Thinking about the Future: College & Career Worksheet

Questions to ask yourself when thinking about planning for college or your future career:

Do you have any specific areas of interest?

- ____________________________________________________________
- Examples: medicine, teaching, art, carpentry
- There may be specific colleges, universities, or trade schools that fit your interests! (see “Types of Schools” section below)
- You can identify areas of interest by talking it over with your college counselor, therapist, friends and family. You can also use the following career search tool: https://studentaid.ed.gov/sa/prepare-for-college/careers/search

Are you still finding your interests?

- ____________________________________________________________
- Many students go to college and don’t yet know what kind of career they want. College can be a place to explore your interests!
- Think about what future careers you might be interested in. Talk it over with your college counselor, therapist, friends and family
- Many schools allow you to explore many different options
  - Example: a four-year liberal arts college requires students to take many different types of courses and encourages exploring different interests

Where do you want to live?

- ____________________________________________________________
- Some students want to stay close to home and their families, while others are excited to go away to school and live on their own
- Do you want to go to school in a big city or a small town?
- Do you want a small school, a large school, or something in between?

Are there certain activities you like?

- ____________________________________________________________
- You can search for schools that offer specific activities you are interested in, such as sports, art, music, volunteer work, and much more!

Are there certain services you need?

- ____________________________________________________________
Some students have specific religious, cultural, medical, academic/learning or other personal factors that may require special programs.

Contact the school’s office of disability services for information about academic accommodations.

Check out schools’ websites for information on cultural diversity, access to LGBTQIA+ programs, and any other programs you are especially interested in.

You may need to call the school admissions department for more specific information.

Will you need to work full-time while in school?

If you need to work full-time while you’re in school, you can search for schools that have night courses, summer courses, part-time schedules, or other options.

Many schools have Work Study programs that allow students to earn money through part-time work.

Will you need financial aid for college?

You can look up the cost and assess the value of colleges using the College Navigator: [http://nces.ed.gov/collegenavigator/](http://nces.ed.gov/collegenavigator/)

See “Scholarships and Paying for College” handout.

How do I find schools that fit with my preferences?

Check out schools’ websites, go on campus tours, or see if there is a virtual tour available.

Use the college navigator search tool: [http://nces.ed.gov/collegenavigator/](http://nces.ed.gov/collegenavigator/)

This website allows you to select specific characteristics you are looking for (e.g., state, city, size of school, etc.)

Visit bigfuture.org and choose “Make a Plan.”

This feature walks you through college planning steps based on your current grade, interests, and financial aid need.

Visit the Center for Achieving Future Education (CAFÉ). This program helps students prepare for a college career, and provides: workshops on all aspects of the college application process; visits to colleges and college fairs; scholarship search help; assistance with the application and financial aid process, and college counseling.

Hours: Mondays through Fridays, from 10am-6pm (preferably by appointment):

Location: 1130 Grand Concourse, Bronx, NY 10456

Website: [http://bronxworks.org/center-for-achieving-future-education](http://bronxworks.org/center-for-achieving-future-education)

Talk to your therapist and/or school college counselor for help with these steps!