COLLEGE PREPARATORY CHECKLIST

☐ Make school a priority with good attendance and a positive attitude.

☐ Develop effective study habits.

☐ Keep your grades up.

☐ Read, read, read! Read as often as possible, including fiction and nonfiction books, newspapers, and magazines, to broaden your vocabulary.

☐ If you are struggling, ask for help! Don’t wait until you get a bad grade on a test or assignment to ask your teacher, mentor, or your family members for help in a subject area.

☐ Whenever possible, participate in extracurricular activities, including sports, band, choir, and various clubs. Doing this will give you opportunities to expand your experiences and help you find out what you might like to do when you’re in high school.

☐ Use the summer months to review what you learned last year. Use study skills books or online resources. Join a reading program at your local library. Don’t let what you learned the previous year slip away, and prepare for the coming school year.
CONVERSATION STARTERS AND TIPS: ELEMENTARY SCHOOL

“What Do You Want to Be When You Grow Up?”

• Actively listen to and question your mentee about their future; share your thought process concerning a desirable occupational career and picking a college.

• Encourage them to think about possible career paths. If they express no specific interest, ask them about what they like to do or what someone they admire does for a living. (Remember not to discourage them from or talk negatively about any profession).

  o Check out the “Explore Possible Careers” information in the Additional Resources section to help you and your mentee think about the intersections between personal interests, career paths, courses, and required education.

• Help them research what their particular profession/occupation of interest requires; the goal is to help your mentee become aware of and take college preparatory courses.

Talk About Where You Went To College

If you attended college, or are familiar with a local institution, make sure to talk about it! Fill out “Talking Points about Your College” in the Additional Resources section.

Discuss College Life

Review college newspapers, admission guides, brochures, etc. with your mentee and discuss college life, activities, and admission processes.

Extracurricular Encouragement

Encourage your mentee to participate in extracurricular activities starting in elementary school; such as sports, community service, and other leadership opportunities. Attend one of those activities to see and support your mentee’s participation.

College-Bound Behaviors

Explain to your mentee how they should begin developing the good habits and self-discipline they will need to be successful in elementary school, middle school, high school, and college. This could include improving grades, study and homework habits, school attendance, test-taking skills, and time management. Talk with your mentee about these college-bound behaviors.

The Importance of Adults

Encourage your mentee to talk to their counselors, parent(s), and the other important adults in their lives about getting post-secondary education after high school. This could include 4-year colleges or universities, 2-year community or junior colleges, or vocational/technical school.
MATCH ACTIVITY IDEAS:
ELEMENTARY SCHOOL

College Event Field Trip
*Time: One match meeting, several hours*
Take your mentee to a college event, e.g., a basketball game, a football game, an art fair, etc. Your program may be able to secure free tickets for these types of events; make sure to ask!

Create a Poster
*Time: One to two match meetings*
Create a poster with your mentee about:
- A role model, including information about his/her occupation and training, i.e., the college they attended, their field of study, etc.
- “What I want to be when I grow up” and include information on the steps to get there.
- Their favorite subjects and the types of careers associated with those subjects.

Read about Role Models
*Time: One or more match meetings, depending on length and quantity of books*
Find and read books about role models with whom your mentee can relate; discuss the career paths of these role models and the educational steps they took to reach those goals.

Magazine Careers
*Time: One to two match meetings*
With your mentee, cut out pictures from magazines of people in different occupations. Ask your mentee to select a career they would be interested in pursuing from the assortment of magazine pictures. Use a digital camera to take a picture of your mentee. Have your mentee place their face over the face in the magazine picture. If a digital camera is unavailable, have them draw a picture of themselves. Under the picture, ask them to write about why they selected that particular occupation or what type of training they will need to be successful in that field.¹

College Positive Rewards
*Time: Extended term, check in with their progress over the months*
Look for opportunities to encourage and reward your mentee when he/she does college positive behaviors, e.g., gets good grades, completes a project, or has a leadership moment. Do a special activity or make their favorite meal and invite them over for dinner to celebrate. Set goals for specific projects and/or grades and reward those goals, potentially with college-related items (t-shirts, hats, pennants, key chains, and/or posters).

¹ Adapted from the Los Angeles Unified School District Instructional Support Services
READING MATERIALS: ELEMENTARY SCHOOL

Below is a list of books that can be used to support discussions about personal aspirations and careers. The list begins with several fiction books that will work for all age groups, although some of the books are picture-based. Under each book title is the author’s name(s), followed by the publisher’s name and the publication date, unless otherwise noted. Feel free to add any biographical books about individuals from your mentee’s ethnic/cultural groups, e.g., individuals who have overcome odds, who have worked to gain education and/or success in their fields, etc. Check with your local public or mentee’s school library for a list of such books or additional career-related books.

