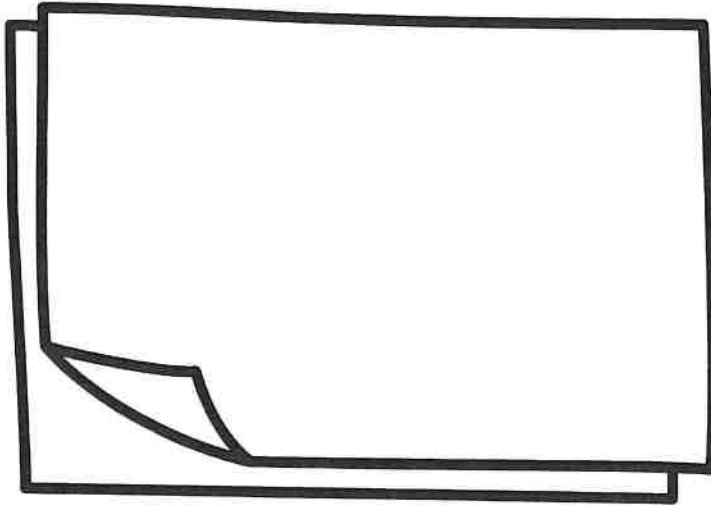


NAME: _____

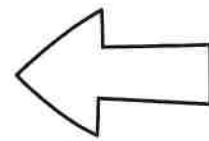
SOPHOMORE YEAR



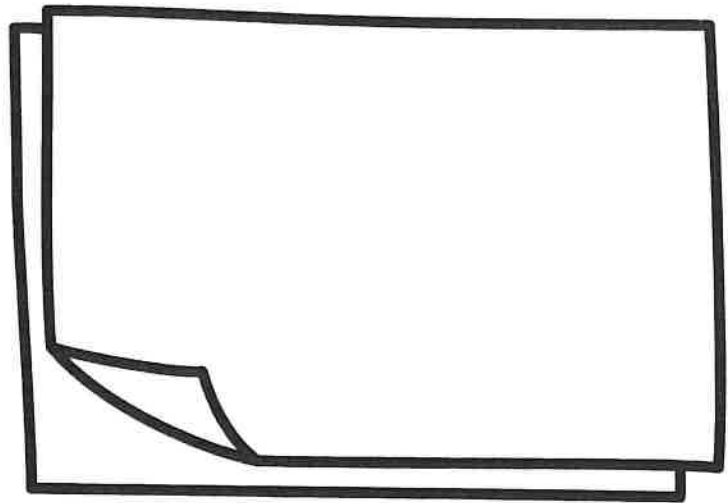
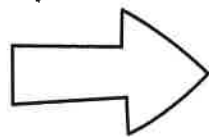
WHERE DO YOU SEE YOURSELF...



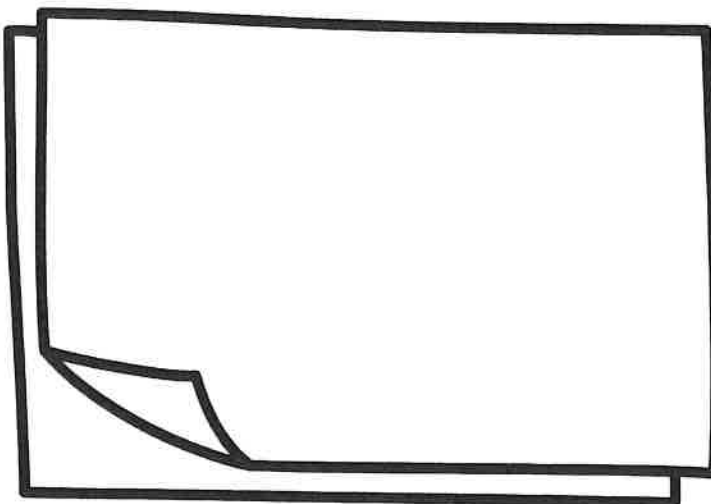
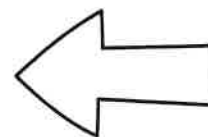
immediately
after high
school?



in 5 years?



in 10 years?



HOW IS 10TH GRADE DIFFERENT THAN 9TH GRADE FOR YOU?



