Are You Ready for Life After High School?

Know Your Options

**Continuing Your Education or Training**
- Research your options
- Know the application process
- Prepare for and take standardized tests if required (ACT/SAT)
- Complete FAFSA
- Research scholarships
- Understand school loans
- Begin saving for college
- Visit potential schools

**Joining the Military**
- Explore various branches
- Speak to a recruiter
- Take the Armed Services Vocational Aptitude Battery (ASVAB)
- Get military physical
- Meet with Military Entrance Processing Station (MEPS)

**Joining the Workforce**
- Develop professional skills
- Fill out applications and submit resumes
- Build reference list
- Practice interviewing
- Have reliable (public or private) transportation
- Pursue on-the-job training options

Resources to help prepare for the future


- Cafe College: High School Checklist
- College Board: Big Future
- Student Aid: College Preparation Checklist
- Pennsylvania CareerLink
- Career Street: Career Exploration
- How To Study: Study Skills
- My Future: Enlisting
- Positive Youth Development
- Everyday Life: Ten Things High School Graduates Need
- Transition Year: Roadmap
The Readiness Checklist
for Life After High School

Before you graduate from high school you should know how to:

Set Long-Term Goals

◊ Consider career possibilities
◊ Take appropriate courses in high school and strive for academic achievement
◊ Attend college and career fairs
◊ Participate in an internship, apprenticeship, job shadow, or other career exploration opportunities
◊ Develop life goals and map out a plan with a knowledgeable adult

Manage Your Money

◊ Create and live within a budget
◊ Open and manage a checking account
◊ Establish a savings plan
◊ Practice good spending habits
◊ Understand how to build good credit and avoid bad credit
◊ Obtain a summer/part time job
◊ File taxes as required
◊ Protect personal information

Manage Your Time

◊ Develop a system to plan and keep a schedule (calendar, app, etc.)
◊ Be on time
◊ Prioritize and follow through with commitments

Manage Your Living Space

◊ Prepare healthy balanced meals
◊ Perform basic cleaning tasks such as dusting, vacuuming, mopping
◊ Know how to do laundry/dishes
◊ Understand contracts and leases before you sign
◊ Learn basic vehicle maintenance
◊ Learn basic first aid and CPR
◊ Organize and maintain important personal documents (health and immunization records, birth certificate, religious records, social security card, etc.)

Think Critically

◊ Develop problem-solving skills
◊ Use logical reasoning
◊ Apply knowledge learned in classroom
◊ Research and make informed decisions

Present Yourself Properly

◊ Strengthen professional written and verbal communication skills
◊ Develop appropriate relationships and respect boundaries
◊ Be aware of and respect dress codes
◊ Practice interview techniques
◊ Use proper etiquette (eye contact, handshake, manners, body language)
◊ Build a resume
◊ Maintain a respectable image on social media sites
◊ Acquire conflict resolution and negotiation skills

Balance Your Life

◊ Participate in extracurricular, cultural, and community service activities
◊ Pursue hobbies and interests
◊ Be responsible and accountable for your behavior
◊ Maintain a healthy lifestyle
◊ Develop self-confidence