

Dear Eagle Ridge Academy Freshmen and Parents of Freshmen:

This is the February update from your counselor regarding college and career planning.

Announcements:

Attend a College Fair: A college fair is a great place to start learning more about colleges. Admissions counselors love to talk to students and help them make a plan to do well in high school and be a great candidate for admission. There are college fairs in the spring that you are invited to attend. Mark your calendar! Mark your calendar! Get more information at <http://www.mn-acac.org/MEFstudents/>.

Monday, March 11, 2017 from 6:00pm- 7:30pm at Prior Lake High School

Tuesday, March 12 from 6:00 -7:30pm at Wayzata High School 

Monday, March 18 from 6:00 – 7:30pm at Chaska High School

Considering Careers! The most successful people know themselves well and capitalize on their strengths in the work that they do. This is a lifelong process of discovery best started early! Finding a career that fits for you has two steps:

1. Know yourself – interests and strengths
2. Know about career options

Getting to know your interests and strengths. There are some great tools that you can use for free to learn more about how your personal qualities, values, and strengths pair with careers.

Careerwise (<https://careerwise.minnstate.edu>) is an extensive tool from the Minnesota State Colleges and Universities (MNSCU) with personal assessments tied to career information that is specific to Minnesota.

Myers Briggs Personality Type Indicator (<https://www.16personalities.com>) is a great tool to better understand yourself and your preferences. The 16 Personalities website does a great job of tying the types to career options.

My Next Move (www.mynextmove.org/explore/ip) is an assessment connected with O*Net, a tool from the US Department of Labor. It asks you to rate how much you'd like to perform different tasks.

Learning about career options: There are endless career options to consider. It's great to start by learning more about the careers of adults you know – your parents, your relatives and the parents of your friends. What is their career? How did they choose it? What education did they need? What do they like about it? Other online resources include:

The **Occupational Outlook Handbook** (<https://www.bls.gov/ooh/>) – a resource from the US Department of Labor with awesome data about how much you can make and how many jobs exist. Required education and training along with profiles of hundreds of careers.

O*Net (www.onetonline.org) is also a US Department of Labor tool that allows you to sort careers by skills and career clusters.

LinkedIn (www.linkedin.com) has an alumni tool that students can use if they create a LinkedIn profile. Or, you can use your parent's LinkedIn profile to explore. The tool allows you to search by college and career area and look at the profiles of people who have careers that interest you. Where did they go to school? What did they study? What was their career path?

Medicine/Health Care Summer Programs: If you're thinking about a career in medicine or health care, consider participating in one of the following programs:

Scrubs Camp - If you are interested in a career in medicine, you should consider attending a Scrubs Camp this summer. These are highly rated, hands-on experiences and the camps tend to fill quickly. The cost of camp is fairly reasonable and there are scholarships available. Go to: <http://www.healthforceminnesota.org/students/scrubscamp.html> for more information.

Camp Cardiac is a 1-week (Monday to Friday) summer day camp with a focus on both education and real world experience, It provides students with a unique opportunity to learn directly from experts in the medical field. In addition, this 1-week summer day camp provides a foundation for heart healthy living with an emphasis on both diet and exercise. CPR Certification, Heart Dissection, Lectures, Hands on workshops are all included. <http://www.campcardiac.org/minneapolis-mn.html>

Camp Neuro is a 1-week (Monday to Friday) summer day camp running daily from 8:30am to 4:00pm. The camp is open to all high school at least 15 years and older as of first day of assigned session. <http://www.campneuro.org/minneapolis-mn.html>.

Remember that I am here to help you!

Best,
Wendy Klute
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