SCHOOL

HOME

FREEDOMS

RESPONSIBILITIES

ACADEMIC GOALS



My current GPA:

A horizontal banner with a folded left end and a pointed right end, intended for writing the current GPA.

GPA I'd like to graduate with:

A horizontal banner with a folded left end and a pointed right end, intended for writing the target GPA.

What motivates me to achieve this goal?

A horizontal banner with a folded left end and a pointed right end, intended for writing the motivation.

What doors will open for me when I achieve this GPA goal?

A horizontal banner with a folded left end and a pointed right end, intended for writing the future opportunities.

What non GPA-related academic goal do I have?

A horizontal banner with a folded left end and a pointed right end, intended for writing the non-GPA goal.

Caldera Graduation Worksheet (Academic)

Student Name: _____
Last First

ID: _____

Student Personal Email: _____ Student Phone # _____

Student must complete a minimum of 26 credits and complete all subject requirements

☐ = .5 credits/1 semester

English (LA) 4.0 credits

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Math (MA) 3.0 credits

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Science (SC) 3.0 credits

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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History and Social Science 3.0 credits

World History (WS): ☐ ☐ U.S. History (US): ☐ ☐ Financial Literacy/Econ: ☐ Government (GV): ☐

Foreign Language/Fine Arts/CTE(FA) 3.0 credits

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

Physical Education (PE) 1.0 credits

<input type="checkbox"/>	<input type="checkbox"/>
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Health 1.0 credits

H1 ☐ H2 ☐

Electives (EL) 8.0 credits

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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MY ORGANIZATIONAL SKILLS

I study best:

I keep track of my obligations by:

A study habit I'm proud of is:

A study habit I need to change is:

A way I limit my social media while studying is:

A way I stay organized is:



Advice I would give my freshman year self about studying and staying organized...

←2)

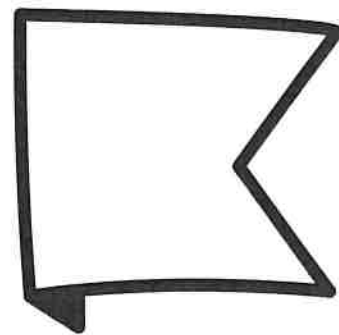
MY STANDARDIZED TEST PLANS

The college(s) I'm
interested in are:

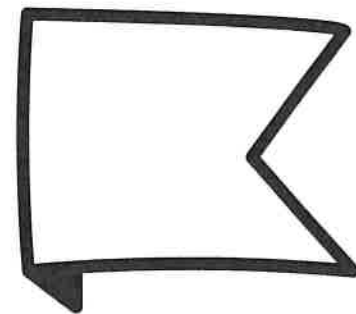
test optional?
test blind?
requiring testing?



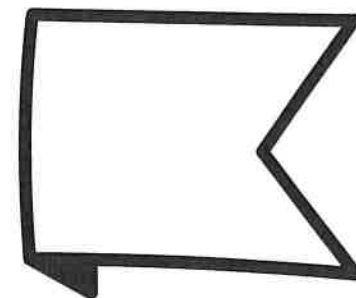
I plan to take the
PSAT:



I plan to take the
SAT:

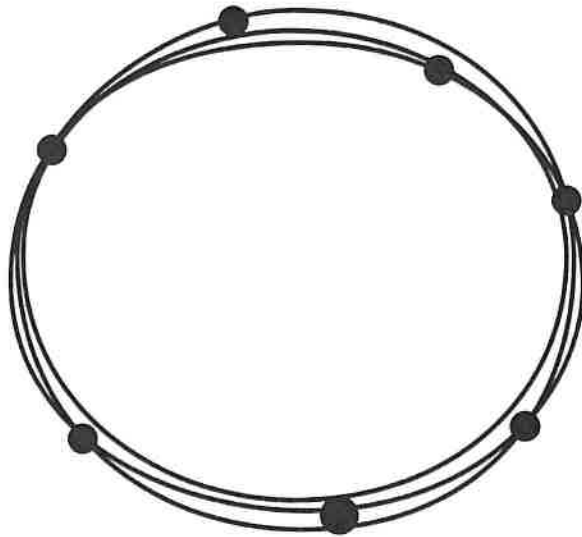


I plan to take the
ACT:

