

Ideal HSHT Program

Pre-Year One

- Recruit from middle school or freshmen
- Engage parents through pre-HSHT introduction meeting

The Guideposts: School-Based Preparatory Experiences (1); Career Preparation & Work-based Experiences (2); Youth Development and Leadership (3); Connecting Activities (4); Family Involvement & Supports (5)

Year One (freshman/sophomore)

- Personality test (Myers Brigg or similar)
- Career exploration test
- At least two group job site visits during school year; one one-on-one job shadowing
- At least two summer activities; one for students and one to engage parents and students
- Assign students to HSHT committees

Example Activities for Lower Classman:

- Researching interested careers and presenting career to HSHT
- Have lowerclassmen plan senior send-off/graduation event
- Have students research specific company and relevant field prior to site visit
- Have students conduct phone or email interviews with STEM career professionals
- Put students through financial literacy program from bank or other source
- Assign students to committee or committee position
- Participate in DEAM
- Water bottle rocket launch activity (tryengineering.org)
- Hour of Code activity
- 411 Disability Disclosure (Able Trust website)
- Introduce students to Khan Academy online
- Popsicle trebuchet activity

Corresponding Guideposts:

- 1, 2, 3, 4
- 3, 4, 5
- 1, 2, 4
- 1, 2
- 3, 4, 5
- 3, 4
- 2, 3, 4
- 1, 2, 3, 4
- 1, 2, 4
- 3, 4, 5
- 1, 4, 5
- 1, 2, 4

Year Two (sophomore/junior)

- Career exploration test
- At least two group site visits and two one-on-one job shadowing
- Either a winter break or spring break internship (if student is grade 11)
- Exploration of post-secondary education options (if student is grade 11)
- At least two summer activities; one for students and one to engage parents and students
- Assign/elect students to committee chair positions

Skills to Pay the Bills Lessons: 1, 2, 3, 4, 5, 8, 11, 12, 13, 14, 17, 19, 21, 23, 24, 30

Year Three (junior/senior)

- At least four one-on-one job shadowing (if student is grade 11)
- Either a winter break or spring break internship (if student is grade 11)
- A summer internship (if student is grade 12)
- Exploration of post-secondary education options
- Students elected to officer positions (if grade 12)
- Assign/elect students to committee chair positions (if student is grade 11)
- Develop post-graduation plan (if student is grade 12, no later than start of spring break)
- Referral to appropriate service agency (DBS, VR, CareerSource, etc)

Example Activities for Upper Classman:

- Have students write resumes and cover letters
- Have upper classmen plan new student recruitment
- Have students participate in mock interviews
- Have students participate in one-on-one job shadowing
- Students meet with VR, CareerSource and other relevant transition agencies
- Students run for HSHT Officer Positions
- Participate in DEAM
- Introduce students to TED Talks online
- Hold senior send-off/graduation event
- Place students in internships
- Have students search and apply for scholarships
- Students attend college and other post-secondary school visits
- Incorporate activities from RadioShack.com or Instructables.com into workshops
- Students devise and execute fundraising or microenterprise
- Students draft personal budget for post-graduation
- Introduce students to online job search engines and proper research of jobs

Corresponding Guideposts:

- 1, 2, 3, 4
- 3, 4, 5
- 2, 3, 4
- 2, 4
- 3, 4, 5
- 3, 4
- 2, 3, 4
- 1, 3, 4, 5
- 3, 4, 5
- 2, 3, 4
- 1, 3, 4, 5
- 2, 3, 4
- 2, 4
- 1, 2, 3, 4
- 1, 3, 4, 5
- 1, 2, 3, 4

Year Four (senior/senior +)

- Personality test (Myers Brigg or similar)
- A summer internship or part-time employment
- Exploration of post-secondary options (first half of school year)
- Students elected to officer positions
- Develop post-graduation plan (no later than start of spring break)
- Students elected to officer positions
- Referral to appropriate service agency (DBS, VR, Career Source, etc)
- Graduation/send-off ceremony

Skills to Pay the Bills Lessons: 6, 7, 8, 9, 10, 13, 15, 16, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30