



**Big Brothers
Big Sisters.®**

OF THE BIG BEND

Job Journal

Student: _____

Mentor: _____

Welcome to the Big Futures Program!

Thank you for your efforts in supporting our youth through the Big Futures program. This program is designed for high school students in 10th, 11th and 12th grade to explore their career interests and execute a post-graduation plan. Your role as the mentor is outlined below.

Meetings:

In this program, you will have the opportunity to meet with your Little both on school property and in the community during field trips. You will also have the opportunity to text, call, video call, or email at any time! Meetings should take place at least one hour each week for a total of 4 hours per month minimum.

Assignments and Goals:

The Big Futures Mentor Guide is a list of goals you should aim to achieve with your Little each month. These assignments and goals build on one another, so it is important that your Little completes them in order. If your Little falls behind, don't panic! Some of the assignments like the videos, reflective journal prompts and articles can be completed at home. You and your Little can decide how you want to structure your time during each meeting in order to make the most of your day! If you would like a sample meeting schedule, please refer to the next page.

You can access the curriculum any time at www.Bigbendmentoring.org/Bigfutures

Field Trips:

Twice each year, your Little will have the opportunity to participate in career development field trips. We encourage you to participate in these field trips with your Little if possible. These are outstanding opportunities for you to learn more about your Little's career interests so you can help them navigate their career goals.

In summary, the goal of this program is to ensure your Little feels empowered to achieve their post-graduation aspirations. Your role as a mentor is to serve as an advisor and confidant as they navigate the next phase in their lives. Using the Big Futures Mentor Guide as a road map, we want to help you build a lasting relationship with your Little Brother or Sister!

Sample Meeting Schedule

Catch up and Chat:

Use this time to chat with your Little. Ask them about their day, sports, etc. This is a good time to get to know your Little!

Complete 1-2 assignments (depending on length):

Try to complete one assignment each week. Some assignments will be longer than others, so be sure to look ahead and plan your time. Discuss how your Little would like to utilize your meeting time. They may prefer to complete assignments at home, and use the entire meeting hour as a discussion period. This is for you and your Little to decide!

Discussion:

Encourage your Little to think critically about the topics from the assignments. Use this time to incorporate your own career experiences and how you solved similar issues. This is a great time for Q&A.

Plan and Reflect:

It's always a good idea to plan your next meeting ahead of time. If your Little is falling behind, they may need to complete some assignments at home before the next meeting. This is a good time to help your Little reflect on the progress of their goals. Discuss how to make and execute a plan to reach larger goals!

List of Career Clusters

Agriculture, Food, and Natural Resources

Architecture and Construction

Arts, Audio/Video Technology and Communications

Business, Management, and Administration

Education and Training

Finance

Government and Public Administration

Health Science

Hospitality and Tourism

Human Services

Information Technology

Law, Public Safety, Corrections, and Security

Manufacturing

Marketing, Sales, and Service

Science, Technology, Engineering, and Mathematics

Transportation, Distribution, and Logistics

3. Write a short 4-5 sentence reflection about your aptitude test results. Do you agree with the career options it suggested? Were there any careers not listed that you are interested in?

Create an account on www.Talenthub2030.com

1. Create an account on Talent Hub with your personal email address, NOT your school address. Make sure you use the registration code BBBSBigBend.
2. Click on the “my profile tab” and complete the information prompted.

The screenshot displays the TalentHub2030.com website. At the top, there is a navigation bar with links for LEARNING, CAREERS, JOBS, WATCH VIDEOS, and LOGOUT. A user profile icon for 'Hi Gillian!' is visible on the right. Below the navigation bar is a dashboard with several statistics boxes: COURSES DUE (0), COURSES ASSIGNED (0), COURSES IN PROGRESS (0), FAVORITE CAREERS (6), FAVORITE JOBS (0), FAVORITE VIDEOS (0), NEW MESSAGES (0), and MY BADGES (0). A large banner for 'LEARN SKILLS FOR MANUFACTURING' is prominently displayed. Below the banner, there is a section titled 'WHAT'S NEW IN LEARNING?' featuring three video thumbnails labeled 'U3-C24', 'U3-C23', and 'U3-C22', all associated with an 'FMS PROGRAM'. To the right, there is a 'LATEST VIDEO' section with a play button icon and a video thumbnail showing a person working.