Helpful Tips:
Visit MeLCat, the Michigan eLibrary Catalog at http://elibrary.mel.org to locate these materials at your local library!

Take your mentee to the local library and teach them how to look up and find books or ask a librarian to show you!

Talk with your mentee about which books they would like to read together. Visit your local library before your next meeting to pick them up or find out if you can take your mentee to the school library to pick up books!

Grades K–5
Note: Good for discussions about how “you can be anything.”

Dream Big (starring Olivia the Pig). Ian Falconer. Andrew McMeel Publishing, 2006
Note: Great for discussions about following dreams.


Unstoppable Me: 10 Ways to Soar Through Life. Dr. Dwayne Dyer (author and publisher) 2006
Note: Good for helping young people believe in themselves.

Oh, the Places You’ll Go. Dr. Seuss. Random House, 1990

Oliver Button is a Sissy. Tomie dePaola. Harcourt and Brace, 1979
Note: Excellent book to encourage them to do what’s right for them, not others.

Stand Tall, Mary Lou Melon. Patty Lovell and David Catrow. Putnam, 2001
Note: Good for discussions about believing in yourself.

The Dot. Peter H. Reynolds. Candelwick, 2003

The Little Engine that Could. Watty Piper. Grosset and Dunlap, 1978
Note: Good for discussions about self-efficacy for young people of any age.
Grades K–3
A Day with a Doctor
A Day with an Electrician
A Day with Firefighters
(and a series of other A Day with A... titles). Multiple Authors. Children’s Press, Rosen Works, Inc,

I Want to Be a Musician
I Want to Be a Nurse
I Want to Be a Pilot
I Want to Be a Teacher
(and other I Want to Be A... titles). Dan Liebman. Firefly Books, 1999 through present

Jobs People Do. DK Publishing 2001

Grades 4–5
A Day in the Life of a Dentist
A Day in the Life of a Doctor
Note: Good for young girls; females are on the covers of each of the books.

Note: Geared toward girls.


So You Want to be a Writer: How to Write, Get Published, and Maybe Even Make it Big! Vicki Hambleton and Cathleen Greenwood. Beyond Words Publishing, 2001


Today’s Heroes: Ben Carson (A Detroit Native). Gregg Lewis and Deborah S. Lewis. Zonderkidz, 2002

Grades 5–6
Career Ideas for Kids Who Like...(adventure, computers, music, etc.) series. Diane Lindsey Reeves.
Checkmark Books, 2007

Discovering Careers for Your Future (Computers, Art, Health, Math, etc.—a different book for each field) Ferguson Publishing, 2000 through present


READY-TO-USE ACTIVITIES:
ELEMENTARY SCHOOL

Write Career Stories
Time: One to two match meetings
Print out copies of the “Career Stories” activity and bring along a box of crayons, markers, or colored pencils to your match meeting. Ask your mentee to write and illustrate a two-part book about “When I Grow Up, I Could Be . . .”
• Part I: What I like to do... OR what I am good at...
• Part II: Because I like to (what’s listed in Part I), when I grow up, I could be... AND the training I need to do/become this is....

Career Pathways Storybook
Time: Match meeting
Print out copies of the “Career Pathways” activity and bring along a box of crayons, markers, or colored pencils to your match meeting. For each profession, ask your mentee to color the picture and write why it would be fun or interesting to have that profession and what kind of training or college degree someone would need to pursue that career.

School Word Search
Time: Match meeting
Print out the “School Word Search” activity and work with your mentee to find all of the school-related words.

College Mascot Mini-Book
Time: Match meeting
Print out the “College Mascot Mini-Book” activity and bring to your match meeting along with a box of crayons, markers, or colored pencils. Work with your mentee (and the folding directions) to make the book and color the mascots based on their school! If you have access to a computer, you could even look up images of the mascots with your mentee.

College Bookmarks
Time: Match meeting
With your mentee, research different colleges, look up interesting facts and find their logos. Print out the “College Bookmarks” template and make bookmarks for the different colleges and try to draw the logo or mascot! Color the bookmarks based on the school colors. During the exercise, discuss fun facts you can find out about each institution, e.g., where they are located, how many dorms they have and dorm life, the school mascot, the records of sports teams, etc.
Color the College
*Time: Match meeting*
Print out the “Color the College” activity and bring it to your match meeting along with a box of crayons, markers, or colored pencils. Color each of the college acronyms in the school colors!

College Mascot Match Up
*Time: Match meeting*
Print out the “College Mascot Match Up” activity, and complete with your mentee by matching each college mascot to its school. Are there any in your mentee’s area?

