
ELEMENTARY SCHOOL STUDENTS

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.

Activity Coding Legend:



**Community-Based
Matches**



**School or Site-
Based Matches**



**Need access to
a computer
with internet**

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).
 - 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

Amazing Grace. Mary Hoffman and Caroline Binch. Dial, 1991

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.

Honestly, Mallory. Laurie Friedman. Lerner Publishing, 2008

No Excuses!: How What You Say Can Get in Your Way. 2009

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

A Day in the Life of a Veterinarian. Heather Adamson. Capstone Press, 2000

Note: Good for young girls; females are on the covers of each of the books.

See What You Can Be: Explore Careers That Could Be for You (American Girl Series). Diane Heiman, Liz Sunebly, and Tracey Wood. American Girl Publishing, 2007.

Note: Geared toward girls.

Lights, Camera, Action!: Making Movies and TV From the Inside Out. Lisa O'Brien. Owl Kids Books, 2007

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

The Secret Service (High Interest Books). Mark Beyer. Rosen Works, Inc., 2003

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

Exploring Careers: A Young Person's Guide to 1,000 Jobs. United States. Bureau of Labor Statistics, 2003

How to Do Your Homework Without Throwing Up. Trevor Romain. Free Spirit Publishing, 2006

When I Grow Up: A Young Person's Guide to Interesting and Unusual Occupations.

Jessica Loy. Henry Holtand Company, 2008

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



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...



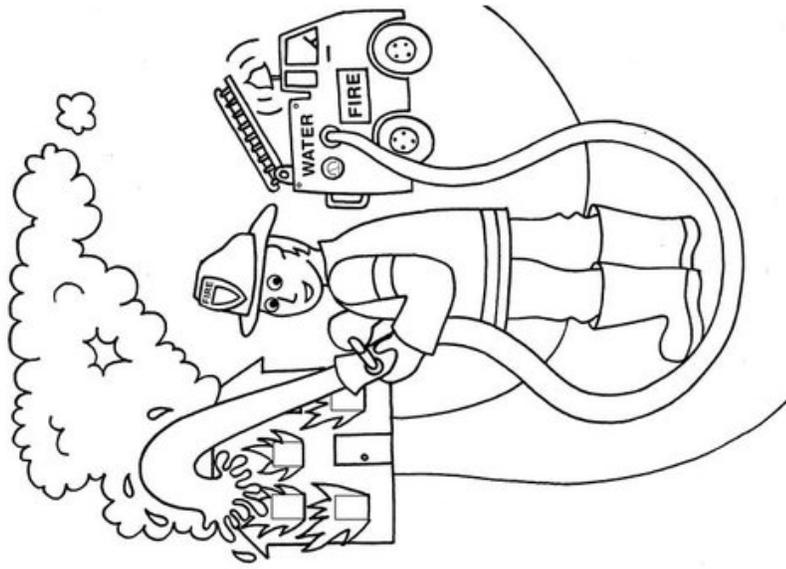
CAREER STORIES:

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....

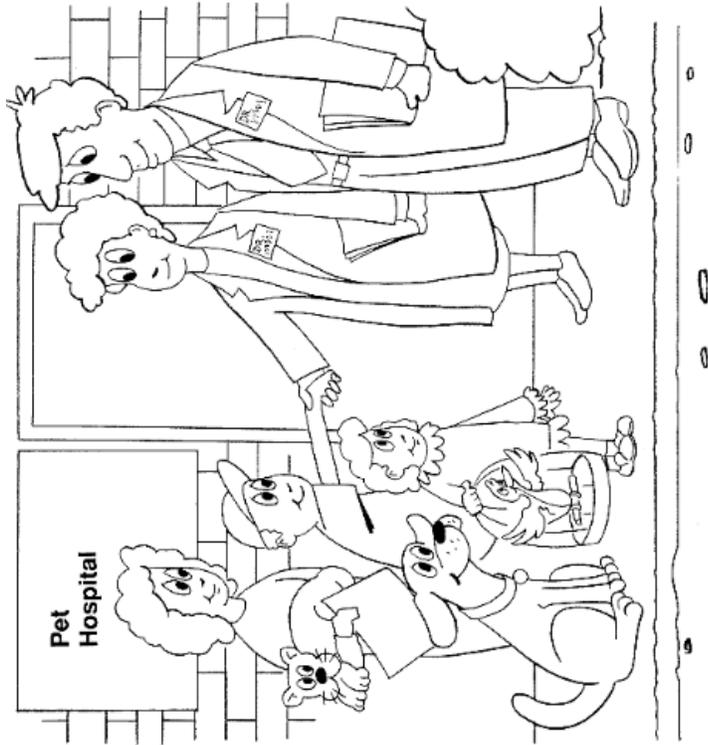
To have this job, someone would need to....

