

# Student Workbook



## Preparing for Life after High School





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Think back to when you were in elementary and middle school. What were your specific career dreams then? Have you ever considered what you might want to study in college in order to prepare you for your career dreams?

Perhaps, right now, you have no idea what career path would best suit your interests and abilities. You may have no idea what direction you should take in your college studies. Whether you know exactly what your path should be or not, now is the time to begin exploring who God has created you to be and how He wants to bless others through your life and career.

Using these materials and resources, you will be equipped with useful tools, which will make your lifelong career process more exciting rather than intimidating. Most importantly, I encourage you to keep your eyes on God; because, it is He who unconditionally loves and created you in order to do good works. As it says in Ephesians 2:10:

*You are God's workmanship, created in Christ Jesus for good works, which God prepared beforehand that you would walk in them.*

For such a time as this, God has prepared and set you on this journey in order to begin exploring the path that He is stretching out before you. Always remember, keep your eyes focused on him, allow him to shape your desires and passions, and He WILL make your path straight (Proverbs 3:5-6).

Let the journey of exploration begin!

Suzanne Voigt  
Crossroads Career Network

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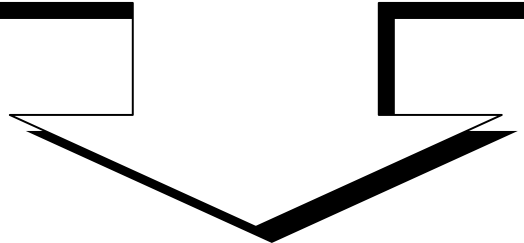
# Welcome to Explore!

You are God's workmanship – His extraordinary *masterpiece*. Not only are you wonderfully made, but you are uniquely created for good works, which God prepared in advance for you. Yes, you are blessed to be a blessing, and on the planet for a purpose!



# Unwise Reasons to Choose a Career

- Your Parents Do It
- Make Lots of \$\$\$
- You Could Do It Based on Someone's Advice
  - Someone Else's Dream
  - Impressive Title
  - Your Friends Are Doing It



- Explore Your Purpose and Learn More About Yourself
  - Investigate Career Options
  - Seek God's Confirmation
- Participate in Relevant Experiences
  - Become a Life-long Learner
  - Develop an Action Plan
  - PRAY!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

# Wise Reasons to Choose a Career

# Hear & Follow God's Calling

Calling is the truth that God calls us to Himself so decisively that everything we are, everything we do, and everything we have is invested with a special devotion, dynamism and direction lived out as a response to His summons and service." The following 11 actions have helped people hear and follow God and His calling.

## 1. **Worship God**

There is no calling without a Caller. Take dedicated time to worship, glorify, praise and thank Him. Then as you live and work every day from waking until sleeping, do everything to honor Him.

*Ascribe to the LORD the glory due His name; worship...in the splendor of His holiness. Psalm 29:2*

## 2. **Read and Study the Bible**

The Bible is God's authority and our manual for living. Consider it as bread, and feed from it every day. If you have never read the Bible, consider starting with the book of John, Ephesians or Psalms.

*Your word is a lamp to my feet and a light for my path. Psalm 119:105*

## 3. **Pray**

Be in conversation with God every day, perhaps multiple times during every day. He is always available. Pray for guidance. Read a Psalm as your own personal prayer.

*Show me the way I should go, for to You I lift up my soul. Psalm 143:8*

## 4. **Listen to God**

Prayer is two-way communication. In a journal, notebook or this Workbook, write thoughts that come to your mind for later reflection and Bible study.

*Be still, and know that I am God. Psalm 46:10*

## 5. **Be with Christians**

Spend time with Christians who you like and who like you. Study the Bible together. Pray together. Encourage one another. Follow the ABCs of Accountability, Belonging and Care.

*... consider how we may spur one another on toward love and good deeds. Hebrews 10:24*

## 6. **Seek Wise Counsel**

Seek wisdom first from above (James 3:17) and then from other people. Some may be friends. Some may be strangers with whom you talk to only once.

*Let the wise listen and add to their learning,  
and let the discerning get guidance. Proverbs 1:5*

7. **Consider Unfolding Circumstances**

Be a good steward of the opportunities God gives you. Consider each situation with God in prayer. Always measure your prayer, counsel and unfolding circumstances in light of the truth of the Bible.