Explore Career Interests

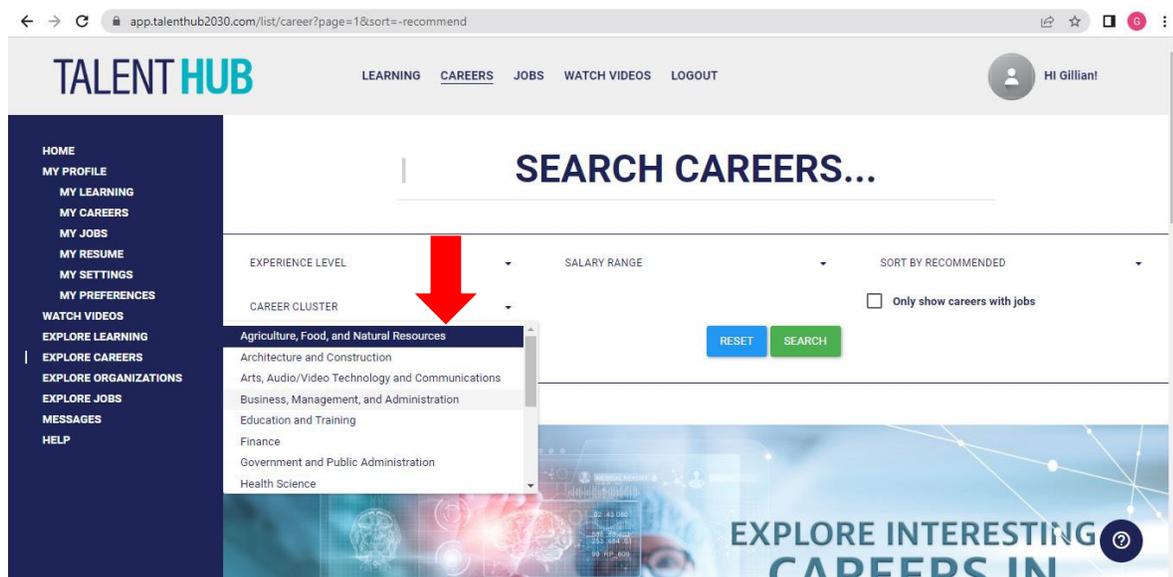
1. Log into TalentHub
2. Click the “Explore Careers” tab on the left side of the page.

3. Refer to the table in your Job Journal and note any Career Clusters that appear more than once.

EXAMPLE:

Suggested Career	Career Cluster
Surgical Technician	Health Sciences
Medical Assistant	Health Sciences
Nuclear Engineer	Science, Technology, Engineering, and Mathematics
Civil Engineer	Science, Technology, Engineering, and Mathematics

4. Search each of those career clusters in TalentHub

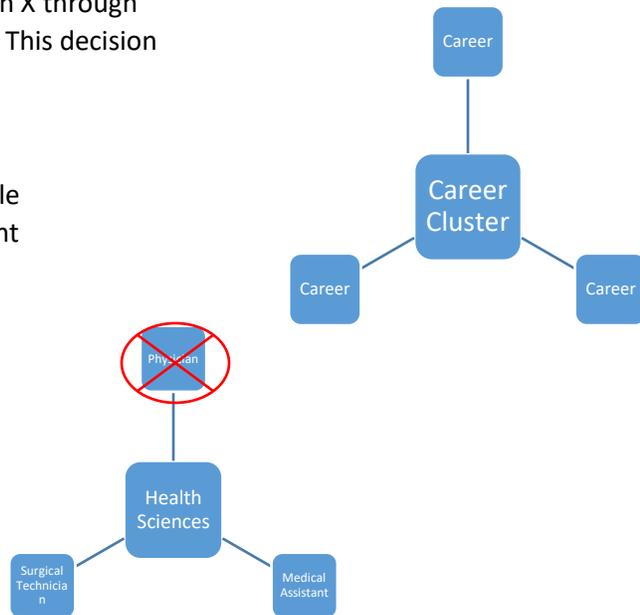


5. Favorite any careers that interest you based on the name of brief description. Don't worry about researching these careers yet. Select as many careers as you can, you will narrow them down later.

