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 checklists for college planning and 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** How do you use social media personally or professionally.
- **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

**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 checklists for college planning and 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.)?

Suggested Activities

**Personal Brand & Digital Footprint:** Learn how personal brand and digital footprint intersect with career exploration.

**Building a Pathway to Your Future:** Research education and training-related content using Advance Vermont's MyFutureVT.

Visit our Future Exploration Resources Page for additional materials!