*Be very careful, then, how you live...  
making the most of every opportunity... Ephesians 5:15-16*

8. **Confess and Clear Your Head**

A clear head is critical in thinking through options and seeking God's leading. It is easy to become confused, especially if sin is getting in the way. Confess it, and clear it out every day.

*If we confess our sins, He is faithful and righteous  
to forgive us our sins and to cleanse us... 1 John 1:9*

9. **Be Alert for God's Peace**

As you consider various options and paths, be alert for the peace that transcends all understanding, even in the midst of the most chaotic of times.

*And the peace of God, which transcends all understanding,  
will guard your hearts and your minds in Christ Jesus. Philippians 4:7*

10. **Keep a Journal**

Keep track of what you learn from your Bible reading, thoughts you have during prayer, advice you receive from your friends, unfolding circumstances and things that bring you God's peace.

*Thus says the LORD... "Write all the words which I have spoken to you in a book." Jeremiah 30:2*

11. **Trust and Obey**

There is no other way! If you think the Lord wants you to do something, and it seems to be in alignment with everything we have been talking about, then do it! If you hear Him, follow Him.

*Whoever has My commands and obeys them, he is the one who loves Me. He who loves Me  
will be loved by My Father, and I too will love him and show Myself to him. John 14:21*

# Weekly Progress Review & Preview

For This Coming Week of \_\_\_\_\_

Power every week Sunday thru Saturday with SMART goals

**Specific:** Set goals that are measurable. Define exactly what you want to accomplish.

**Moderate:** Select 2-4 goals per week. Too many different goals become overwhelming.

**Accountability:** Show and tell others what you plan to do, and let them know how you did.

**Record:** You will find it helpful and motivating to keep a written record of your goals and progress.

**Time-activated:** Put in your calendar your goals by days and times during the week.

**List 2-4 things that you accomplished this past week...**

1.

2.

3.

4.

**List 2-4 things that you plan to accomplish this next week...**

1.

2.

3.

4.

# Need CPR?

## Confidential Prayer Requests

It is so important to be in prayer on a daily basis and to allow others to pray for you as well.

- Write down a few things that you need to pray about this week and then share them with others who desire to pray for you.

1.
2.
3.
4.

# Share CPR!

## Celebrate Praise Reports

Along with prayer, praise is just as essential in your everyday life. If prayer is like breathing IN, then praise is like breathing OUT.

- Write down a few praises regarding things that God has done in your life recently.

1.
2.
3.
4.



## Attitude

Reach Forward to What Lies Ahead

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### God is Calling You

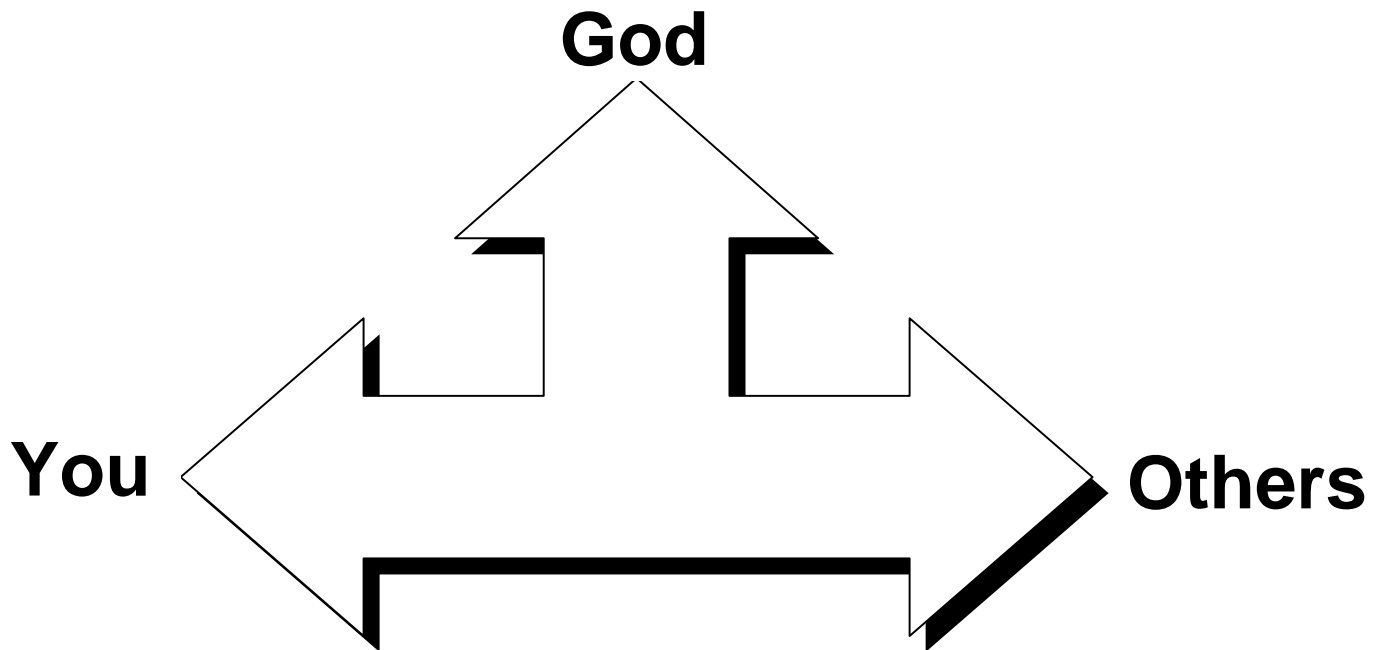
Good news! God, who created the world and everything in it, wants to have a personal relationship with you. He made it possible by His Son paying the price for your sin—the only thing that separates you from Him. By accepting His Son as payment on your behalf, you can have a relationship with the Creator of the universe, starting now and for eternity.