Narrowing down your career choices

1. Start a new page in your Job Journal titled "Career Map."
2. Log into Talenthub and Click on the "My Careers" tab on the left. Click on one career profile at a time and read about what each career entails. Note the career cluster each career belongs to and complete the following chart in your Job Journal. You will need to make one chart for each Career Cluster.

3. As you research each career, place an X through the careers that do not interest you. This decision may be based on factors such as:
- Required education
 - Average Salary
 - Work-life Balance or Schedule
 - Opportunity for advancement
 - Job security
 - Job responsibilities



Continue to narrow your career choices

- Review the Career Maps you made in your Job Journal. Highlight any jobs that haven't already been eliminated. Turn to a new page and title it "Career Analysis." Select one of the highlighted careers from your Career Maps and make a Pro's and Con's list. Follow the example below.

Career: Surgical Technician

Pro's	Con's

- Make a chart for each job highlighted in the Career Maps section of your Job Journal. When completing your Pro's and Con's charts, consider the following factors:
Job availability: when choosing a job or career path, you should make your research and update yourself on the types of jobs that do not go out of season or jobs that would replace you in the long term due to the advancements in technology. It can be exhausting to get jobs that have a limited life span and would not grant you any job satisfaction. Even though, the job market continues to displace more people and replace them with machines, there are still openings where people can get good employments and proceed in their career journey. Research for job openings in your desired career field before making your decisions.

Interest and passion: some questions which are necessary to ask one when planning on choosing a career path are; what do I enjoy doing the most? What job can I do and be happy even without getting paid? What are my interests? Many people are out there who do not get the job satisfaction they desire because they are not happy with their careers and jobs. Therefore, it is important to identify your interest and passion and align them to your career, only then would you achieve your job satisfaction.

Skills: your skills are like your strengths which allow you to do your job properly. When you go for an interview, many employers may ask what your skills are; this means what you can bring to boost the company's growth. Time efficiency, great management skills, team player are some of the known skills needed to secure a good job. If you are also skilled in handling people of different age groups, you may do well in a healthcare sector or education. Above all, endeavor to note your skills and plan your career path accordingly.

Talent and strength: your talents help you to succeed in whatever you do. Everyone has one or two talents and it is vital you understand what yours are before choosing your career path. Your strengths can also be termed as your skills and good skills enhance your career path.

Level of education: your level or degree of education is key in advancing in your career path, even if you got employed without the need of a degree, if it is still necessary and important you obtain such degree as it would give you an edge over a competitor whenever the need of a promotion arises. Some jobs require you to obtain some form of degree while, others may just need you learn on the job with some forms of training which would be given to you. Either way, possessing some forms of education is very important.

Attitude to work: people react differently when in the same work environment. Your attitude to work is a crucial part in choosing a career path, if you have a positive approach to work and can work in a stressful environment, you can opt for a more high position or career that is more challenging and fulfilling. If you are the type that cannot cope with too much stress which may be due to your family or personality, it is then better to choose a career path that is less stressful but yet fulfilling to you as well.

Salary structure: although this should not be like the center of your decision making in choosing a career path, but it is also quite important when you consider the amount of money you used in obtaining your degree in the university. You can make your research on the salary structure in your desired career just to have it at the back of your mind and also allow you to do your job properly. If you are the type that made use of student loans to fund your education, getting a job that would pay you well may be on the top of your list.

Job experience: your relevant job experience can be criteria to get your dream job in your desired career. Many big companies and organizations tend to employ individuals with some level of experience because; they feel they are the capable hands needed to do their jobs effectively. You can acquire experience in your desired career path by volunteering, undergoing internships, or participating in some other jobs which might not pay you for your services but at the end of the day, you are able to get the level of experience which is required for you to get your dream job.