Career Scramble
*Time: Match meeting*
Print out the “Career Scramble” activity, and help your mentee unscramble the list of professions from the word bank at the bottom. Talk with your mentee about what someone in that profession does and the college/training required.

My First Résumé
*Time: Match meeting*
Print out the “My First Resume” activity, and complete with your mentee by helping them think about their positive character traits, what they are good at, awards they have received, and the “jobs” they do at home or in school. Talk with your mentee about the college/training required for the profession/occupation they choose!

School Subject Match Up
*Time: Match meeting*
Print out the “School Subject Match Up” activity and see if your mentee can match each school subject on the left hand side to the related career on the right hand side. See the example for science. Some school subjects have more than one related career! Talk with them about their favorite subject(s) in school and see if they can list more careers related to that subject!

Additional activities available to download for free at [www.mentormichigan.org](http://www.mentormichigan.org)
CAREER STORIES:
Write and illustrate a two-part book about what you want to be when you grow up.

I like to... OR I am good at...

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________
CAREER STORIES:
Write and illustrate a two-part book about what you want to be when you grow up.

When I grow up, I could be... AND The training I need to do/become this is...

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
CAREER PATHWAYS

It would be fun to be a teacher because....

__________________________________________________________________________________

To have this job, someone would need to....

__________________________________________________________________________________

It would be fun to be a firefighter because....

__________________________________________________________________________________

To have this job, someone would need to....

__________________________________________________________________________________

Images: www.twistynoodle.com
CAREER PATHWAYS

It would be fun to be a veterinarian because....

__________________________________________________________________________________

To have this job, someone would need to....

__________________________________________________________________________________

It would be fun to be a lawyer or judge because....

__________________________________________________________________________________

To have this job, someone would need to....

__________________________________________________________________________________
**SCHOOL WORD SEARCH**

K E C I P L O O E S P N O S R  
E J O I R H E Y C S G N E E R    
E F N P L H I C M L I N E E I  
O A S E E S A S A L L T I S E    
H A C B A T E S T R E J P E N    
R M P S R U E C H O E K S R R     
O E N N N D O O S V R E O T H   
T F K W A Y C L L O B Y R E M     
H U Q R Y E A L W Z A U C A T   
D E G J U A R E A D I N G C M   
P V G T E H M G N S E B R H T     
S O Y L O O C E L I S S M E F    
I L E W H C E V C N O O G R H   
F I O P S I H S C H O O L R T   
A C T F Z A V D A F A R C E S

*Find the hidden words!*  
CAREER  
CLASS  
COLLEGE  
GRADES  
HISTORY  
HOMEWORK  
LEARN  
MATH  
READING  
SCHOOL  
SCIENCE  
STUDY  
TEACHER  
TEST
COLLEGE MASCOT MINI-BOOK

Cut and Fold Directions:

1. Fold the paper lengthwise so that the graphics show.

2. Fold in half widthwise.

3. Fold once more, widthwise (the cover should be in front).

4. Unfold paper, there should be 8 blocks.

5. Fold in half, widthwise.

6. Keeping the fold at the top, cut from the fold, halfway down, following along the dotted line.

7. Unfold paper again, and fold lengthwise (same as #1 fold).

8. Holding the two outer sections, push together. You should have 4 sections, joined at the center.

9. Fold to make a booklet, making sure the title is on the front.
Michigan State University

Spartans

Western Michigan University

Broncos

Ferris State University

Bulldogs

Northern Michigan University

Wildcats

Grand Valley State University

Lakers

University of Michigan

Eagles

Eastern Michigan University

University Eagles

Oakland University

Golden Grizzlies

My College Mascot Mini-Book!

Name: ____________________________
COLLEGE BOOKMARKS

Make bookmarks for the different colleges by drawing the logo or mascot and listing fun facts! Color them in the school colors and don’t forget the backside!
COLOR THE COLLEGE

Read through each college and their school colors with your mentee and have them color in each of Michigan’s 13 public universities.

Central Michigan University
Maroon and Gold
CMU

Eastern Michigan University
Green and White
EMU

Ferris State University
Red and Gold
FSU

Grand Valley State University
Blue, Black and White
GVSU

Lake Superior State University
Blue and Gold
LSSU

Michigan State University
Green and White
MSU

Michigan Technological University
Silver, Gold and Black
MTU

Northern Michigan University
Green and Gold
NMU

Oakland University
Black and Gold
OU

Saginaw Valley State University
Red and Blue
SVSU

University of Michigan
Maize and Blue
UoFM

Wayne State University
Green and Gold
WSU

Western Michigan University
Brown and Gold
WMU
COLLEGE MASCOT MATCH UP

Read through each school and mascot with your mentee and have them draw a line to match Michigan’s 13 public universities with their mascots! See the example for number 13!

