Journey to College K-8

#J2CK8

Site Coordinator Resource Manual

(Journey to College: Kindergarten – Eighth Grade)

Spring 2020

Journey to College K-8

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Journey to College K-8

Dear Counselor:

Thank you for participating in the Spring 2020 Journey to College K-8 Pilot Program! The Missouri Department of Higher Education and Workforce Development is excited to launch this pilot program to help provide resources to support college and career oriented activities at your school.

Within this resource manual you will find a list of activities, resources, and a variety of promotional materials available upon request. Customize and tailor these activities to maximize student engagement at your school.

We look forward to working with you during this pilot project. If you have any questions or stories to share, we would love to hear from you. Please contact Ashley Heidbreder at Ashley.Heidbreder@dhewd.mo.gov.

Sincerely,

Ashley Heidbreder & the Journey to College Team

Journey to College K-8

Elementary & Upper Elementary School Activities

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College Mascot Day

Activity Description – Use the College Mascot List to invite college and university mascots to your school for an assembly or have them make rotating classroom visits. Ask teachers to wear college T-shirts to encourage the college-going culture in your building.

Resources

- College Mascot List (p. 17)
- Photo booth props
- Promotional items

Career Day

Activity Description – Invite local professionals from different careers to speak at a school assembly or in individual classrooms.

Resources

- Career Day Tip Sheet (p. 19)
- Photo booth props
- Careers Coloring Book

Dress for Success

Activity Description – Ask students to dress up as their chosen profession and engage in a discussion about different career choices.

Resources

- Dress for Success video, *https://www.youtube.com/watch?v=Chtbel-TL8E*
- Photo booth props
- Promotional items

"When I Grow Up" activity

Activity Description – Encourage students to dream big and draw a picture of what they want to be when they grow up. Use these drawings and the activity instructions to guide a classroom discussion.

Resources

- "When I Grow Up" printable (p. 20)
- Careers Coloring Book
- When I Grow Up video, *https://youtu.be/IGAZ-XHCQuk*

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"How Do You Become A..."

Activity Description – Use the "How Do You Become A…" printable to discover what students think it takes to become a (fill in the blank) career. Discuss their ideas and help students learn more about what it really takes to enter different career fields.

Resources

- "How Do You Become A…" printable (p. 21)

My First Resumé

Activity Description – Lead students through the My First Resumé printable to create a simple resumé. Kick off the activity by showing students the short Resumé Tips & Tricks video linked below.

Resources

- My First Resumé printable (p. 22)
- Resumé Tips & Tricks video, *https://youtu.be/IiyOT0IOAqM*

ABC Career Challenge activity

Activity Description – Challenge students to list a career for every letter of the alphabet – consider adding a speed round or letting students work in groups.

Resources

- ABC Career Challenge instructions (p. 23)
- ABC Career Challenge printable activity (p. 24)

Career Research poster project

Activity Description – Introduce students to the MoSCORES website and the Missouri Connections website and ask them to research a career. Once students have the information found on MoSCORES and Missouri Connections, have them create a poster describing their chosen career for display around the classroom or in the hallway.

Resources

- MoSCORES information card
- MoSCORES tip sheet (p. 25)
- MoSCORES website, *https://scorecard.mo.gov/search*
- Missouri Connections tip sheet (p. 26)
- Missouri Connections website, *https://portal.missouriconnections.org*

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College & Career Week

Activity Description – Consider planning a full week of college and career oriented activities.

Filler activities/ideas for career week indicated by an

- "Oh the Places You'll Go" – Have the principal or superintendent be a guest speaker to read this classic Dr. Seuss book in classrooms.
- Hats off to higher education – Students and teachers wear hats to school.
- "Your career starts here!" – School spirit day. Students and teachers wear their school's clothing.

Sample College & Career Week Schedules
Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
"When I Grow Up" activity	Career Day	Dress for Success Day	College Mascot Day	"Oh the Places You'll Go" guest speaker book reading
"How do you become a..." activity			Hats off to higher education (students & teachers wear hats)	"Your career starts here" show your school spirit day

Upper Elementary School

Monday	Tuesday	Wednesday	Thursday	Friday
ABC Career Challenge Activity	Career Day	My First Resumé Activity	Hats off to higher education (students & teachers wear hats)	College Mascot Day
Career Research poster project (start)	Career Research poster project (finish, present, & display)			"Your career starts here!" show your school spirit day

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Middle School Activities

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The Bean Game

Activity Description – This game, provided by University of Missouri Extension, presents students with life choices and helps them decide what is most important to them.