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

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

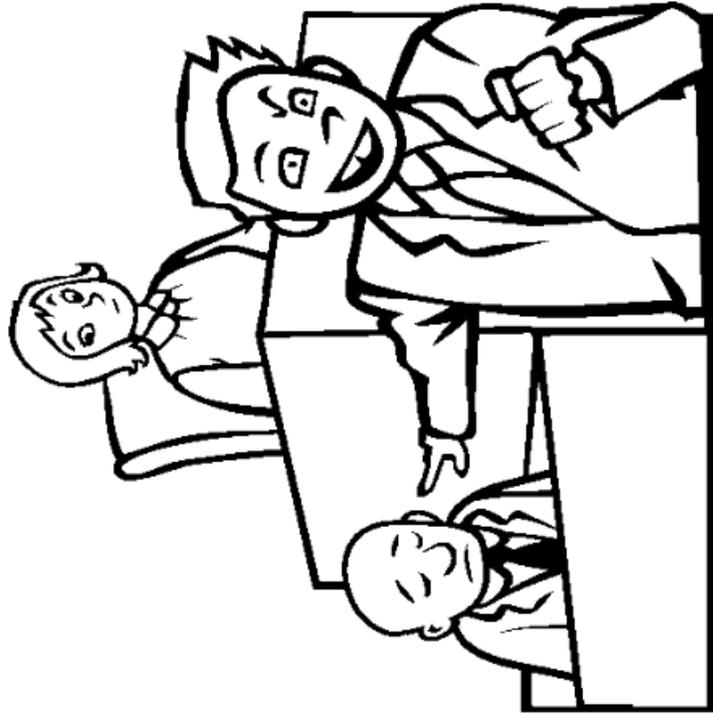


CAREER PATHWAYS



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



1



2



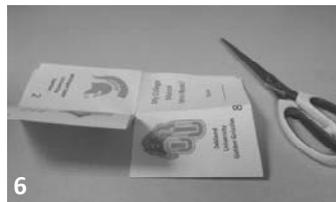
3



4



5



6



7

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.



8



9

Michigan State
University
Spartans



Ferris State
University
Bulldogs



Northern Michigan
University
Wildcats



Western Michigan
University
Broncos



My College
Mascot
Mini-Book!

Name: _____



Oakland
University
Golden Grizzlies



Eastern Michigan
University
Eagles



Grand Valley
State University
Lakers



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!

Location:

School Colors:

Mascot:

Other Fun Facts:



