



# STUDENT RESOURCE GUIDE

2024-2025



# STUDENT INFORMATION

STUDENT'S NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

◆ EMAIL: \_\_\_\_\_

◆ CHAHTA ACHVFFA: \_\_\_\_\_

◆ CANVAS: \_\_\_\_\_

## HSSS CONTACT INFORMATION:

◆ **High School Student Services**

PO Box 1210  
Durant, OK 74702-1210

580-924-8200  
Toll Free: 800-522-6170  
[highschoolstudentservices@choctawnation.com](mailto:highschoolstudentservices@choctawnation.com)



## TRIBAL HOLIDAYS:

- ◆ **Independence Day** — Thursday, July 4, 2024
- ◆ **Chahta Nittak/Choctaw Day (Indigenous Peoples Day)** — Monday, October 14, 2024
- ◆ **Veterans Day** — Monday, November 11, 2024
- ◆ **Thanksgiving Day** — Thursday, November 28, 2024
- ◆ **American Indian Heritage Day (Day after Thanksgiving)** — Friday, November 29, 2024
- ◆ **Christmas Eve** — Tuesday, December 24, 2024
- ◆ **Christmas Day** — Wednesday, December 25, 2024
- ◆ **New Year's Day (2025 Tribal Holiday)** — Wednesday, January 1, 2025
- ◆ **Presidents Day** — Monday, February 17, 2025
- ◆ **Good Friday** — Friday, April 18, 2025
- ◆ **Memorial Day** — Monday, May 26, 2025
- ◆ **Independence Day** — Friday, July 4, 2025

# MESSAGE FROM THE CHIEF

The Choctaw Nation of Oklahoma continually strives to create jobs and economic growth to be able to offer a variety of programs and resources for our Choctaw members. It is our goal to provide opportunities to our members that will help them achieve success for generations to come.

## VISION

Living out the Chahta spirit of faith, family, and culture.

## MISSION

To the Choctaw proud, ours is the sovereign nation offering opportunities for growth and prosperity.

The High School Student Services program is a terrific opportunity for student success. The program proudly serves more than 3,000 students each year and assists them with college, trade school, or workforce information during and after high school.

All the best,

Chief Gary Batton

Assistant Chief Jack Austin, Jr.



# LETTER TO STUDENTS

Halito High School Student Services Participant,

Welcome to the High School Student Services Resource Guide!

We are thrilled to introduce you to this comprehensive resource designed to support Choctaw Tribal Member students in grades 9th through 12th in their journey toward college and career readiness and academic success. Whether you are embarking on your high school journey for the first time or nearing the end of your secondary education, this guide is packed with valuable information and programs to help you navigate your high school years and prepare for the future.

This guide will provide many resources to empower you to achieve your academic and personal goals. Here's what you can expect to discover:

- ◆ **Choctaw Nation Education Programs:** From Student School and Activity Fund to College Freshman Year Initiative (FYI), Choctaw Nation offers a variety of programs designed to help you embrace your future through education.
- ◆ **Academic Readiness:** You'll find resources to guide you through every step of planning for your future, whether college applications, graduation requirements, ACT preparation, or study habits. These resources will help you confidently transition to your chosen post-secondary institution.
- ◆ **Admissions Readiness:** Navigating the application process and meeting your preferred colleges' requirements can be challenging. We aim to help you gain admission to your dream colleges or secure competitive scholarships by submitting well-prepared applications highlighting your academic achievements and relevant extracurricular activities.
- ◆ **College Readiness:** Understand the skills essential for success in higher education, like time management, study habits, collaboration, decision-making, and self-advocacy. These skills will prepare you to excel in college and beyond.
- ◆ **Career Readiness:** Uncertain about your career path? Explore options that match your interests, values, and financial goals. Gain insights into different industries and professions, helping you make informed decisions about your future.
- ◆ **Financial Readiness:** Create a personal budget for your transition to a post-secondary pathway. This will guide your financial decisions and ensure you have funds for expenses. Explore financial aid options like FAFSA, OKPromise, tribal aid, scholarships, and grants aligned with your achievements and interests.
- ◆ **Social and Emotional Readiness:** Start your academic journey with clear goals, track progress, and build supportive relationships with peers and mentors. Achieve personal and educational goals through self-motivation, progress tracking, and positive connections.