Resources

- The Bean Game instructions, *http://extension.missouri.edu/bsf/money/BeanGame_color.pdf*
- The Importance of Budgeting video, *https://www.youtube.com/watch?v=dH-8yrzd8yc,*
- Budgeting Basics for Kids video, *http://bizkids.com/clip/intro-116*

Career Research PowerPoint presentation

Activity Description – Introduce students to the MoSCORES website and the Missouri Connections website and ask them to research a career. Once students have the information found on MoSCORES and Missouri Connections, have them make a brief PowerPoint presentation and share their research in class.

Resources

- Careers quiz, *https://www.princetonreview.com/quiz/career-quiz*
- MoSCORES information card
- MoSCORES tip sheet (p. 25)
- MoSCORES website, *https://scorecard.mo.gov/search*
- Missouri Connections tip sheet (p. 26)
- Missouri Connections website, *https://portal.missouriconnections.org*

My First Resumé activity

Activity Description – Lead students through the My First Resumé printable to create a simple resumé. Kick off the activity by showing students the short Resumé Tips & Tricks video linked below.

Resources

- My First Resumé printable (p. 22)
- Resumé Tips & Tricks video, *https://youtu.be/liyOT0IOAqM*

"A Day in the Life" Career Interview

Activity Description – Ask students to interview an adult about their chosen career field. Share the interview results in class through discussions, presentations, and/or essays. Find out if the interviews confirmed or challenged student expectations. Ask students to do a second interview and then compare the two careers.

Resources

- "A Day in the Life" Career Interview Activity printable (p. 27)
- How to Conduct an Interview video, *https://www.youtube.com/watch?v=C4QgLOr-3LM*
- How to Interview a Professional video, *https://youtu.be/KwwsDYg5njs*

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Watch the documentary Why Not Us?

Activity Description – This one-hour inspiring documentary was created by The College Board, in partnership with Roadtrip Nation. It follows the journey of four first-generation college students as they take a road trip across America. During their journey, they interview leaders like Ana Maria Cavez, CEO of Girl Scouts of America; Grammy and Academy Award-winner John Legend; and Starbucks CEO Howard Schultz who are all first in their families to attend college.

Resources

- Why Not Us film, *http://www.whynotusfilm.com/*

College & Career Week

Description –Consider planning a full week of college and career oriented activities.

Filler activities/ideas for career week indicated by an

- Hats off to higher education – Students and teachers wear hats to school.
- "Your career starts here" – School spirit day. Students and teachers wear their schools' clothing.

Sample College & Career Week Schedule

Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
"A Day in the Life" Career Interview Activity (take home)	Career Research PowerPoint (start)	Career Research PowerPoint (finish, present & discuss)	"A Day in the Life" Career Interview Activity (discussion)	"Your career starts here!" show your school spirit day
The Bean Game		My First Resumé Activity	Hats off to higher education (students & teachers wear hats)	Watch the documentary: Why Not Us?

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Publications & Promotional Materials

To order publications and promotional items, contact:
Ashley.Heidbreder@dhewd.mo.gov

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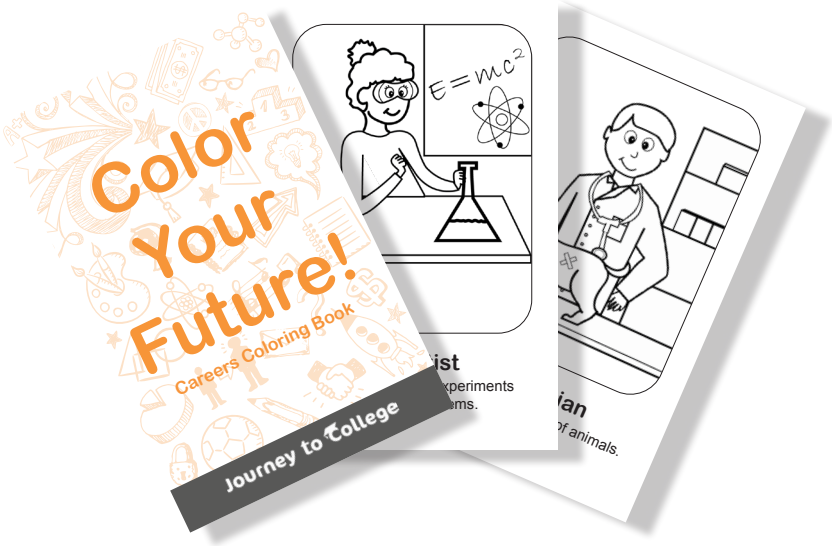
Color Your Future! Careers Coloring Book

Target age group:
Kindergarten to 3rd Grade

Description:
A 16-page coloring book to help students understand different career options.