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

UOEM

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



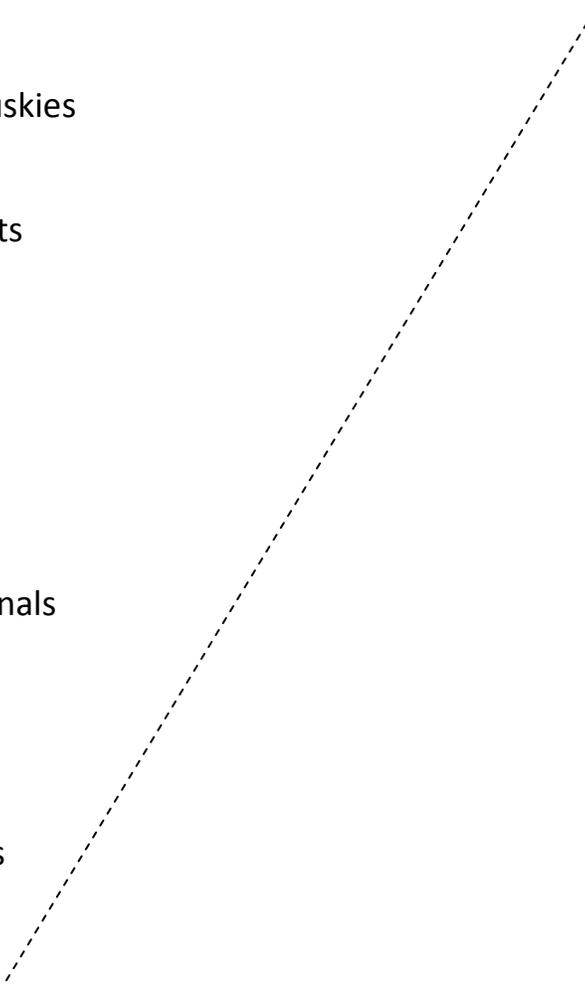
11. Wayne State University Warrior



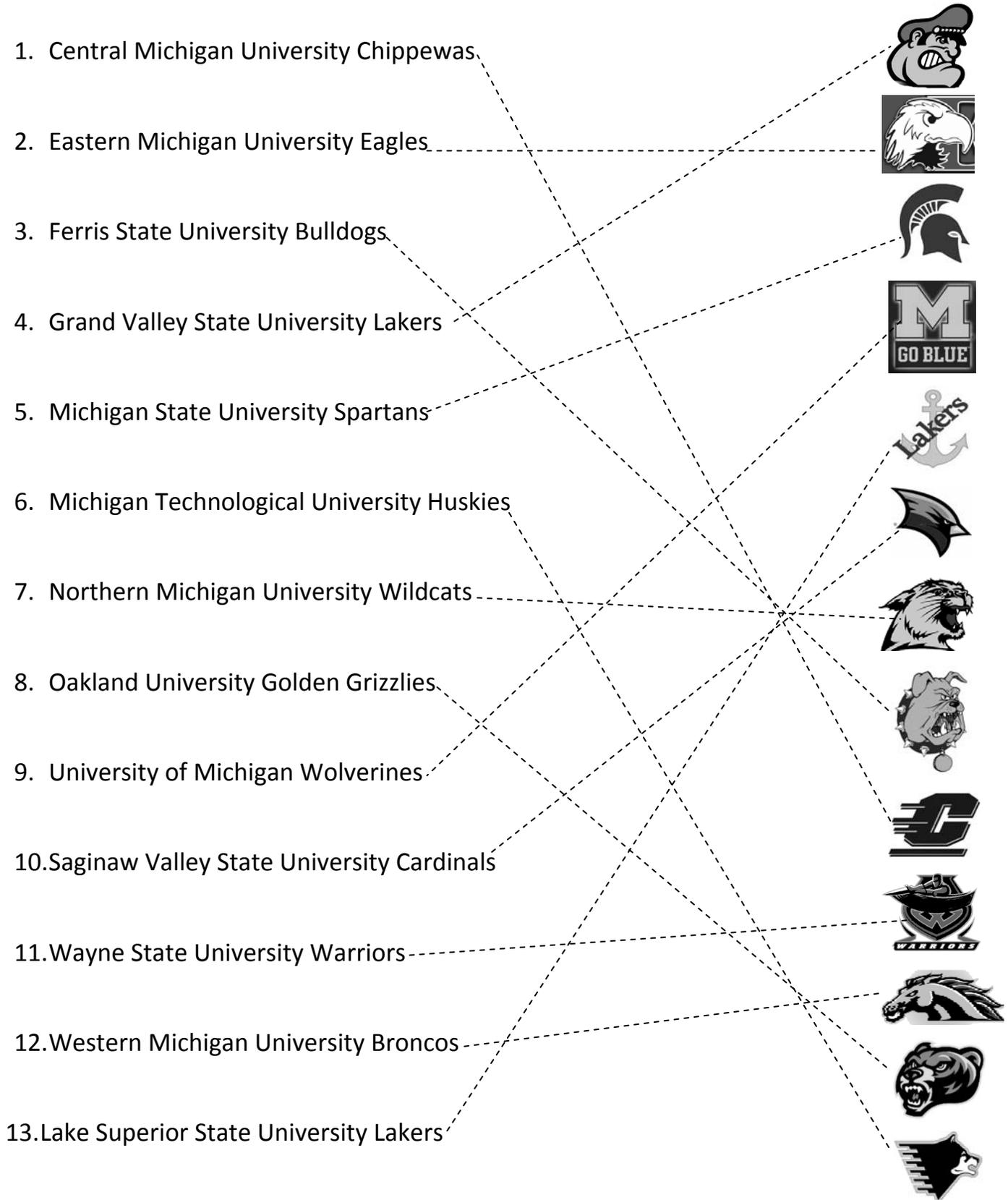
12. Western Michigan University Broncos



13. Lake Superior State University Lakers



COLLEGE MASCOT MATCH UP ANSWER KEY





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 _____

THRITECA _____

NSUER _____

CTIMARHPAAS _____

ERANVTEINRAI _____

Word Bank:

ASTRONAUT
PERSONAL TRAINER
LAWYER
ENGINEER
FIREFIGHTER
POLICE OFFICER
MECHANIC
SOCIAL WORKER

ATHLETE
ARCHITECT
NURSE
PHARMACIST
VETERINARIAN
TEACHER
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!

Your Name

Address

City

State

Zip Code

Phone number

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.)

★ _____

★ _____



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

English/Language Arts

Eye Doctor

Fashion Designer

Social Studies

Journalist

Librarian

Art

Painter

Music

Professional Athlete

Radio DJ

Computer

Translator

Physical Education/Gym

U.S. President

Website Designer

Foreign Language

Social Worker

SCHOOL SUBJECT MATCH UP

ANSWER KEY