1. Central Michigan University Chippewas

2. Eastern Michigan University Eagles

3. Ferris State University Bulldogs

4. Grand Valley State University Lakers

5. Michigan State University Spartans

6. Michigan Technological University Huskies

7. Northern Michigan University Wildcats

8. Oakland University Golden Grizzlies

9. University of Michigan Wolverines

10. Saginaw Valley State University Cardinals

11. Wayne State University Warrior

12. Western Michigan University Broncos

13. Lake Superior State University Lakers
COLLEGE MASCOT MATCH UP
ANSWER KEY

1. Central Michigan University Chippewas
2. Eastern Michigan University Eagles
3. Ferris State University Bulldogs
4. Grand Valley State University Lakers
5. Michigan State University Spartans
6. Michigan Technological University Huskies
7. Northern Michigan University Wildcats
8. Oakland University Golden Grizzlies
9. University of Michigan Wolverines
10. Saginaw Valley State University Cardinals
11. Wayne State University Warriors
12. Western Michigan University Broncos
13. Lake Superior State University Lakers

College Positive Mentoring Toolkit
CAREER SCRAMBLE
Unscramble the list of professions from the word bank below.

COTRDO _______________________
RETHCAE _______________________
GITHFIERERF _______________________
CIEPLO FCIOFRE _______________________
HMEICANC _______________________
WLREAY _______________________
SOPNERLA NIATERR _______________________
TAAUNTSRO _______________________
CLISOA KOWERR _______________________
THLTEEA _______________________
GINERENE _______________________
THRITCEA _______________________
NSUER _______________________
CTIMARHPAAS _______________________
ERANVTEINRAI _______________________

Word Bank:
ASTRONAUT ASTRONAUT
PERSONAL TRAINER PERSONAL TRAINER
LAWYER LAWYER
ENGINEER ENGINEER
FIREFIGHTER FIREFIGHTER
POLICE OFFICER POLICE OFFICER
MECHANIC MECHANIC
SOCIAL WORKER SOCIAL WORKER

ATHLETE ATHLETE
ARCHITECT ARCHITECT
NURSE NURSE
PHARMACIST PHARMACIST
VETERINARIAN VETERINARIAN
TEACHER TEACHER
DOCTOR DOCTOR
MY FIRST RÉSUMÉ

A résumé is a short summary of a person’s work experience and talents. Think about the chores you do at home, and the things you are good at in school or out of school. You can create your first resume by filling in the blanks!

Position: ____________________________________________
(A job you might want to have)

Abilities and Talents: (List positive things about yourself and things you are good at. For example, great speller, good friend, good in math, etc.)

★ ____________________________________________  ★ ____________________________________________
★ ____________________________________________  ★ ____________________________________________
★ ____________________________________________  ★ ____________________________________________

Achievements and Awards: (List awards you have received. For example, perfect attendance, Girl Scout or Boy Scout awards and badges, honor role, etc.)

★ ____________________________________________  ★ ____________________________________________
★ ____________________________________________  ★ ____________________________________________

Experience: (List jobs you have now and in the past. For example, walking the dog, cleaning your room, helping with dishes, setting the table, watering the plants, etc.)

★ ____________________________________________  ★ ____________________________________________
★ ____________________________________________  ★ ____________________________________________

Education: ____________________________________________  ____________________________________________
Grade  Name of School

References: (List people who will say nice things about you.)

★ ____________________________________________
★ ____________________________________________

Adapted from the Texas Workforce Commission Careers are Everywhere Activities Workbook
SCHOOL SUBJECT MATCH UP
Did you know that every job is related to a subject you are studying in school? See if you can match each school subject on the left hand side to the related career on the right hand side. See the example for science. And remember that some school subjects have more than one related career!

Science

Accountant

Astronaut

Math

Bank Teller

Eye Doctor

English/Language Arts

Fashion Designer

Social Studies

Journalist

Art

Librarian

Music

Painter

Computer

Professional Athlete

Physical Education/Gym

Radio DJ

Foreign Language

Translator

U.S. President

Website Designer

Social Worker
SCHOOL SUBJECT MATCH UP
ANSWER KEY

Science
Math
English/Language Arts
Social Studies
Art
Music
Computer
Physical Education/Gym
Foreign Language

Accountant
Astronaut
Bank Teller
Eye Doctor
Fashion Designer
Journalist
Librarian
Painter
Professional Athlete
Radio DJ
Translator
U.S. President
Website Designer
Social Worker