College & Career Bookmarks

Target age group:
Kindergarten to 8th Grade

Description:
Four oversized bookmarks to get students talking about colleges and careers.

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Rainbow Pens

Target age group:
Kindergarten to 8th Grade

Description:
Pens that change color as you write.

It's Never Too Early booklet

Target age group:
Kindergarten to 8th Grade

Description:
A guide about planning for college geared toward young students and their parents.

Career Photo Booth Props

Target age group:
Kindergarten to 8th Grade

Description:
Variety of photo booth props related to several occupations.

List of props

- *Tie*
- *Microphone*
- *Money bag*
- *Magnifying Glass*
- *Sheriff's Badge*
- *Stethoscope*
- *Hard Hat*
- *Apple & Book*
- *Tractor*
- *Dance Shoes*
- *Chef's Hat*
- *Comb & Scissors*
- *Speech Bubble*
- *Camera*
- *Binoculars*
- *Goggles*
- *Paint Pallet*
- *Cowboy Hat*
- *Wrench*
- *Hammer*
- *Beaker*
- *Briefcase*
- *Video Camera*

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MoSCORES information card

Target age group:
Kindergarten to 8th Grade

Description:
Laminated card describing the MoSCORES search tool.

MOST Brochure

Target age group:
Kindergarten to 8th Grade

Description:
Brochure describing what the Missouri's 529 Education Plan is.

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Printable Resources

COLLEGE MASCOT LIST

COLLEGE	COLLEGE WEBSITE	MASCOT NAME	COLLEGE COLORS	CITY
Missouri State University	https://www.missouristate.edu/	Boomer the Bear	Maroon & White	Springfield
Harris-Stowe State University	http://go.hssu.edu/	Hornet	Brown & Gold	St Louis
Lincoln University	https://www.lincolnu.edu/	Stripes	Navy Blue & White	Jefferson City
Missouri Southern State University	https://www.mssu.edu/	Roary the Lion	Green & Gold	Joplin
Missouri University of Science and Technology	https://www.mst.edu/	Joe Miner	Silver, Gold, & Green	Rolla
Missouri Western State University	https://www.missouriwestern.edu/	Max the Griffon	Black & Gold	St Joseph
Northwest Missouri State University	https://www.nwmissouri.edu/	Bobby the Bearcat	Green & White	Maryville
Southeast Missouri State University	https://semo.edu/	Rowdy the Redhawk	Red & Black	Cape Girardeau
Truman State University	https://www.truman.edu/	Spike and Simone	Purple & White	Kirksville
University of Central Missouri	https://www.ucmo.edu/	Mo the Mule	Red & Black	Warrensburg
University of Missouri - Columbia	https://missouri.edu/	Truman the Tiger	Black & Gold	Columbia
University of Missouri - Kansas City	https://www.umkc.edu/	Kasey the Kangaroo	Blue & Gold	Kansas City
University of Missouri - St Louis	https://www.umsl.edu/	Louie	Red & Gold	St Louis
Crowder College	https://www.crowder.edu/	Roughriders		Neosho
East Central College	https://www.eastcentral.edu/	Falcon	Blue & Gold	Union
Jefferson College	https://www.jeffco.edu/	Viktor Emilio Viking	Red, White, & Blue	Hillsboro
Metropolitan Community College	https://mcckc.edu/	Wolves	Blue & Gray	
Mineral Area College	https://mineralarea.edu/	Cardinal	Red & Black	Park Hills
Missouri State University - West Plains	https://wp.missouristate.edu/	Boomer the Bear	Maroon & White	West Plains
Moberly Area Community College	https://www.macc.edu/	Greyhound	N/A	Moberly
North Central Missouri College	https://www.ncmissouri.edu/	Pirates	Red & Black	Trenton
Ozarks Technical Community College	https://www.otc.edu/	Eagles	Blue & White	Springfield
St Charles Community College	https://www.stchas.edu/	Scooter McCougar	Maroon & Gray	Cottleville
St Louis Community College	https://www.stlcc.edu/	Archers	Blue & Silver	Bridgeton
State Fair Community College	https://www.sfccmo.edu/	Roadrunners	N/A	Sedalia
State Technical College of Missouri	https://www.statetechmo.edu	Eagles	Blue & Gray	Linn
Three Rivers College	https://trcc.edu/home.php	Rocky Raider	Black & Gold	Poplar Bluff
A.T. Still University of Health Sciences	https://www.atsu.edu/	Bucky the Ram	Blue & Aqua	Kirksville
Bolivar Technical College	https://www.bolivarcollege.edu/	N/A	N/A	Bolivar
Cleveland University	https://www.csuohio.edu/	Vikings	Green & White	Cleveland
Cox College of Nursing	https://coxcollege.edu/	N/A	N/A	Springfield
Goldfarb School of Nursing	https://www.barnesjewishcollege.edu/	N/A	N/A	St Louis
Kansas City Art Institute	https://kcai.edu/	N/A	N/A	Kansas City
Kansas City University of Medicine and Biosciences	https://kcumb.edu/	N/A	N/A	Kansas City
Logan University	https://www.logan.edu/	Leopard	Blue & White	Chesterfield
Ranken Technical College	https://ranken.edu/	N/A	N/A	St Louis
St Luke's College of Health Sciences	https://saintlukescollege.edu/	N/A	N/A	Kansas City
St Louis College of Pharmacy	https://www.stlcop.edu/	Eutectic System	Purple & Yellow	St Louis
Avila University	https://www.avila.edu/	Dominic the Eagle	Purple & Yellow	Kansas City
Central Methodist University	https://www.centralmethodist.edu/	Eagles	Green & White	Fayette