*For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life. John 3:16*

Even in the midst of the agony of defeats, it is possible to experience victories. You can discover that God is good. God is great. Seek Him and His righteousness, and all the other things He has prepared will be added to you. He made you for good works.

#### Discover your Calling in Him: Upward, Inward and Outward

*Love the Lord your God with all your heart and with all your soul and with all your mind...  
Love your neighbor as yourself. Matthew 22:37-39*



## Attitude Award Winners of the Bible

### Joseph

Even though he was thrown in a pit by his brothers, put in jail in Egypt and betrayed by those around him, Joseph's faith remained strong, trusting that God would use his circumstances for his good.

**Result of his positive attitude:** God made Joseph 2<sup>nd</sup> in command of all of Egypt and saved the land from famine.  
**Genesis 37-50**

### Paul

While Paul suffered beatings, time in prison, rejection, humiliation and shipwrecks, he remained focused on the calling that God had placed on his life.

**Result of his positive attitude:** God used Paul to spread the gospel throughout the Roman world and to write several books of the Bible.  
**Acts-Philemon**

### Esther

Even though Esther was an orphaned Jewish girl, God called her to go to the kingdom of Susa to be presented before the king as a choice for his next queen.

**Result of her positive attitude:** Esther was chosen queen by King Xerxes; and she eventually saved the Jews from destruction because of her faith in God to protect her and the Jewish people.  
**Esther 1-10**

### David

While David was only a shepherd boy, God called him to face Goliath. He provided him with the courage and strength to stand up against the Philistine warrior – and WIN!

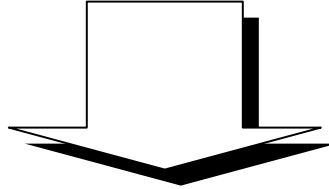
**Result of his positive attitude:** After the death of Saul, God appointed David as the next king of Israel. He also wrote several books of the Bible.  
**1 Samuel 16-1 Kings 2**

## God's View of Work

- God instituted work: Genesis 2:15, Exodus 34:21, 2 Thessalonians 3:10
- We are God's Creation: Psalm 139:13-14
- God gives talents & skills: Exodus 36:1, Romans 12:6-8
- God gives success: Matthew 25:23
- God gives us purpose: Matthew 5:1

# Reach Forward to What Lies Ahead

## In Depth



This is the first day of the rest of your life. You can make decisions now for the better that will last forever. Ask yourself:

**“How would I like to see my future?”**

**“Did God put me here for some reason? What is the purpose of my life?”**

**“When I am 84 years old and looking back on my life, what would I like to see?”**

**“How will God view my life?”**

Begin to picture your life after high school and your life’s calling in ways in which you are content, fulfilled and in alignment with God’s will. Make plans and think about what it will take to accomplish this.

