During the Fall:
• What groups or activities match your interests?
• What new things are you doing this year?
• How do you practice organization and manage your time?
• Do you use a planner or a calendar?
• What are some goals you would like to set for this year?
• What do you do to remain on target with your goals?
• What habits or routines do you want to add/practice?

During the Winter:
• Does your guidance counselor have a checklist for college planning & career planning that they have shared with you?
• When do you map out courses for next year? How is that shaping up?
• Have you started planning for summer break activities (volunteer work, part-time job, enrichment program, etc.)?

Conversation Starters

LISTEN: “What social media platforms do you use? Why do you use social media?”

SHARE: Why you use social media. How do you use social media personally or for work?

LISTEN: “What is one thing you are looking forward to and are excited about doing while you are in high school?”

SHARE: Reflect on something you learned in high school that you still use today.

Check In & Ask The Youth

Suggested Match Activities

COMPLETE: 
Personal Brand & Digital Footprint: Learn about Personal Brand and Digital Footprint and how those activities intersect with career exploration.

EXPLORE: 
Building a Pathway to Your Future Activity: Post-secondary Education & Training Focus; Research education and training-related content using Advance Vermont’s MyFutureVT.

Visit our Future Exploration Guide Resources Page for additional materials!