Course availability: since all institutions may not offer the same course or teach in the same way, it is better to crosscheck your desired career path if it has been taught in your preferred

institution. Most times, people have to change their preferred careers due to the unavailability of such courses in the university or institution where one is been accepted to study. It becomes paramount to check for such courses or for other related courses of your future job before applying to any institution to avoid cases of you changing your career field upon graduation.

Course relevance: this factor is very important in choosing a career path. A lot of careers and jobs are becoming less important and obsolete since they are replaced by new technologies and science. Therefore, when you intend choosing your career endeavor to check for the course relevance in the job market as well. An example is the case of ATM machines replacing some of the jobs of a banker and manufacturing machines replacing the jobs of most manufacturers. A relevant career today might become obsolete tomorrow, so do well to check for careers with long term relevance.

Your personality: your personality plays a very vital role in being who you are. Your personality tells people about how you think, feel or act. When choosing a career path, put your personality into consideration.

Market availability: endeavor to crosscheck if your career path is favorable in the job market, are there more job openings and it is for a long term? Find out all you need to know about your career path in the job market.

Your lifestyle in relation to your career: change is something that is very constant in the life of man. You are likely to change in the ways you perceive challenges and your lifestyle may also be affected when making these decisions. When choosing a career which you may want stay long in your choose path, it is very important you choose a career that you would enjoy as you grow older. For example, if you are the type that doesn't like to work out and follow a strict diet plan, you may find jobs that require you staying fit at all times not so good for you as time goes on. Your career path should make a great impact in your lifestyle and the two must always work in unison for you to have a great life.

Achieving your long term goals: when you are choosing your career, it is very important to checkmate your dreams and aspirations with your career. Everyone has dreams which we may want to achieve in the long run; it may be job satisfaction, financial freedom or fame, whichever case it may be, your career paths should be able to fit into your goals and dreams. Generally, your job should give you the satisfaction you need, it is not all about the monetary value but for you to do your job and be happy with yourself too.

Availability of funds: this is also important in choosing a career path, because you need to check your financial status when opting for a course to study. Except you are been funded either through a scholarship or other forms of grants, it would not be wise to choose a course which would create big holes in your pockets. For example if you need to study as a medical student, you are required to purchase a lot of textbooks and materials for effective learning and it is not news, that medicals books are quite exorbitant, therefore if you cannot see yourself through school studying medicine, you can choose to go for a lesser expensive course if your choice is to be in the medical field. Other courses you can opt for is biochemistry or microbiology.

Additional Resources about how to narrow down your career choices:

Indeed.com



Clevergirlfinance.com



Complete the Career Plan Worksheet Titled "Career Plan Worksheet: Pre-requisite"

Big Futures Program Goals

August-September: Initial match meeting with your mentor. If your mentor is the same, use this time to catch up and chat about your summer if you weren't able to stay in contact.

September:

1. Assignment: Complete the "Career Plan Worksheet: Senior Year"
2. Milestone: Have you completed the FAFSA yet? You will need your guardian to complete this form, but in the meantime let's start getting some information together. See next assignment for more details.



3. Reflective Journal Entry Prompt: Follow the QR code above and take a look at the FAFSA form. Make a chart in your Job Journal to organize the information you will need from your family members. For example, make a section titled "Mother" and list all of the information you will need to ask her for.
4. Article/Video (optional): Follow the QR code for FAFSA webinars and additional training.

October:

1. Milestone: Plan an internship or apprenticeship! Research different internship opportunities currently available to high school students. Aim to start this internship in January of your Senior Year.



November:

1. Article: Read the article “How to Apply to College.” This article provides a helpful overview of the college application process. Explore more resources on Myfuture.com for more college application tips!



2. Article: Read the article, “A Complete Guide to the College Application Process” by US News



3. Milestone (College): Have you started applying to college yet? Get those applications done before the deadline! Hint: most schools have an application deadline sometime in January. Make sure you do your research!
4. Milestone (College): Complete the following applications as necessary.
 - a. Fee assistance waivers
 - b. Scholarship applications (scan the QR code for a list of scholarship opportunities)
 - c. Housing/dorm applications
5. Milestone (Both Career and College Tracks): Do you have a polished resume? Take this time to format and revise your resume. Pro tip: Ask your mentor, teacher, guidance counselor or parent to critique your resume!