## In Breadth



By now you may feel anxious, maybe even terrified. Getting ready for life after high school can be fearful, and it requires acts of faith, such as love, power, discipline, prayer and even thanksgiving. As you start each day, consider these truths from the Bible:

*There is no fear in love; but perfect love casts out fear. 1 John 4:18*

*Be anxious for nothing, but in everything by prayer and supplication with thanksgiving, let your requests be made known to God. And the peace of God, which surpasses all comprehension shall guard your hearts and your minds in Christ Jesus. Philippians 4:6-7*

# Face the Fear Exercise

1. In the 1<sup>st</sup> column, list those things in your day to day life that paralyze you from taking risks or from stepping out of your comfort zone.

*Example: fear of failure, rejection, alienation...*

2. In the 2<sup>nd</sup> column, list some of the ACTION STEPS that you can take to deal with those challenges.

*Example: try something new, make the choice to approach someone myself...*

**Fear**

**Action Steps**

<b><u>Fear</u></b>	<b><u>Action Steps</u></b>

3. Think of people who can encourage and pray for you; people you trust, people who care about you: a parent, a sibling, a friend, a coach, a teacher, someone from church, a minister or a counselor.

4. Write the names of the people who you will ask to pray for you.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. When fear and anxiety appear as a companion to your day, greet it with this prayer:

*Lord, I choose to trust You today with all of my heart and I will not lean on my own understanding of this situation. In everything that happens today, I trust that You are my God and that You will lead me down the unique path that was created just for me.  
Based on Proverbs 3:5-6*



# Aptitude

Discover & Develop Your Strengths

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**You are uniquely designed by God. No other person has your DNA and personal history.** Discover your incredible gifts and deep passions. Be prepared to add, subtract and modify what you know about you.

*For You (God) created my inmost being; you knit me together  
in my mother's womb. I praise you because I am fearfully  
and wonderfully made...*

*Psalm 139:13-14*

## **5 Factors in Your Unique Design:**

The better you understand you, the better you can see how to prepare yourself for life after high school. Consider these 5 factors:

1. **Experiences:** Your background – Personal, educational, vocational
2. **Abilities:** What you do best – Talents, knowledge, skills
3. **Personality:** How you do what you do best – Natural behavior traits
4. **Interests:** What you like best – People, places, things and activities you enjoy
5. **Values:** What is important to you – Work and life purpose, principles or points of pain

Experiences + Abilities + Personality = Gifts: Your gifts are the combination of your experiences (personal, educational, vocational), abilities (talents, knowledge, skills), and your personality (natural behavioral traits).

Interests + Values = Passions: Your passions include your interests (what you like best) and your values (what is important to you). Passions motivate you to use your gifts in particular ways and places.

# Employ Your Passions as Well as Gifts

A team of researchers followed a group of 1,500 people over a period of 20 years. At the outset of the study, the participants were divided into 2 groups:

- Group A, 83% of the sample, was composed of people embarking on a career path they had chosen solely for the prospect of making money now in order to do what they wanted later in life.
- Group B, the other 17% of the sample, consisted of people who had chosen their career paths so that they could do what they wanted now and worry about the money later.

The data showed some startling revelations:

- At the end of the 20-year period, 101 of the 1,500 had become millionaires.
- Of the millionaires, all but one - 100 out of 101 - were from Group B, the group that had chosen to pursue what they loved.

The key ingredient in most successful projects is **loving what you do**. Having a goal or a plan is not enough. Academic preparation is not enough. Prior experience is not enough. Enjoyment of your life's work is the key.

## Introducing the X Factor

The “X” Factor is the active presence of Jesus Christ in your life. It begins the millisecond you are created anew in Christ Jesus by accepting Him as your Lord and Savior...

*“Therefore if anyone is in Christ, he is a new creature;  
the old things passed away; behold, new things have come.”*

2 Corinthians 5:17

Your gifts and passions, ignited by the Holy Spirit, are manifested as spiritual gifts and God's calling for you to minister for the good of others, not only in church, but also in your home, school and future work life.

# Self-Assessment Experiences Exercise

1. In the left column, list **5** places where you have worked, interned, and volunteered as well as extra-curricular activities that you participated in over the past 3 years.
2. In the right column, list the type of work or activity that you did for each.
3. Now Circle the top **3** that interest you – both the places and type of work.

<b>Places</b> <i>Example: part-time job, summer internship, volunteer at church or sports</i>	<b>Type of Work</b> <i>Example: served ice cream, camp counselor for kids at summer camp, played basketball...</i>
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

1. What did you like most about the 1<sup>st</sup> place and type of work you did?

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2. What did you like most about the 2<sup>nd</sup> place and type of work you did?

