

**Figure 7.1** ACCESS and Accomplishments Plans

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**The ACCESS Plan: Goal-Setting to Reach Your Dreams!**

The ACCESS Plan is used for K–12 student goal setting and includes topics from the American School Counselor Association (ASCA) nine Student Standards (academic, career, personal/social competencies) and the National Office for School Counselor Advocacy (NOSCA) eight College and Career Readiness Counseling Components.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Grade: K 1 2 3 4 5 6 7 8 9 10 11 12

**Directions:** Write or circle the appropriate letter for your responses under the question. Update your answers anytime with your school counselor, parent/guardian, teachers, and other important persons in your life.

1. What three things will you do this semester to improve academic skills?
  - A.
  - B.
  - C.
2. What are the most challenging classes you can take to reach your career and college dreams?
3. How will challenging math, science, literacy, history, world language, and arts classes prepare you for your career and college dreams?
4. What three careers/jobs would you like?
  - A.
  - B.
  - C.
5. To succeed in the three careers/jobs (from Question 4), what college/postsecondary education is needed?
  - A.
  - B.
  - C.

*(Continued)*

**Figure 7.1** Continued

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6. To find a great career and college major, what are your greatest strengths, interests, and talents?
7. Who helps you think about graduating from college/postsecondary education?
  - A. Parent/guardian
  - B. Teachers
  - C. School/college counselors
  - D. Friends
  - E. Siblings/other family members
  - F. Clergy at place of worship
  - G. Coaches
  - H. Extracurricular activity leaders
  - I. College visit representatives
  - J. College fair representatives
  - K. Other: \_\_\_\_\_
8. What can you do in school to reach your career and college dreams?
  - A. Take the most rigorous courses (honors, AP, IB, college-preparatory) in high school.
  - B. Research different careers and colleges early, as well as specific requirements for admission test scores, grades, required courses, activities.
  - C. Develop a plan to pay for college with the least amount of debt for you and your family.
  - D. Participate in depth in one or two extracurricular activities.
  - E. Study or show fluency in at least one world language in addition to English.
  - F. Participate in regular community service to make a difference and care for others.
  - G. Participate in one or two arts programs at school and/or as extracurricular activities.
  - H. Participate in depth in at least one sport or athletic activity.
  - I. Know the particular hooks (legacy, athletics, special talents, cultural identities, etc.) that may increase college admissions at selective schools.

**Figure 7.1**

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- J. Update your ACCESS/Accomplishments plan annually with your school counselor, teacher, or parent/guardian.
- 9. What arts, extracurricular activities, leadership, sports, travel, and community service can you do to help reach your career and college dreams?
- 10. How will you explore careers and colleges to find the best fit?
  - A. Explore possible college majors offered by various colleges and possible careers/jobs.
  - B. Job-shadow someone.
  - C. Attend a career/college fair.
  - D. Visit potential colleges online via virtual tours or in person on campus tours.
  - E. Understand admission requirements including applications, deadlines, essays, exams, recommendations, selectivity (from open admissions to highly selective), and transcripts.
  - F. Understand different admission policies: early action, early decision, regular, and rolling admissions.
  - G. Understand affordability and compare financial aid packages and non-loan support for the entire duration of your college experience.
  - H. Consider geography: commuter school, living on campus, urban, suburban, rural, in-state, out-of-state, or international.
    - I. Consider social life and student activities: residence halls, Greek life, athletics, student clubs, multicultural environment, arts opportunities, spirituality/religion.
  - J. Consider size: Small (1,000 students or less), medium (1,000–5,000 students), large (5,000–10,000 students), or very large (10,000 or more students).
  - K. Consider student supports: academic support/tutoring, counseling services, disability services, health services, media/library/technology services, and multicultural and LBGTIQ services.
  - L. Consider type of college: two-year community, four-year public, four-year private not-for-profit, four-year private for-profit, or trade/technical/career school.
  - M. Consider emphasis and mission of diverse colleges: career, liberal arts, research, and/or teaching.

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**Figure 7.1** Continued

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11. What assessments (tests) will you need in middle or high school to reach your career and college dreams?
- A. Career Key
  - B. Self-Directed Search
  - C. Strong Interest Inventory
  - D. Myers-Briggs Type Indicator
  - E. ASPIRE (assessing K–12 learning)
  - F. EXPLORE (eighth and ninth grades)
  - G. PLAN (sophomores)
  - H. ACT (juniors)
    - I. PSAT (sophomores)
    - J. SAT (juniors)
    - K. SAT subject exams (high school)
    - L. AP (Advanced Placement) course exams (high school)
    - M. IB (International Baccalaureate) Diploma course exams (juniors and seniors)
    - N. CLEP (College Level Examination Program)
    - O. TOEFL (English language skills)
    - P. Other: \_\_\_\_\_
12. How will you afford education for your career and college dreams with little or no debt for you and your family?
- A. Grants
  - B. Scholarships
  - C. Savings
  - D. Expected family contribution
  - E. Work-study
  - F. Federal loans
  - G. Other: \_\_\_\_\_
13. What will transitions be like for you between high school and college/career, and how can you prepare for bumps in the road that might block your college/career dreams?

**Figure 7.1**

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14. How do you respect yourself and your cultural identities/languages, and how do you respect people with different cultures/languages?
15. What are your academic, career/college, and personal/social goals for the year and how will this affect career and college decisions?
16. How do you stay safe and keep others safe inside and outside of school including no bullying or violence in person and in cyberspace?
17. What else can you write about your academic, career/college, and personal/social goals for this semester?

**The Accomplishments Plan: Making Dreams Come True**

The Accomplishments Plan is used for K–12 student college and career planning and provides reflection for essays and recommendations for academic, career, and college goals.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Grade: K 1 2 3 4 5 6 7 8 9 10 11 12

**Directions:** Write an answer or circle the appropriate letter(s) for your responses under the question. Update your answers anytime in discussions with your school counselor, parent/guardian, teachers, and other important persons in your life.

1. What makes you unique?
2. What are your hobbies?
3. What are your three best personal qualities?
  - A.
  - B.
  - C.
4. What are your chores at home?
5. What are your sports/athletics?
6. What are your arts activities?
  - A. Animation/illustration/cartooning
  - B. Band/orchestra/instrument: \_\_\_\_\_

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**Figure 7.1** Continued

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- C. Chorus/singing
  - D. Crafts
  - E. Creative writing
  - F. Dance
  - G. Graphic/web design
  - H. Painting
  - I. Photography
  - J. Theater
  - K. Other: \_\_\_\_\_
7. What are your extracurricular activities?
  8. What are your after-school jobs?
  9. What are your community service projects?
  10. What languages do you speak and read?
  11. What are your experiences with diverse cultures and international travel/study?
  12. What are your leadership positions?
  13. What awards/honors have you received?
  14. What, if any, are your activities at a place of worship?
  15. What are your three favorite academic subjects?
    - A.
    - B.
    - C.
  16. What are your three top career/job choices?
    - A.
    - B.
    - C.
  17. What are your three top potential college majors?
    - A.
    - B.
    - C.

**Figure 7.1**

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18. What are your three top college choices and why?
    - A.
    - B.
    - C.
  19. Which adults would write the best recommendation letters for your academic/college/career dreams?
  20. What do you want teachers/school counselors to say about you and your academic/career/college goals in your recommendation letters?
  21. How would you summarize your academic, career, and college readiness accomplishments in one sentence?
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*Source:* Chen-Hayes (2013).