

Curriculum Modules

9TH GRADE:

- Intro to 9th Grade
- Attendance and Getting Organized
- Discipline and Conflict Resolution
- What is GPA and Why Is It Important
- Getting to Know Your Teachers
- How High School is Different Academically
- Note Taking
- Developing Strong Study Skills
- Math and Science Study Tips
- Learning Styles
- How to Succeed in Classes You're Struggling In
- Making New Friends
- The Importance of Going to College
- Types of PSE Institutions
- Goal-Setting as a 9th Grader
- Financial Goal Setting
- Being Culturally Literate and Socially Sensitive
- ACT Aspire
- What is Bullying?
- Cyber-Bullying
- Using Social Media Well
- How to Respect Yourself
- Talking with Parents/Adults About Going to College
- Challenging Courses
- The Role of the Counselor
- Extracurriculars and Good Electives
- Basics of Researching a Career
- Career Planning - Step 1: Self-Assessment
- Responsible Spending
- Peer Pressure
- What is Mentoring?
- Decision Making and Problem Solving
- Being a Good Citizen
- Sharpening Your Writing Skills
- Budgeting
- 529 Savings Plan
- What is a Major?
- How to Start Researching Colleges
- End of 9th Grade Wrap-up

10TH GRADE

- Intro to 10th Grade
- You Get the Grades You Deserve
- Test-Taking
- Tips for Researching
- Plagiarism
- Writing Essays and Research Papers
- The Importance of Good Grammar and Proofreading
- Keeping Balance in Your Life
- You Learn Better When You Focus
- PSAT Overview
- ACT Aspire for 10th Graders

- How to Handle Bullying
- Developing Peer Leaderships Skills
- Internal Barriers to Success
- First Generation College Students
- Public Colleges
- Private Colleges
- Community Colleges
- Tech/Trade Schools
- Overview to Big Future
- Social Media and Admissions
- Handling Academic Criticism
- Requesting Working Papers
- Interview Skills
- Dress for Success
- Understanding Your Take Home Pay
- Handling Disappointments
- Career Planning - Step 2: Exploration
- Goal-Setting Toward a Career
- Finding/Identifying Mentors
- Talking to Adults About Their Careers
- Think About Majors That Fit Careers You're Interested In
- Financial Aid 101
- Scholarships Through Extracurriculars
- Choosing Your Classes
- Setting Up a Professional Email
- Critical Thinking

- Community Service
- Graduation Requirements
- Finding a Banking Partner
- Developing a Purchasing Strategy
- Make Your Summer Count 1
- Make Your Summer Count 2

11TH GRADE:

- Intro to 11th Grade
- Higher Level Study Skills
- Sharpening Writing Skills
- ACT Essentials
- SAT Essentials
- Registering for the ACT/SAT
- SAT/ACT Fee Waivers
- SAT/ACT Scoring
- Finding Specifics on College Websites
- College Fairs
- Decision Making and Problem Solving
- Getting Your Parents and Guardians Involved
- How to Create a College List
- What's Important to You in a College - Academically
- What's Important to You in a College - Socially
- Bad Reasons to Select a College
- Types of Admissions
- Dual Enrollment

- Developing a Resume
 - Talking to Your Mentors about Careers and Majors
 - How to Handle Stress
 - Who Should You Talk to at Colleges?
 - Family Pressures Conflicting With Your Goals
 - Saving for a Rainy Day
 - What is Credit?
 - How to Have a Good Credit Score
 - Staying Out of Debt
 - Differences Between a Major and a Minor (and Double Majoring)
 - Liberal Arts Majors vs. Professional Majors
 - Residency Laws
 - Components of the Application
 - What is the Common App?
 - Application Fee Waivers
 - College Visits
 - Meeting with College Reps
 - Diploma Double Check
 - Last Minute Studying
 - College Costs
 - Understanding the Role of FAFSA
 - Paying for College
 - High Demand Professions
 - Career Planning - Step 3: Decision Making
 - Real World Experience
 - Scholarship Options
 - Narrowing Down Your List
 - Organizing Your College Info
 - Admissions Overview for 12th Grade
 - Time Management
 - Summer To-Do List
- 12TH GRADE:**
- Intro to 12th Grade
 - Applying to College Timeline
 - Report or Retake (SATs/ACTs)
 - Last Minute College Visits
 - Avoiding Application Stress
 - Components of the Application
 - Application Essays
 - Writing Your Personal Statement
 - Letters of Recommendation
 - Working With Your Parents on the Applications
 - How To Make Your Applications Shine
 - What to do If You Have a Low GPA
 - Overcoming a Low ACT/SAT Score
 - Role of the Financial Aid Office
 - Scholarships
 - Grants
 - Setting a Leadership Example for the Underclassmen
 - Social Media and the College Application Process
 - Are You Independent or Dependent?
 - Creating an FSA ID
 - FAFSA Overview
 - What do you Need to Complete the FAFSA?
 - Completing the FAFSA: Student Section
 - Complete the FAFSA: Parent Section
 - Your Completed FAFSA
 - Avoiding Burnout
 - Being Undeclared
 - AP Exams
 - Resistance Skills
 - Self-Advocacy
 - Graduation Requirements
 - Waitlisted
 - What to Do When You're Accepted
 - Changing Major Paths
 - Changing Career Paths
 - Developing Mentors for Your Post-Secondary Education
 - Financial Aid Letters
 - What to Do if You Have a Shortfall
 - Loans and Work Study (general info and initial steps)
 - Student Loans 101 (more in-depth)
 - Preparing For Living On Your Own
 - Living With Others
 - Time Management and Organization for College
 - Preparing for College Classes
 - Spending Time With Your Friends and Family and Saying Goodbye

To learn more about OnTrack contact:

- Michael Hackman, Managing Director, Education Mentoring Programs:
610-520-0180 ext: 210
michael.hackman@uif.org
- Andrew Zivic, Director of College Readiness:
610-520-0180 ext: 260
andrew.zivic@uif.org

Visit our website at www.ontrackpse.com