COLLEGE MASCOT LIST

COLLEGE	COLLEGE WEBSITE	MASCOT NAME	COLLEGE COLORS	CITY
College of the Ozarks	https://www.cofo.edu/	Bobcats	White & Maroon	Point Lookout
Columbia College	https://www.ccis.edu/	Cougar	Blue & Silver	Columbia
Cottey College	http://www.cottey.edu/	Comets	Blue, Yellow, & White	Nevada
Culver-Stockton College	https://www.culver.edu/	Wildcats	Blue & White	Canton
Drury University	https://www.drury.edu/	Panthers	Red & Gray	Springfield
Evangel University	https://www.evangel.edu/	Crusaders	Maroon & White	Springfield
Fontbonne University	https://www.fontbonne.edu/	Griffon	Purple, Gold, & White	Clayton
Hannibal-LaGrange University	https://www.hlg.edu/	Trojan	Scarlet & Navy Blue	Hannibal
Lindenwood University	https://www.lindenwood.edu/	Leo the Lion	Black & Gold	St Charles
Maryville University	https://www.maryville.edu/	Louie the St Bernard	Red, White, & Black	Town and Country
Missouri Baptist University	https://www.mobap.edu/	Spartans	Navy Blue & White	Creve Coeur
Missouri Valley College	https://www.moval.edu/	Viking	Purple & Orange	Marshall
Park University	https://www.park.edu/	Pirates	Gold & Burgundy	Parkville
Rockhurst University	https://www.rockhurst.edu/	Hawk	Blue & White	Kansas City
St Louis University	https://www.slu.edu/	Billikens	Blue & White	St Louis
Southwest Baptist University	https://www.sbuniv.edu/	Bearcats	Purple & White	Bolivar
Stephens College	https://www.stephens.edu/	Stars	Maroon & Gold	Columbia
Washington University	https://wustl.edu/	Bears	Red & Green	St Louis
Webster University	https://www.webster.edu/	Gorlok	Navy, Gold, & White	Webster Groves
Westminster College	https://www.wcmo.edu/	Winston Blue Jay	Navy, Light Blue, & White	Fulton
William Jewell College	https://www.jewell.edu/	Cardinals	Black & Red	Liberty
William Woods University	https://www.williamwoods.edu/	Screech the Owl	Green & Maroon	Fulton
Aquinas Institute of Theology	https://www.ai.edu/	N/A	N/A	St Louis
Assemblies of God Theological Seminary	https://agts.edu/	N/A	N/A	Springfield
Baptist Bible College	http://gobbc.edu/	Patriots	Patriots	Springfield
Calvary University	https://www.calvary.edu/	Warriors	Red, White, & Gold	Kansas City
Central Bible College	https://www.evangel.edu/	Spartans	Spartans	Springfield
Central Christian College of the Bible	https://cccb.edu/	Saints	Maroon & White	Moberly
Conception Seminary College	https://www.conception.edu/	N/A	N/A	Conception
Concordia Seminary	https://www.csl.edu/	N/A	N/A	Clayton
Covenant Theological Seminary	https://www.covenantseminary.edu/	N/A	N/A	St Louis
Eden Theological Seminary	https://www.eden.edu/	N/A	N/A	Webster Groves
Kenrick-Glennon Seminary	https://kenrick.edu/	N/A	N/A	Shrewsbury
Midwest University	http://www.midwest.edu/	N/A	N/A	Wentsville
Midwestern Baptist Theological Seminary	https://www.mbts.edu/	N/A	N/A	Kansas City
Nazarene Theological Seminary	https://www.nts.edu/	N/A	N/A	Kansas City
Ozark Christian College	https://occ.edu/	Ambassador	Navy & White	Joplin
St Louis Christian College	https://stlchristian.edu/	N/A	N/A	Florissant
St Paul School of Theology	https://www.spst.edu/	N/A	N/A	Overland Park