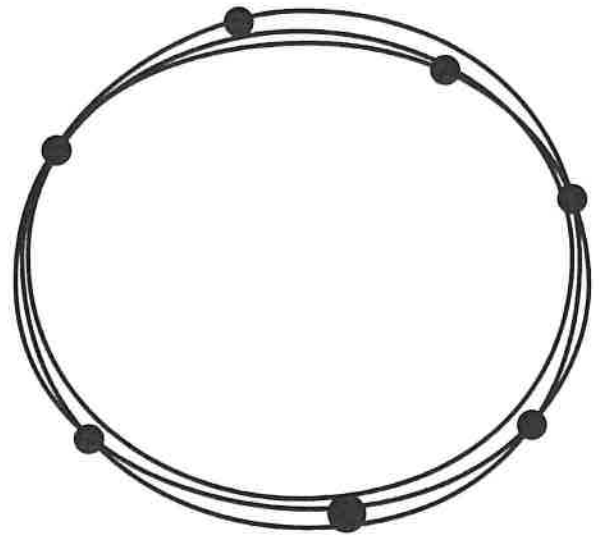


SELF REFLECTION

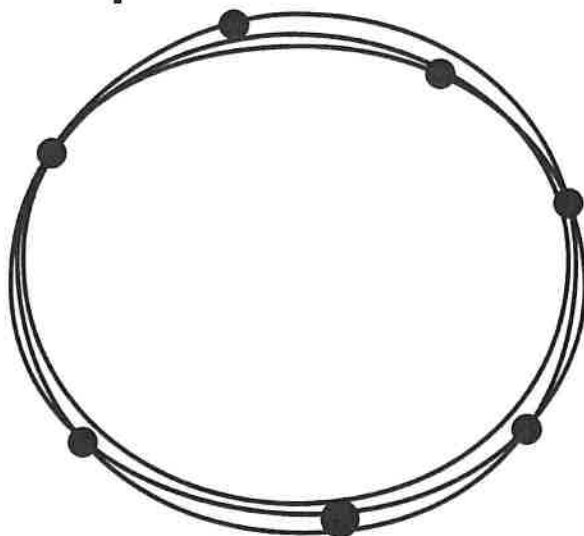
Some strengths I
see in myself are:



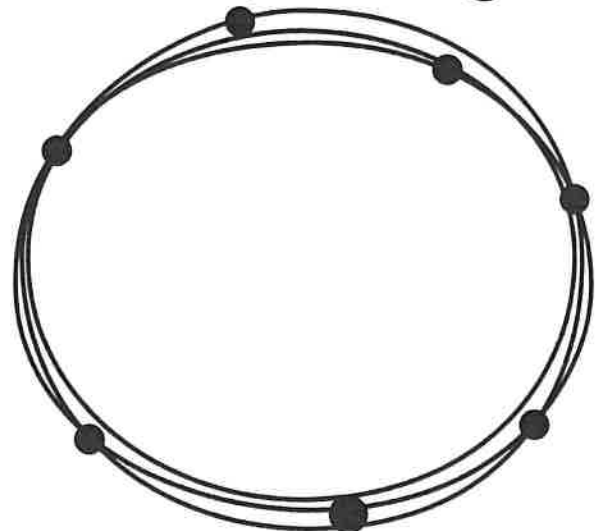
Some areas I'd like
to personally grow
in are:



Something I'm
proud of is:



Something I
dream of
accomplishing is:



MY SELF CARE CHECKLIST

mentally

- read a new and engaging book
- listen to a podcast
- challenge yourself academically
- learn a new hobby
- read a magazine article

physically

- sleep 8+ hours at night
- eat healthy foods
- exercise regularly
- try a new sport or hobby
- drink more water

emotionally

- keep healthy friendships and relationships
- avoid toxic or one-sided relationships
- set boundaries and be able to say "no" when needed
- engage in positive self-talk

spiritually

- pray or meditate
- find a community of people to discuss your beliefs with
- give yourself time to explore, think, and reflect
- journal your thoughts

socially

- spend time with genuine friends
- take time to disconnect from your phone and connect in real life
- play a board game or a card game
- make a new friend