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3. What did you like most about the 3<sup>rd</sup> place and type of work you did?

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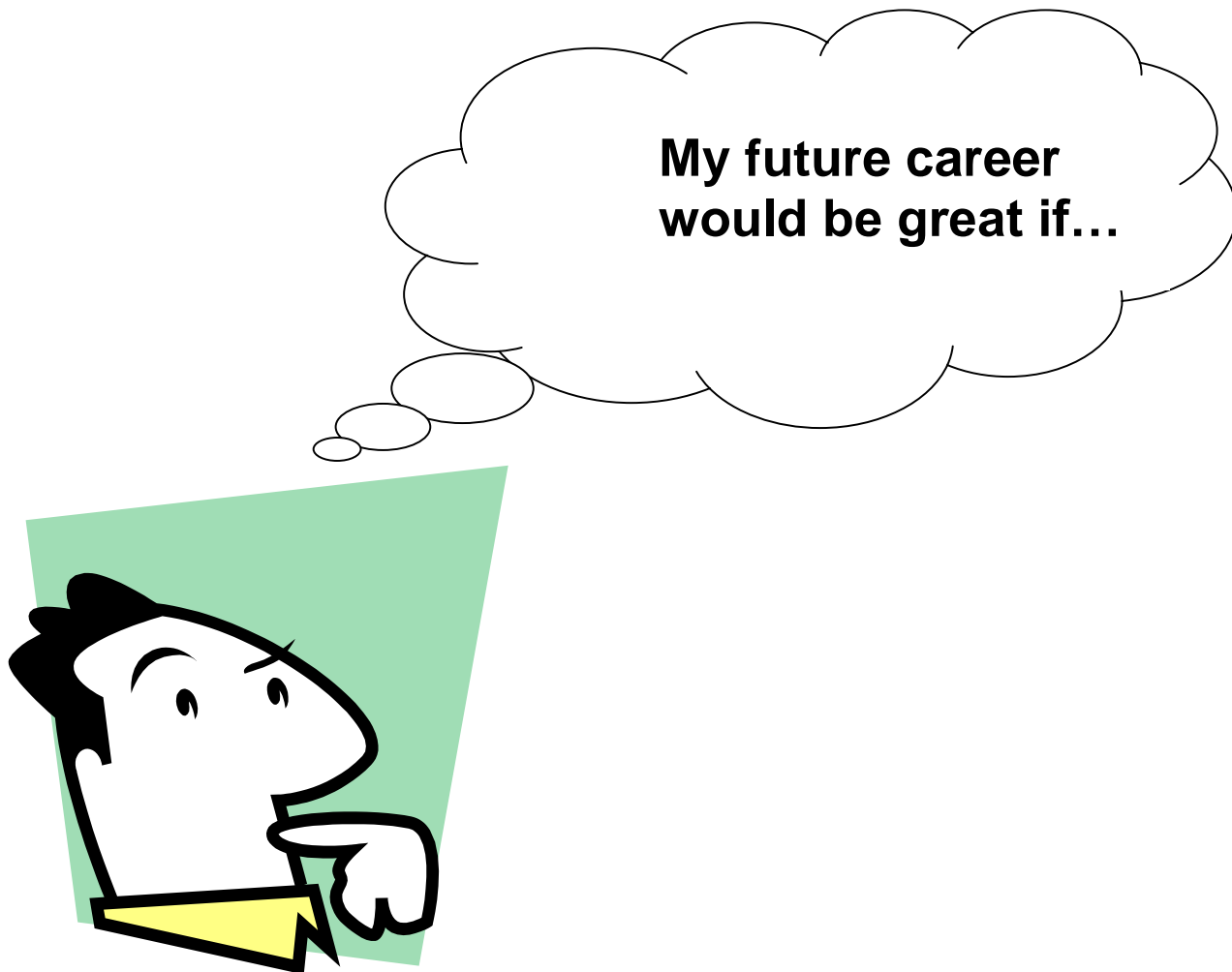
4. Do these interests have anything in common? What are the similarities?

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# You are A+VIP

You are God's unique gift to others. Blessed to be a blessing! Prayerfully review your experience self-assessment. Write keywords to describe your strengths as Abilities + Values, Interests and Personality with which you can serve others.