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Career Day Tip Sheet

How do I find speakers?
Create a list of different professions and ask for volunteers in your community to participate. Consider asking teachers and staff at your school for referrals and/or contact the local chamber of commerce for assistance.

What format do I use?
Depending on how many grades and classrooms you want to include in this activity, you'll need to decide if you want to host an assembly event or ask speakers to rotate through classrooms. If rotating between classrooms, remember to allow enough time for transitions and questions.

Before Career Day
- Provide a list of questions and topics to the speakers in advance.
- Ask students to write down their own questions.

After Career Day
Have students sign and/or create thank you cards to give to the guest speakers.

Sample Career Day Questions for Guest Speakers
- Describe a typical day of work.
- Describe your job duties.
- How do you use technology in your career field?
- What school subjects, if any, do you use for your job?
- What type of education and training is needed for your profession?
- What skills are necessary for your job?
- What do you like most about your job?
- What do you like least about your job?
- How did you get interested in this career field?
- What would people be surprised to know about your job?

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When I grow up I want to be a...

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How do you become a...

Name: _____

Career: _____

How do you become a _____?
(career)

_____

_____

_____

_____

What do you think a _____ needs to know to do this job?
(career)

_____

_____

_____

_____

What do you think it's like to have this job?

_____

_____

_____

_____

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My First Resumé

Name:

_____

Career interested in:

_____

Why do you think you should be hired for this job?

_____

_____

Education:_____

Grade **Name of School**

Work experience:
(Examples: dog walker, babysitter, volunteer service, team sports)

_____

_____

Abilities & Talents:
(List positive leadership skills and things you are good at. Example: good at math, great listener)

- _____
- _____
- _____
- _____

Achievements & Awards:
(Examples: Honor Roll, Citizenship Award, Perfect Attendance 2nd Grade, Scouting Honors)

- _____
- _____
- _____
- _____

References:
(List people who will say good things about you.)

1. Name: _____
2. Name: _____
3. Name: _____

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ABC Career Challenge activity instructions

Instruct students to write a career that starts with each letter of the alphabet on the activity sheet. Once the students have completed the activity, lead a classroom discussion about the different careers listed.

Activity Options:

- This challenge can be conducted with students individually or in small groups.
- Add a speed round to see who can complete their list first or see who can write down the most careers in a certain amount of time.
- Recognize students who list careers not listed by any other students.

Discussion:

Lead students in a discussion about the careers listed during the challenge.

- If there are a lot of common answers (example: doctor) ask the students to list different kinds of doctors.

- For unique careers, ask the students if that is a career any of them would be interested in pursuing and what it would take to enter that career field.

- Compare all careers on the board and ask the students if they think the careers would have similar job details, salaries, and training/college requirements.