practically

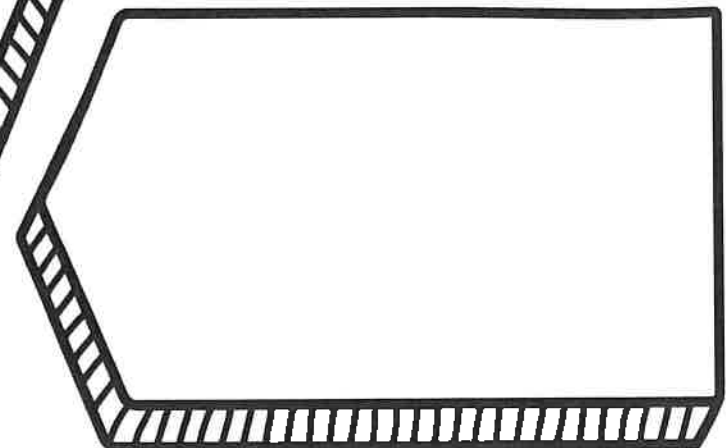
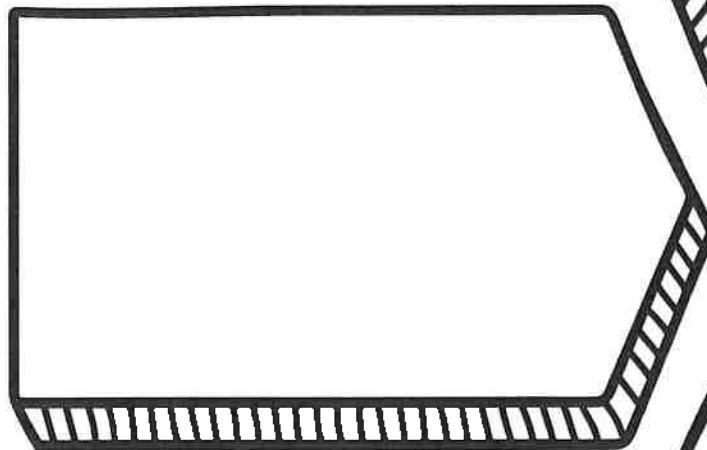
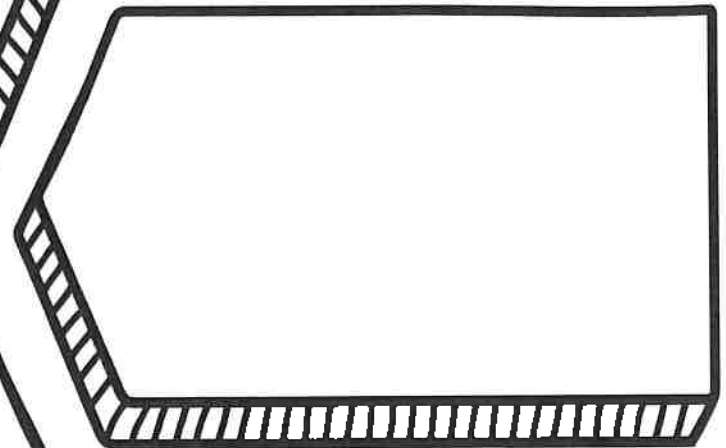
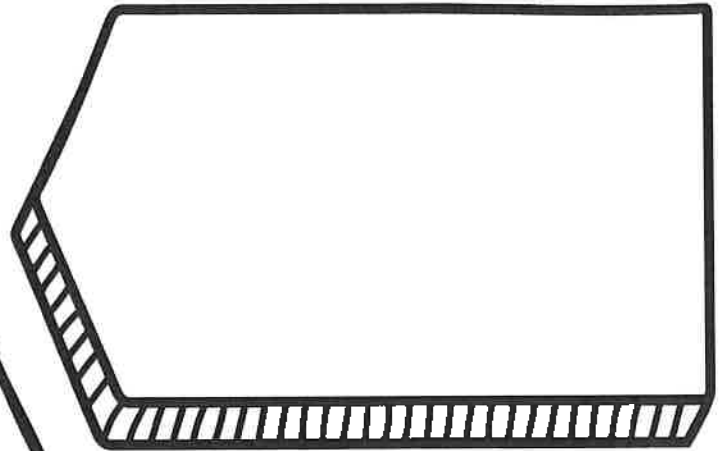
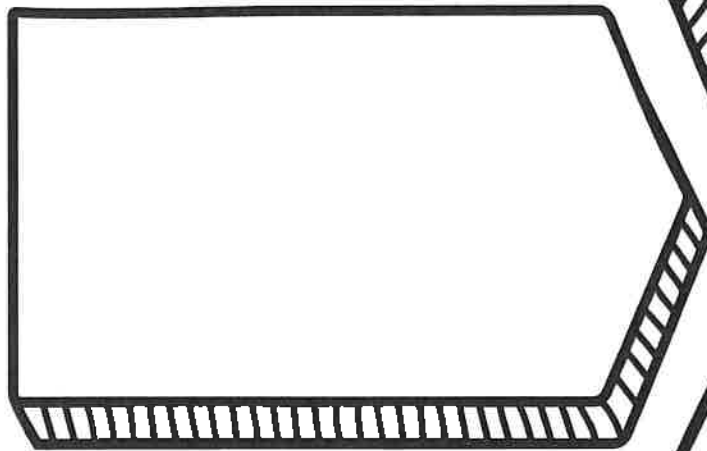
- make appointments you've been putting off
- clean out your closet
- set financial goals
- finish something on your to-do list