December:

1. Assignment: Complete the “Become a Competitive Applicant” assignment.
2. Reflective Journal Entry Prompt: Use this space to make a checklist for yourself.
 - a. College track: How are your applications going? Do you have questions about any of the schools you applied to? Are there any important details you want to remember-write them down here!
 - b. Career track: How is the job search going? Write down a list of potential job opportunities that interest you. Do you meet the qualifications for these positions? If not, make a plan detailing how you will fulfill those qualifications before graduation.

January:

1. Assignment: Complete the “Find Scholarships” assignment.
2. Video: Watch another video from the Crash Course YouTube Channel about business soft skills.



February: (Engage in Internship/Apprenticeship/Volunteer opportunity)

1. Discussion: Check in with your mentor about your internship. How is it going?
2. Reflective Journal Entry Prompt: Write about 3 things you have learned at your internship so far.

March: (Engage in Internship/Apprenticeship/Volunteer opportunity)

1. Discussion: Check in with your mentor about your internship. How is it going?
2. Reflective Journal Entry Prompt: Think about the business soft skills you learned through this program. Do you think these are skills everyone should have in the workplace? Why or why not?

April: (Engage in Internship/Apprenticeship/Volunteer opportunity)

1. Discussion: Check in with your mentor about your internship. How is it going?
2. Reflective Journal Entry Prompt: Write about 3 skills you will bring to your future profession. Reflect on how this internship opportunity has helped you grow as a professional.

May: (Engage in Internship/Apprenticeship/Volunteer opportunity)

1. Discussion: Check in with your mentor about your internship. How is it going?
2. Reflective Journal Entry Prompt: Reflect on your time in the Big Futures program. Did you learn anything about yourself during this program? What skills will you take into your future career?
3. Assignment: Think about your first year of high school. Is there anything you wish someone would have told you? Write a letter to a freshman student at your school titled "advice from a senior." Give this letter to a random freshman student in your school!
4. Milestone: May 1st is National College Decision Day! Congratulations to the college bound students who decided which college or university they will attend in the Fall!

Congratulations High School Graduates!

Big Futures Assignments

Reflective Journaling

Students are encouraged to journal once each week about some of the following topics.

- Opinions on different careers
- Check-lists or plans to achieve career goals
- Experiences meeting people in different careers
- Thoughts on current events related to the job market
- Experiences or questions about the college application process
- Notes you want to remember for a later time
- Career experiences or shadowing opportunities you would like to participate in
- Really anything related to your future career success!

The reflective journal is a space for you to put your thoughts on paper and get organized. You may find it helpful to discuss these topics with your mentor!

Complete the Career worksheet titled “Career Plan Worksheet: Senior Year”

If you are on a College Track, Complete the following forms with your mentor:

- FAFSA
- College Housing Form
- Application Essays
- Fee Assistance Waivers



*Myfuture.com has great step by step resources. Scan the QR code.

Become a competitive applicant!

- Research volunteer opportunities

-Research certificate programs that may set you apart from other applicants (example: EMT, Medical Assistant, Phlebotomist, CPR training, etc.) Many of these certificate programs are as short as 4 hours and can be listed on your resume!

Find Scholarships

-Research scholarships for college, trade school or other technical programs.
Use the Department of Labor's free scholarship finder.



Career Plan Worksheet Senior Year

Student's Name _____

Date: _____

Mentor's Name: _____

Refer to your first career worksheet. Please list your top career choice and update information as needed.

	Career	Description	Why this career interests me	Certification/Education/Training	Salary
1					

Refer to your previous career planning worksheets. Please revise the following questions.

1. Where do you see yourself living in 5 years?
2. How do you envision your work schedule? What hours of the day would you like to work?

Based on your answers above, complete the following questions.

1. Do you feel that your career choice fits your desired lifestyle?
2. Are there any other factors you should consider when applying for jobs in your desired field? (e.g. being close to family, geographical location, desired hours, desired family life, etc)

Big Futures Resource Guide

Finding your Perfect Career

Video: How to Narrow Your Career Choices

-A short video explaining how you should narrow your career choices.