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ABC Career Challenge

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W
X
Y
Z

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MoSCORES Tip Sheet

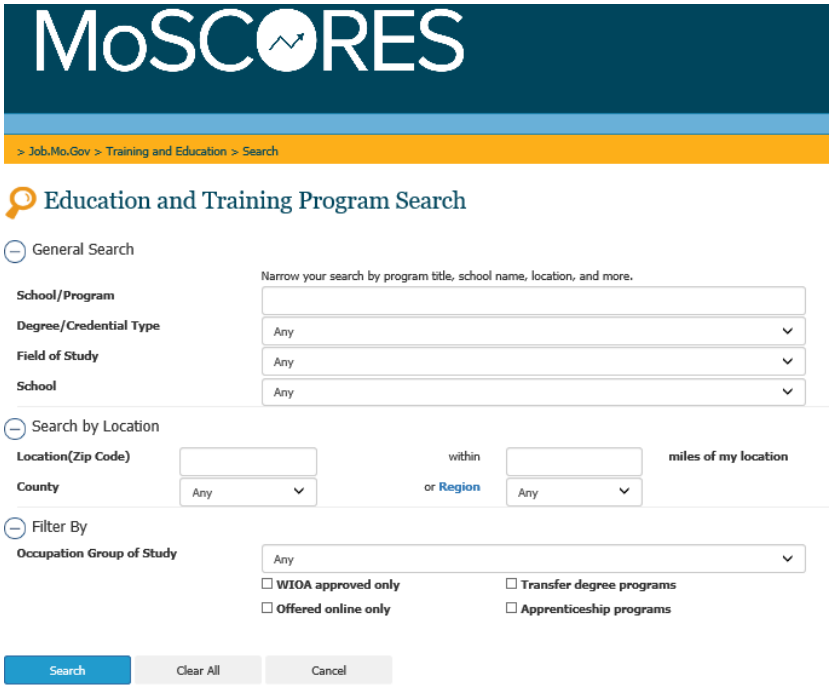
What is MoSCORES?

MoSCORES is a powerful tool that allows students to search college degrees and certificates while also looking at how much it will cost, the types of students who are taking the program, if they graduated, if they were able to find a job, and how much money they are earning. The tool can also compare one degree program with another – both traditional credit hour programs as well as short term certificate programs earning industry recognized credentials. *Note: You don't have to have a log-in to use it.*

Learn more about MoSCORES

- *What is MoSCORES*? (two minute video): https://jobs.mo.gov/files/what-moscores-0
- *How to use MoSCORES* (four minute video): https://jobs.mo.gov/files/how-use-moscores

Link to MoSCORES: https://scorecard.mo.gov



- Once the student enters information into the search options, a list of degree programs and schools will be narrowed down based on the information provided.

- From there, students can compare different programs, schools, distances to their hometown, and tuition costs.

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Missouri Connections Tip Sheet

What is Missouri Connections?

Missouri Connections is an online tool to help students better understand their interests, explore their talents, and to learn about college and careers. Students can make a connection between school, learning, and their future in the workforce. They can investigate career options and create a plan, take assessments to learn about career and education opportunities, and explore real data points around cost of living, career salaries, and high-demand career opportunities.

Missouri Connections is offered by the Missouri Department of Elementary and Secondary Education. Check with your school counselor to find your school's username and password to allow students the opportunity to log in and save their portfolios.

Getting students connected. Visit missouriconnections.org.

1. **Log in to Missouri Connections.**
   - Students can log in as a guest if your school does not have a username and password. They will not be able to save their information within the site, but can print their assessments and other information.

2. **Create a customized portfolio.**
   - Students will have quick access to assessment results, college and scholarship lists, and other career information.
   - Information will stay with a student through middle school, high school and college.
   - Students can create calendars of future coursework, school applications, and other career activities.

3. **Develop a career path.**
   - Assessments and occupation information help students explore all career options and help students understand their own interests.
   - Students can draft a career plan and update it each year.

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"A Day in the Life" Career Interview

Date: _____ **Student Name:** _____

Name of person student is interviewing: _____

How do you know this person? (Family, neighbor, etc.) :

_____

When you were my age, what did you want to be when you grew up?

_____

What is your job now and how long have you been doing this job?

_____

What kind of education and/or training did your career require?

_____

_____

What skills are required in your daily work?

_____

_____

Please describe a typical day of work:

_____

_____

Do you mostly work alone or with others?

_____

What do you wish you would have known about your job before starting?

_____

What do you love the most about your job?

_____

_____

If you could give me one piece of career advice, what would it be?

_____

_____

Missouri Department of Higher Education & Workforce Development
P.O. Box 1469, Jefferson City, MO 65102-1469
800-473-6757 // 573-751-3940 // Fax: 573-751-6635 // dhewd.mo.gov // info@dhewd.mo.gov
facebook.com/journeytocollege // twitter.com/Journey2College // instagram.com/Journey2College

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