I'm currently caring for myself...

- ☐ mentally
- ☐ physically
- ☐ emotionally
- ☐ spiritually
- ☐ socially
- ☐ practically

QUESTIONS FOR MY SCHOOL COUNSELOR

Come up with FIVE questions you can ask your school counselor that would benefit you this school year. What do you need to know?

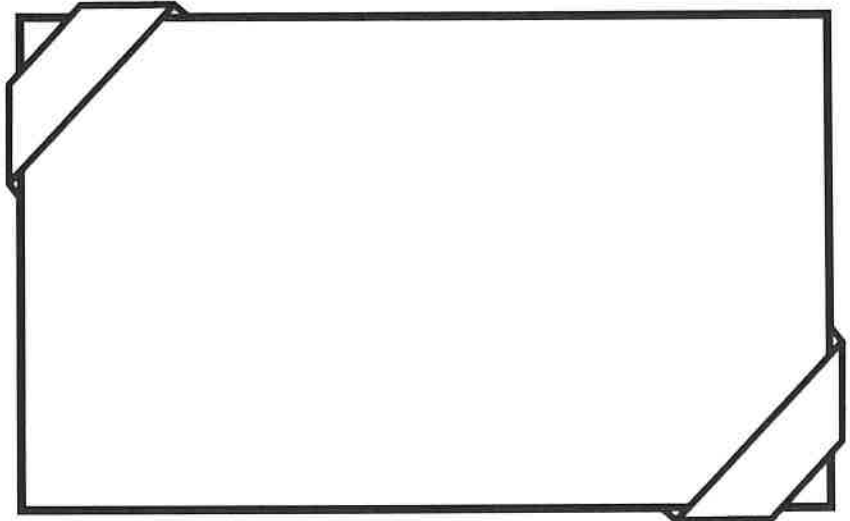


School counselors can help you with a variety of things including academic, college and career, and social/emotional issues.

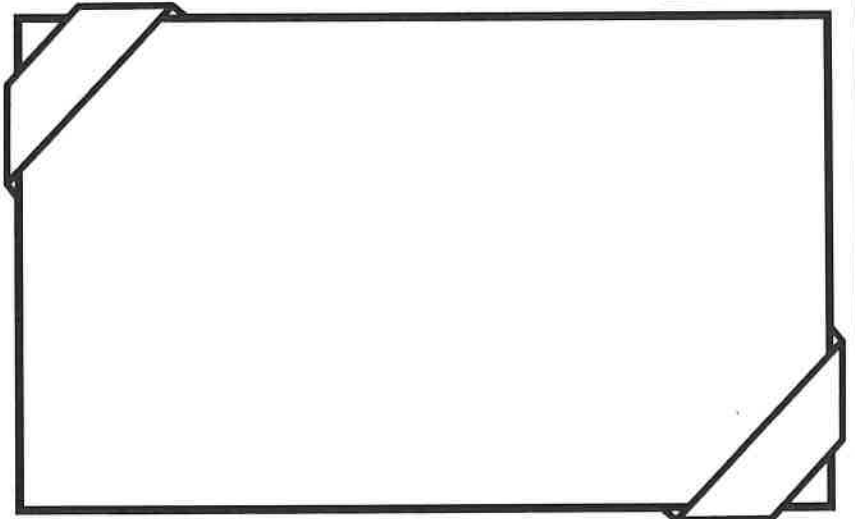
JOB INTERVIEW PREP

Answer the following questions as if you were interviewing for a job:

