



# SEOP – Student Education and Occupation Plan

## Your SEOP is Your Roadmap to Success

### Useful Tips for Parents and Students

#### Identify Interests and Abilities

- Celebrate student strengths by pointing them out regularly
- Support participation in a variety of interests + activities including sports, clubs, arts, leadership and service
- Encourage your student to keep an open mind



#### Set Academic Goals

- Encourage career exploration and school achievement
- Realize performance now directly effects future success
- Maintain good attendance and a positive attitude
- Stay organized and use class time wisely
- Regularly review progress toward achieving goals



#### Develop the Best Available Schedule

- Understand and meet 7<sup>th</sup> and 8<sup>th</sup> grade Completion and High School Graduation Requirements
- Become familiar with all future school programs , including Concurrent Enrollment, Mountainland Applied Technology College (certification programs), Internships, and Cooperative Work Experience
- Explore all course offerings before making decisions

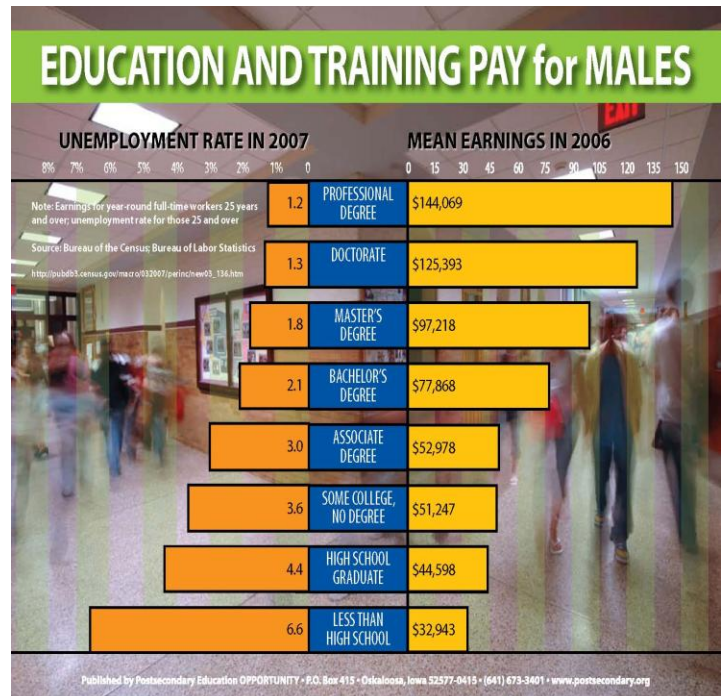
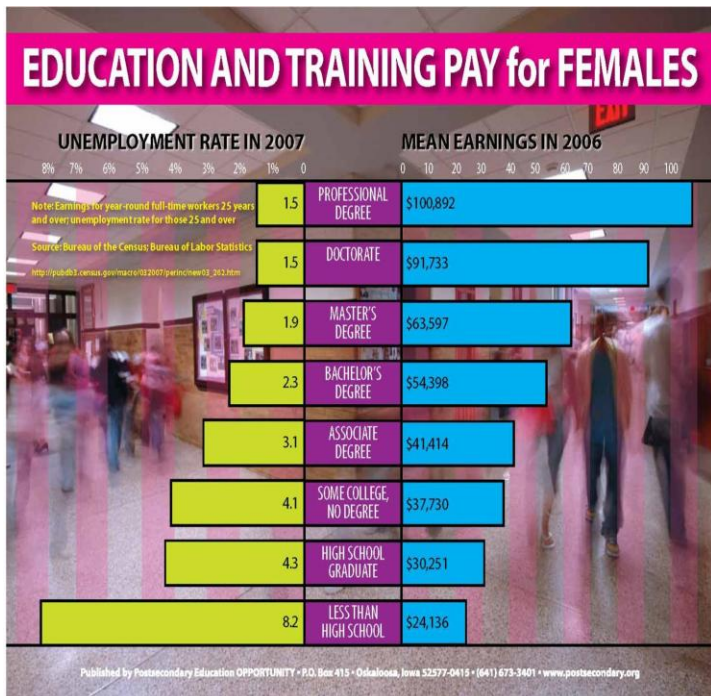
## Build a Plan for High School and Beyond

- Research educational and career options that fit your interests and abilities – take an interest inventory test
- Visit one of the following career planning web sites  
[www.utahmentor.org](http://www.utahmentor.org)  
<https://access.bridges.com/> (Click on Site id + type in 0105112 / password is canyon)  
[www.justforyouth.utah.gov](http://www.justforyouth.utah.gov)  
[www.monster.com](http://www.monster.com)  
[www.careerbuilder.com](http://www.careerbuilder.com)  
<http://jobs.utah.gov/opencms/wi/pubs/outlooks/state/starepublish.pdf> (10 year Utah employment projections)
- Plan a challenging but balanced program of academic and elective classes
- Learn about college entrance requirements
- Develop a plan to pay for college through using savings, scholarships and other resources.