<b>Abilities</b> What you do best: talents & skills	<b>Values</b> What is important to you?
<b>Interests</b> What you like best: places, things, activities	<b>Personality</b> Your natural behavior: quiet, outgoing



## **Have you ever had a career daydream?**

Career daydream = A daydream where all you can think about is the particular career that you would like to have one day and what that opportunity would be like.

Did you know that your career daydreams can be very helpful in helping you determine what you are truly passionate about? No one dreams about what they dislike but rather what they thoroughly enjoy.

So, take a few minutes, and have a career daydream. Then answer the following questions.

# Your Career Daydream

1. What kind of work do you see yourself doing in your dream?

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2. What is your location and setting?

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3. What do you like most about what you are doing in that job?

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4. Is there anything that you do not like in that job?

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5. What are you wearing to work each day?

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6. Who are you working with or do you work alone?

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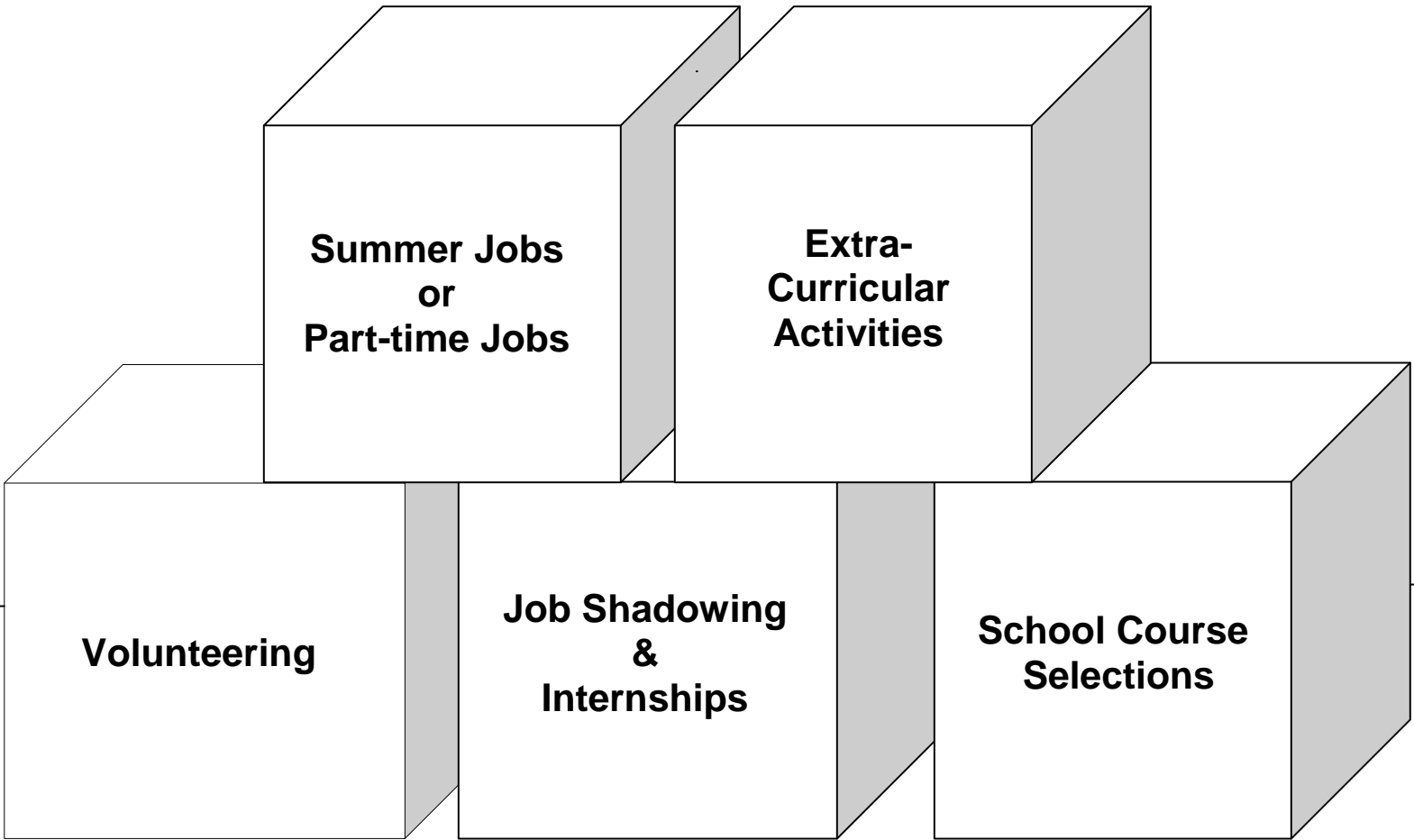
7. In your daydream, are you happy, excited, calm, challenged...?