We encourage you to take full advantage of the resources and opportunities available through High School Student Support Services. Whether you need academic assistance, guidance with college and career planning, or just someone to talk to, we are here for you every step of the way. If you have any questions or concerns, please don't hesitate to contact us.

*Aiokpanchi (Respectfully),  
High School Student Services*

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# CHOCTAW NATION CREED

We believe in God as our Creator and strive to live in the posture of a servant. We believe in the strength of the servant. We believe in the strength of the Choctaw people, through which our authority as a government flows. We believe in the sovereign status of the Choctaw Nation and will protect our right to self-govern in all affairs. We believe the health, education, and welfare of the Choctaw People is the primary focus of the Choctaw Nation. We will cherish the trust that the Choctaw People place in us. We will conduct ourselves in a manner consistent with our beliefs and values. We will be mindful that the needs of the people will always take precedence over individual needs. We will remain accountable to the Choctaw People.

## MISSION STATEMENT

To the Choctaw proud, ours is the sovereign nation offering opportunities for growth and prosperity.

## VISION STATEMENT

Living out the Chahta spirit of faith, family, and culture.

## CORE VALUES

- ◆ FAITH | Belief in God
- ◆ FAMILY | The people whose blood runs through your veins and/or the people to whom you are closest
- ◆ CULTURE | Practicing and living out the values of the Chahta people
- ◆ SERVANT LEADERSHIP | Putting the needs of others first; helping others grow and succeed
- ◆ TEAMWORK | Working together for the betterment of all
- ◆ HONOR | Being honest and trustworthy; taking action to take care of others.
- ◆ INTEGRITY | Having strong moral and ethical principles; doing what is right when no one is watching
- ◆ ACCOUNTABILITY | Accepting responsibility for your actions
- ◆ RESPONSIBILITY | Being accountable for the decisions you make, whether the outcome is good or bad; doing what is right even when no one is watching

## CHOCTAW FLAG SALUTE

I salute the flag of the Choctaw Nation of Oklahoma, whose members characterized by tenacity, resilience, and belief in God, will forever honor its representation of Faith, Family, and Culture.

# CHOCTAW NATION TRIBAL DIVISIONS



## STUDENT RESOURCES

### CHAHTA ACHVFFA

Choctaw tribal member portal



### CNO

WEBSITE



### CNO

FACEBOOK



### OK COLLEGE START

A resource guide to prepare and plan for a higher education!



### UCango2

A resource guide to plan, prepare, and pay for college!



### ACT

The official website of the ACT where you can register to take the test and find dates and locations near you as well as additional information!



### OKLAHOMA PROMISE

A tuition scholarship for students who will attend college in the state of Oklahoma that are from families that meet certain income requirements.