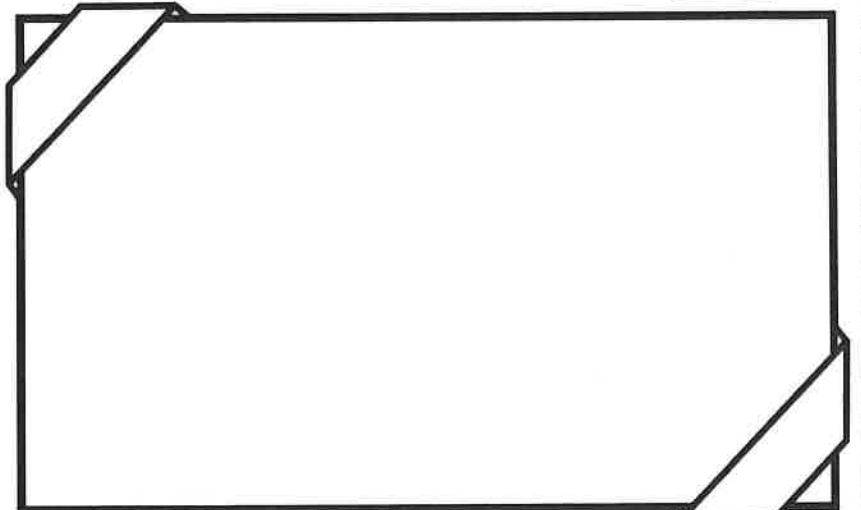
Tell me about yourself, and tell me about your previous work experience.



What skills have you learned in school that would be helpful in this job role?



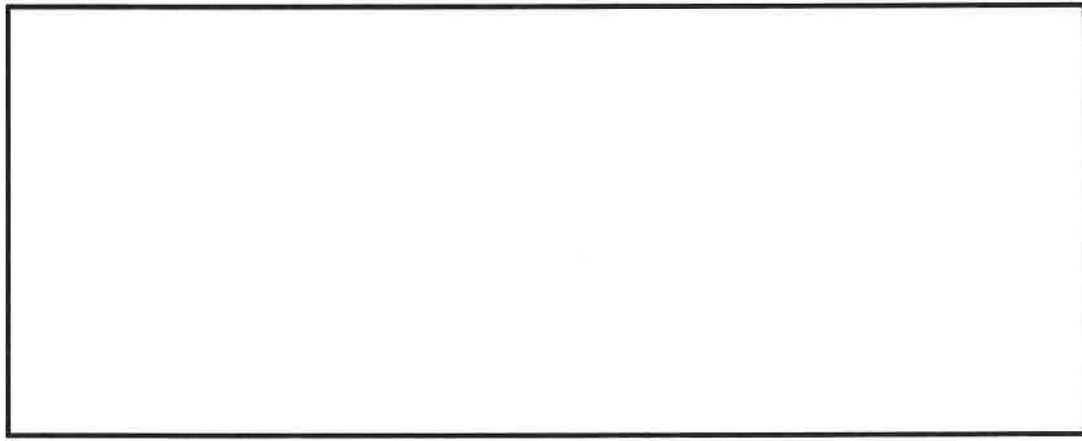
What is your availability?
When can you start working?



WRITING EMAILS

From:

Subject:



Write an email according to the direction below.

- Decide who you're going to write a professional email to. This could be a teacher, a potential job manager, or a college admissions counselor.
- What email address would you send an email from?
 - Do you have a "professional" email address?
(For example: something with your name or initials in it.)
- Choose something to put in the "subject" line that is short and clear. It should be related to what your email is about.
- Use complete sentences and proper grammar to communicate your message in the body of the email. Be sure to use an opening to address the person you're emailing and a closing to let them know who you are.

RELAXATION STATION

Let yourself doodle and color without getting distracted. Turn off electronics, listen to music, and get lost in your creativity!