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8. How could you make your daydream become a reality?

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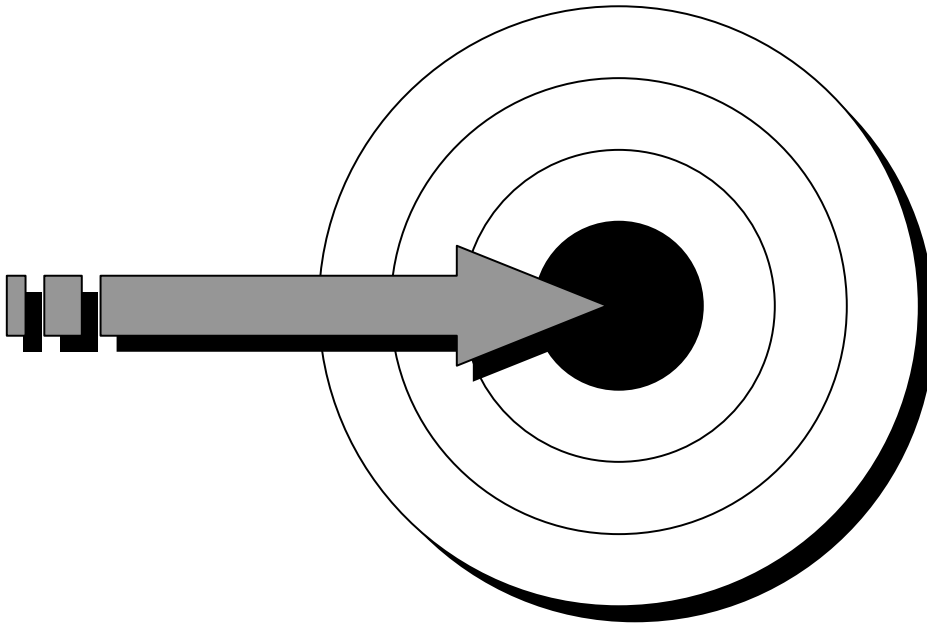


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**Experiences Form a Solid Foundation  
For Your College &  
Future Career Pursuits**

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# Target Opportunities



## Could your career interests become a reality?

1. Where could you gain more experience in the areas that interest you? List at least 4.  
*(Example: if your dream is a cook, where could you get some experience?)*

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2. Who can you get in touch with about doing an experience with them? List as many as needed.  
*(Example: coach, teacher, parent, parent's friend, someone at church...)*

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3. How long would you desire to have this experience and when would you want to do it? List options.  
*(Example: 1 year or 1 day / summer or winter during school)*

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4. What kind of experience do you think would be of most benefit to you now?  
*(Example: part-time job, internship, job shadowing, or internship)*

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## What Types of People do Employers Look For?



**Strong character**

**Positive attitude**

**Competent**

**Able to communicate effectively – verbal & written**

**Trustworthy**

**Dependable**

**Able to work in teams or individually**

**Honest & diligent**

# Elevator Speech

My name is...

I am a...

My best/favorite subjects are...

I am interested in learning more about...



# The Interview – Telling Your Story

Think of an interview like a first date. In a short amount of time, you meet someone new; and in the first few minutes, you will know whether it is a good fit for you or not.

Here are some general interview questions that an interviewer might ask you. Read them and think about your answers before you work with your partner. Then, with a partner, interview each other using these questions as a template.

**1. Tell me about yourself?**

(Elevator Speech)

**2. What do you know about our company?**

(Student Employer will make up a fake company)

**3. Why do you want to work for us?**

**4. What makes you more capable than someone else to fill this position?**

(Interviewee goes briefly over accomplishments and experiences)

**5. In what areas would you like to improve?**

(Interviewee explains how they would like to improve in areas that would complement this position)

**6. What are your strengths that would complement this position?**

**7. How do you think you can fit this job into your schedule? Do you have any restrictions when you can't work?**

(Interviewee goes over how they can do this job and school at the same time)

**8. If I spoke to one of your coaches, counselors, or teachers, what would he or she say are your greatest strengths?**

**9. What are some of your favorite activities, sports, hobbies?**

**10. What are your future goals after high school?**

# The Interview – Discovering Their Story

While telling your story is very important, part of the interview should be you asking the interviewer about the company and the job itself.