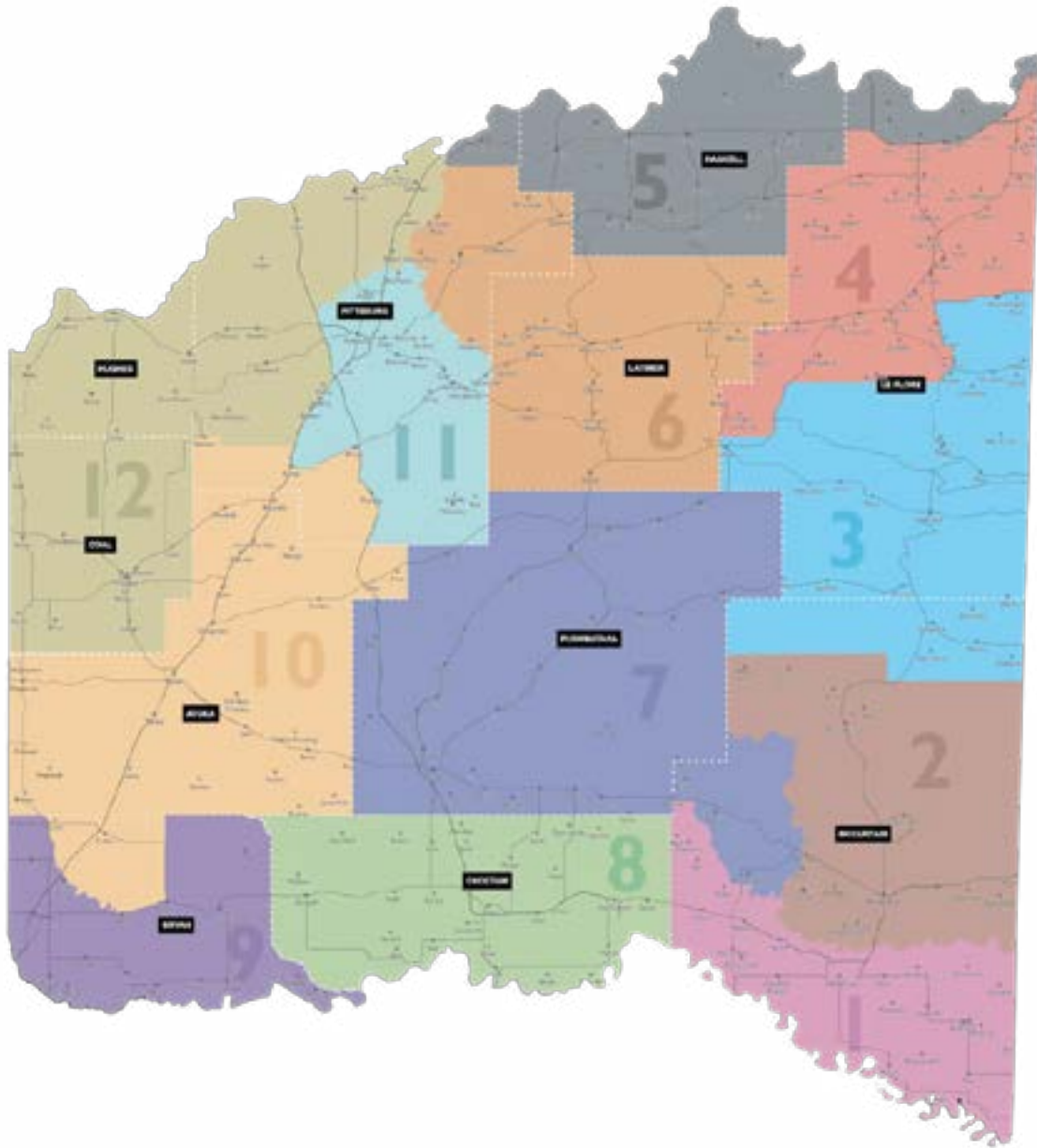


### OK529

A resource used for creating a savings account for college with investment options!



# CNO RESERVATION



The Choctaw Nation is governed by the Choctaw Nation Constitution, which was ratified by the people on June 9, 1984. The Constitution provides for executive, legislative, and judicial branches of government.

The chief of the Choctaw Nation is elected every four years, and Tribal Council members are elected from single-member districts for four-year terms. The legislative authority of the Tribe is vested in the Tribal Council, which consists of twelve members.

The Choctaw people have been governing our land base and exercising sovereignty since the 1830s. The decision in *McGirt vs. Oklahoma* in favor of McGirt on July 9, 2020, supports tribal sovereignty and was a refreshing commitment to the actual law, upholding treaty obligations and rights, which have an unfortunate history of being ignored by both the federal government and the State of Oklahoma.



# INTRODUCTORY GREETINGS

Halito(ha-lih-toh) = Hello  
(ha-lih-toh)

Sʉhohchifoyʉt = My name is...

sʉ(sah) = my

hohchifo(hoh-che-fo) = name

yʉt(yaht) =subject marker

Chi hohchifoyʉtnanta? = What is your name?

chi (che) = you

hohchifo(hoh-che-fo) = name

nanta(nahn-tah) = what

Halito, chimachukma? = Hello, how are you?

halito(ha-lih-toh) = hello

chim(chehm) = to or for you

achukma(ah-chohk-ma) = good/well

ʉmachukmahoke! Chishnato? = I am doing fine!

And you?

