



College & Career Seminar

Course Description:

The 9th Grade College and Career Seminar is a foundational course designed to support students as they transition into high school and begin planning for their futures. Through a series of engaging, real-world lessons, students will explore who they are, how they learn, and where they want to go. They will build essential academic, personal, and professional skills that will guide them throughout high school and beyond.

Throughout the course, students will:

- Understand high school expectations, graduation requirements, and GPA.
- Develop study habits, time management, and organization skills for academic success.
- Explore their personality, interests, values, and strengths using research-based tools.
- Investigate career pathways, postsecondary options, and create a personalized 10-year plan.
- Practice professional and employability skills including communication, goal-setting, and resume writing.
- Learn how to build healthy relationships, manage conflict, and make responsible decisions.
- Examine their digital footprint and learn strategies for maintaining a positive online identity.
- Gain financial literacy skills to begin building smart money habits for the future.

By the end of the course, students will have a clearer sense of who they are, where they're going, and how to get there—with a personalized roadmap for high school and beyond.

College & Career Seminar Scope & Sequence

Unit	Learning Outcomes	# of Lessons
1st Quarter		
Unit 1: Launching Your High School Journey	By the end of this unit, students will be able to: <ul style="list-style-type: none"> • Describe key differences between middle and high school. • Build positive relationships through teambuilding activities. 	5

	<ul style="list-style-type: none"> • Help create and follow classroom norms that support learning. • Identify school staff and locate important school resources. • Understand basic graduation requirements and begin a high school success plan. 	
<p>Unit 2: Getting Organized for Success</p> <p>-</p>	<p>By the end of this unit, students will be able to:</p> <ul style="list-style-type: none"> • Organize school materials and manage their time effectively. • Use planners and calendars to track assignments and goals. • Apply different note-taking strategies for class and studying. • Use study skills and test-taking strategies to prepare for assessments. • Set and reflect on SMART goals for academic growth. • Understand their personal learning style and how it affects study habits. • Stay focused and motivated through academic challenges. • Build positive relationships and resolve conflicts respectfully. • Create a personalized success plan to guide their high school journey. 	10
<p>Unit 3 Charting Your Future: Career Exploration & Planning (10-Year Plan)</p>	<p>By the end of this unit, students will be able to:</p> <ul style="list-style-type: none"> • Understand personal interests, values, and strengths. • Explore careers and career clusters aligned with personality and interests. • Understand high school academy/CTE pathways and their connection to future goals. • Examine post-secondary options (college, trade school, military, workforce). • Develop key soft skills for success. • Set SMART goals and create a 10-Year Plan. • Visualize future self through a Vision Board. 	20
<p>Unit 4: Understanding Yourself: Building a</p>	<p>By the end of this unit, students will be able to:</p> <ul style="list-style-type: none"> • Define and understand self-awareness. • Recognize and name emotions and their impact. • Practice emotional regulation and coping strategies. 	10

Foundation for success	<ul style="list-style-type: none"> • Use mindfulness and focus techniques. • Identify ways to build confidence and self-advocate. • Demonstrate personal growth through a final project. 	
Unit 5 Building Healthy Relationships & Social Skills	<p>By the end of this unit, students will be able to:</p> <ul style="list-style-type: none"> • Develop self-awareness of how communication and behavior influence first impressions and relationships. • Recognize the qualities of healthy, unhealthy, and abusive relationships and make informed choices about their interactions. • Communicate effectively and assertively in a variety of social situations, including conflict and peer pressure. • Establish and respect personal boundaries, both in person and online. • Access and contribute to support systems, including friendships, teamwork, and trusted adults. 	10
Unit 6: Essential Employability Skills	<p>By the end of this unit, students will be able to:</p> <ul style="list-style-type: none"> • Identify and demonstrate key employability skills, qualities, and workplace values. • Analyze the importance of effective workplace communication and practice appropriate communication methods. • Write professional business documents including business letters, emails, and memos. • Create a polished resume and cover letter tailored to a specific job or industry. • Demonstrate professional behavior in collaborative and individual tasks. 	10
Unit 7: The Digital Me: Building a Positive Online Legacy	<p>By the end of this unit, students will be able to:</p> <ul style="list-style-type: none"> • Understand the long-term impact of online behaviors. • Develop strategies for maintaining a safe and positive digital presence. • Learn to recognize and respond to cyberbullying and digital drama. • Establish healthy boundaries and habits for tech use. 	10
Unit 8: Financial Responsibility – Building Smart Money Habits	<p>By the end of this unit, students will be able to:</p> <ul style="list-style-type: none"> • Understand the importance of financial literacy and apply it to personal decisions, budgeting, and goal-setting. 	10

	<ul style="list-style-type: none"> • Create and manage a basic budget by identifying income, expenses, and savings priorities. • Make informed spending choices by comparing unit prices, analyzing marketing tactics, and recognizing consumer rights. • Explain how credit and debt work and apply strategies to use credit responsibly and avoid financial pitfalls. • Read and interpret a pay stub, understanding deductions and their impact on net income. • Plan for future financial goals using SMART goal strategies aligned with personal values and needs. • Reflect on financial habits and apply money management strategies to real-life decisions. 	
<p>Unit 9: My High School Blueprint – Putting It All Together</p>	<p>By the end of this unit, students will be able to:</p> <ul style="list-style-type: none"> • Reflect on their learning journey and personal growth over the year. • Apply organizational, interpersonal, and academic strategies to real-world scenarios. • Develop a personalized academic, career, and financial plan. • Showcase their employability, communication, and digital literacy skills. • Present their comprehensive “High School Blueprint” to peers, teachers, and invited guests. 	<p>10</p>