- 1. What are the day-to-day responsibilities for this job?**
- 2. Could you explain your organizational structure?**
- 3. What do you most enjoy about your work with this organization?**
- 4. What is the best way to communicate with other employees at this organization?**
- 5. How will my job performance be measured?**
- 6. What are some of the skills and abilities necessary for someone to succeed in this job position?**
- 7. How much training will be provided for this position?**
- 8. Can you describe your ideal employee?**



## Select

Walk in Work Made for You

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After going through the last 5 steps, it is important to take action and step forward into the next opportunity that God wants you to experience in your journey. Part of moving forward includes the following statements:

- What is my attitude as I move forward into the next opportunity?
- What are my strengths that I can use to both glorify God and serve others?
- What do I dream about on a daily basis that could become reality?
- What opportunities could I pursue in order to further develop my strengths?
- Which experiences could provide me with a better understanding of particular careers and if they could be a good fit for me after college?

Discovering your unique career paths can be very challenging if you do not take time to learn more about yourself, to gain various experiences, and, most importantly, to focus your attention on God and where He is leading you.

In order to better help you take the next steps, Crossroads Career Network has assembled many resources that will help you as you prepare for life after high school. For these additional resources, check out the Teens page on our website:

<http://www.crossroadscareer.org/teens>.

*“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”*

*Jeremiah 29:11, NIV*

# Ready... Set... Explore!

# Questions for College Exploration

1. What types of majors correspond to your interests?

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2. What types of minors could complement your major?

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3. What schools have these majors and minors in their program?

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4. Where do you want to go to college? In state or out of state?

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5. Small college versus large college?

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6. What type of SAT or ACT scores are needed for those schools?

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7. What types of grades are necessary for admittance?

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8. When will you be able to visit those particular schools?

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9. Will those schools have a representative at a local college fair?

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10. How can you best utilize your school counselor in the college prep process?

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11. Do you need additional help from a college or career consultant?

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12. What other questions do you have about preparing for college that need to be explored in the coming months?

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# Online Teen Resources

In order to access all of these resources for Teens, go to [www.crossroadscareer.org/teens](http://www.crossroadscareer.org/teens). Here are some of the 80+ resources that you will find on the Crossroads website.

## Find Colleges

- College Board
- Christian Colleges & Universities
- Community Colleges
- Guide to Colleges & Graduate Schools
- List of Colleges
- College Search
- College Navigator

## Discover Majors & Minors

- College Board
- A2Z Colleges
- The Princeton Review
- What Can I Do With This Major?
- Top Online Colleges

## How to Pay For College

- Scholarships
- Athletic Scholarships
- Financial Planning
- Paying for College
- The College Trap – Gordon Wadsworth

## College Admissions

- Guide to College Admissions
- College Admissions
- How College Admission Works
- Guide to College & University Admissions
- Admissions Guide Information

## SAT & ACT Help

- About the SAT
- About the ACT

## **Finding Experiences That Matter**

- Summer & Part-time Jobs
- Internships
- Volunteering

## **Gap Years**

## **Investigating Careers**

- O\*Net
- Occupational Outlook Handbook
- Dictionary of Occupational Titles
- International Jobs
- Overseas Jobs
- Jobs Abroad

## **Job Outlook & Salary Information**

- CareerOneStop
- Bureau of Labor Statistics
- *The Wall Street Journal*
- Economic Research Institute
- Highest Paying Jobs in the US
- Monster Salary Wizard
- Salary Wizard

## **Writing Resumes & College Admission Essays**

- Teen Resume Writing 101
- Teen Resume Writing Video
- Writing College Admission Essays

## **The Interview**

- The Interview Process
- What to Wear

## **Networking**

- Making Yourself Marketable
- Networking & Finding Opportunities

## **Preparing for College Athletics**

- NCAA
- Athletic Scholarships
- Sport's Associations

## **Personal Assessments for Further Exploration**

- CareerDIRECT
- O\*Net Interest Profiler
- PLACE (Spiritual Gifts)
- Choosing Your Path
- *What Color is Your Parachute? For Teens*