## Parents Should Become Involved in the Process

- Students actually want to have their parents involved
- Research consistently shows parents influence their students educational success more than any other single factor
- Attend the SEOP and parent conferences
- Use <http://powerschool.cvjhs.alpine.k12.ut.us> to look up and monitor grades and attendance



## 7<sup>th</sup> – 8<sup>th</sup> Grade Completion Requirements

### 2.0 Units of English/Language Arts

1.0 English 7

1.0 English 8

### 1.5 Units Science

.5 7<sup>th</sup> Int. Science

1.0 8<sup>th</sup> Int. Science

### 1.5 Social Studies

.5 Utah History (7<sup>th</sup>)

1.0 U.S. History (8<sup>th</sup>)

### 2.0 Units Math

1.0 7<sup>th</sup> Grade (Pre-Algebra or Elementary Algebra)

1.0 8<sup>th</sup> Grade (Pre-Algebra, Elem. Algebra, or Geometry)

Note: Students need, as a minimum, mastery of Pre-Alg. learning standards by the end of 8<sup>th</sup> grade for a completion certificate)



### 7.0 CORE credits

### 7.0 Units of electives \*

### 14 Units Total



\* All 7<sup>th</sup> graders are required to take 1.0 unit of CTE Intro, .5 unit of PE, and .5 unit of Health. 8<sup>th</sup> graders are required to take .5 unit of PE. Students who have an IEP must meet requirements set by an IEP team for a completion certificate



### High School Graduation Requirements 9<sup>th</sup> to 12<sup>th</sup>

Timpanogos H.S. Orem H.S

4.0 English/Language Arts

0.5 Financial Literacy

3.0 Math

0.5 Health Education

3.0 Science

0.5 Computer Tech.

3.0 Social Studies

1.0 Career + Tech. Ed.

1.5 Fine Arts

1.5 Physical Education

9.5 Electives (or any extra credits from required classes)

\* specific requirements apply within each category

(9<sup>th</sup> grade required classes are 1.0 credits English 9, 1.0 credits Math, 1.0 credits Science, .5 credits World Geog., .5 Credits World Civ., and .5 credits P.E. skills. Most of these classes are not offered at the local high schools.)

### Total 28 credits

\*make up credits can be done through Alpine School District summer school courses, Electronic High School, BYU Independent Study, and East Shore High School – Contact your Counselor for info.



## Top 10 Survival Words in Planning for School Success

**10- UBSCT** - the Utah Basic Skills Competency Test (commonly called the “biscuit” test). All students must pass this test in order to qualify for a high school diploma. Test preparation available at <http://www.ucutips.org/> (no password necessary)

**9- ACT** - The American College Test which measures your preparedness for college in math, English, social studies and science. The ACT is required for college entrance. It is recommended to be taken first during your junior year of high school.

**8- Cumulative GPA** - an average of grades earned throughout high school. A high GPA in 9<sup>th</sup> grade is important for maintaining a high cumulative GPA.



**7- AP/Honors** - advanced courses that may be taken in high school. These prepare you better for college. Passing AP tests will give you college credit.

**6- Concurrent Enrollment** - an opportunity for high school students to earn college credit while in high school. Some classes count for both H.S. and college credit. Web site is <http://www.uvsc.edu/conted/concurr/>

**5-Electronic High School** – free, state funded, online classes that give students a chance to earn high school credit. The web site is: <http://www.ehs.uen.org/>

**4-Scholarships** - cash awards to be used to pay some or all of tuition, books and other college costs. Grades, talents and leadership skills can qualify a student for many different scholarships.

**3- Centennial Scholarship** - provides \$1,000 towards tuition at Utah colleges for students who complete graduation requirements by the end of 11<sup>th</sup> grade.



**2- New Century Scholarship** - for students who leave high school with an associate degree. They can receive their next two years of college in Utah at a great savings.

**1- Utah Scholars Initiative** – students who complete a rigorous high school course load, as defined by the program, can qualify for up to 2 years of scholarships to local colleges and universities. Visit the web site [www.utahscholars.org](http://www.utahscholars.org) for details.