead."
- ✓ Model the behavior you want them to show. Always wanted to go back to school? Thinking about a change in career? Make a reasonable, achievable plan and get started! You will inspire your teen to do the same.

### ***Talking with a Guidance Counselor***

Your child's guidance counselor is an important contact for college and career planning. Guidance counselors have information about colleges, universities, academic summer programs, financial aid and more. Below is a list of questions you can ask to find out more information about how your child's school helps with planning for life after high school.

#### ***General Questions***

1. Does the school or district offer programs to help with college and career planning?
2. What sort of assistance or resources does the school offer around college and career planning?
3. Who assists students with college and career planning at the school?
4. When will my child meet with a school counselor to talk about college and career plans?
5. Are there community resources available for college and career planning, such as workshops, business open houses or career mentoring programs?
6. What sort of academic summer programs are available for my child?

### *Career Questions*

1. What kind of Career-Technical Education (CTE) programs are available for my child?
2. Does my child have access to the Ohio Career Information System (OCIS) and the Individual Academic Career Planner (IACP) through the school?
3. What resources can my child use to find a job after graduation?
4. Who can my child talk to about finding a job?
5. Does the school offer work-based learning experiences, such as job shadowing, volunteering, mentoring or internships?

### *College Questions*

1. What kinds of Advanced Placement (AP) courses are available for my child?
2. Is my child eligible for the Post Secondary Enrollment Options Program? (This program allows your child to take classes at a local college or university for free and earn both high school and college credit.)
3. What kind of local scholarships are available in our area?
4. Who can my child ask for feedback about their college application?
5. Where can I get help filling out the Free Application for Federal Student Aid (FAFSA)?
6. Where can I get help understanding financial aid?





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