Article: Narrowing Your Career Choices from Indeed.com

-This is an article explaining different factors to consider when thinking about your future career.



Finance

Video: Personal Finance for High School Students

-A short overview of things you should know about finances as a high school student.



Game: Claim Your Future Finance Game

-Choose an imaginary career and make financial decisions using your annual salary. This is a great way to explore the ways you can budget with your desired career's expected salary.



Game: Reality Check

-This game will ask you to answer questions about your projected lifestyle. After you answer all of the questions, it will calculate how much money you need to make in order to afford your desired lifestyle.



Video: Banking Explained (Money and Credit)

-This video gives a brief overview of what you need to know about banking and credit.

<https://www.youtube.com/watch?v=fTTGALaRZoc>



Game: Hit the Road Financial Adventure

-Help budget and plan a cross country road trip-Can you make it to the end without going bankrupt?



<https://www.mycreditunion.gov/financial-resources/hit-road-financial-adventure>

Article: How much should I save?

<https://modernteens.co/how-much-should-a-teenager-save-from-a-paycheck/#:~:text=A%20good%20rule%20of%20thumb,you%20want%20to%20buy%20yourself.>



Business Skills

Video Series: Business Soft Skills by Crash Course

-A series of videos about business soft skills and how to apply them in any workplace.



Article: Interviewing Tips

-A short article about the Do's and Do not's of job interviews.



Applying to College

Article: How to Apply to College

-This article provides a helpful overview of the college application process. Explore more resources on Myfuture.com for more college application tips!



FAFSA Application

Use the link or QR code to access the Free Application for Financial Aid (FAFSA) website.

<https://studentaid.gov/h/apply-for-aid/fafsa>



Article/Video: FAFSA Webinars and additional training

<https://financialaidtoolkit.ed.gov/tk/training.jsp>



Article: A Complete Guide to the College Application Process by US News

<https://www.usnews.com/education/best-colleges/articles/college-application-process>



-US News explains everything you need to know about applying to college.

Article: How to Prepare for the SAT

<https://blog.collegeboard.org/what-best-way-prepare-sat>



Article: How to Prepare for the ACT

<https://blog.prepscholar.com/how-to-prepare-for-the-act>



ACT Fee Waiver

<https://www.act.org/content/act/en/products-and-services/the-act/registration/fees/fee-waivers.html>



SAT Fee Waiver

<https://satsuite.collegeboard.org/sat/registration/fee-waivers>



Scholarship Finder:



Applying for Jobs

Article: How to Build a Resume

<https://www.indeed.com/career-advice/resumes-cover-letters/steps-for-building-a-resume>



Video: How to Get a Job in High School

<https://www.youtube.com/watch?v=6Leo2Rxn2QE>

-This video, made by a fellow high school student, explains how to get your first job in high school.



Video: How to Get a Job with No Experience

<https://www.youtube.com/watch?v=OF8nx8Pt0tI>

-This video talks about the common misconceptions first time job applicants face. Watch this video to find out how you can stand out as an applicant with little to no work experience.



Military

Article: How to Prepare for the ASVAB

<https://study.com/academy/popular/how-to-study-for-the-asvab-test.html>



Article: Join the Military

<https://www.usa.gov/join->



[military#:~:text=The%20U.S.%20military%20has%20six,Marine%20Corps%2C%20and%20Space%20Force.](https://www.usa.gov/join-military#:~:text=The%20U.S.%20military%20has%20six,Marine%20Corps%2C%20and%20Space%20Force.)

-Learn about the different branches of the military.

Video: Careers in the Military

<https://www.youtube.com/watch?v=wB0FI7t5Qbl&t=48s>



Internships

Volunteer Leon:

[Volunteer Leon \(galaxydigital.com\)](http://galaxydigital.com)

Scholarships and Career Training

AmeriCorps:

<https://americorps.gov/join>



Job Corps:

<https://info.joinjobcorps.com/nsp>



Keiser University:

<https://degrees.keiseruniversity.edu/>



Lively Technical College:

<https://www.livelytech.com/>