ʉm(ahm) = I'm/to or for me

achukma(ah-chohk-ma) = good/well

hoke (hoh-key) = It is so! (an exclamatory)

chishnato(chish-nah-toh) =and you?

ʉmachukmahoke, akinli = I am doing good/well  
or likewise/too

ʉm(ahm) = I'm/to or for me

achukma(ah-chohk-ma) = good/well

hoke (hoh-key) = It is so! (an exclamatory)

akinli(ak-kihn-le) =likewise/too

Yakoke = Thank you

Yakoke (yah-koh-ke) = thank you

Ome = Yes

ome(o-meh) = yes

Chi pisala chike = I'll see you later

chi (che) = you

pisa(penh-sa) = to see, be seeing

la (lah) = I (changed from li to la for future tense)

chike(che-ke) = will or may, in future

## ANIMALS/OBJECTS

Katos: (ka-tos) = cat

Ofi: (o-fi) = dog

Luksi: (luk-se) = turtle

Nita: (ni-tah) = bear

Sinti: (sehn-ti) = snake

Chukfi: (chuk-fi) = rabbit

Issi: (is-si) = deer

Chukka: (chuk-ka) = house

Wak: (wak) = cow

Towa: (to-wa) = ball

Holisso: (ho-lis-so) = book/paper

Mahli: (mah-lih) = wind

Iti: (i-ti) = tree

Ishtishko: (isht-ish-ko) = cup/glass/something  
to drink

Iskvli: (is-kuh-li) = money

Oka: (oh-ka) = water



Scan the QR code for  
more information  
about the Choctaw  
Language.



# **EDUCATION SERVICES**

### **477 CHILD CARE ASSISTANCE PROGRAM**

Assists eligible low-income Native American families with financial obligations for childcare. The child must reside within the CNO service area and be under 13.

**AGES:** Birth to 12 years

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** ccappdocument@choctawnation.com

**CONTACT:** Loni Conner | 580.642.4191

### **CHILD CARE**

Provides care for children aged 6 weeks to 12 years. Apply using the Chahta Achvffa Member Portal. Locations: Bennington, Coalgate, Durant, Idabel, Poteau, Stigler and Talihina.

**AGES:** 6 weeks to 12 years

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** childcare@choctawnation.com

**CONTACT:** Ashaunte Greer | 580.642.7009

### **HEAD START**

Provides educational, health, nutritional, social and other necessary services to promote school readiness in children aged 3-5. The child must be 3-4 years old before Sept. 1; Preference is given to Native American and income-eligible children. - using the Chahta Achvffa Member Portal. Locations: Antlers, Atoka, Bennington, Bethel/Battiest, Broken Bow, Coalgate, Durant, Hugo, Idabel, McAlester, Poteau, Stigler, Wilburton and Wright City.

**AGES:** 3 years to 5 years

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** headstartrecruitment@choctawnation.com

**CONTACT:** Stephanie Makke | 580.642.7176

### **JONES ACADEMY**

A residential school for grades 1-12, controlled by the CNO. Must be a member of a federally recognized tribe or have proof of at least 1/4 degree of Indian blood. Must be in good standing with previous school(s). To enroll, you can contact Jones Academy.

**AGES:** 1st grade to 12th grade

**APPLY/EMAIL:** jonesacademyapplication@choctawnation.com

**CONTACT:** 918.297.2518

### **JOHNSON-O'MALLEY (JOM)**

Provides funding for supplemental programs through contracts with public school within the Choctaw Nation service area to meet eligible students' specialized and unique educational needs. Eligibility: Native American students within the Choctaw Nation service area aged 3 through grade 12. The child or parent must be a member of any federally recognized tribe, verified by a tribal membership card and valid CDIB card, except those students who are enrolled in Bureau or sectarian-operated schools. Please contact your school's JOM program if you need assistance with school supplies.

**AGES:** 3 years to 12th grade

**APPLY:** Contact the school where the child is enrolled.

**EMAIL:** jom@choctawnation.com

**CONTACT:** Shane Haddock | 580.642.8023

### **STUDENT SCHOOL AND ACTIVITY FUND (SSAF)**

Offers an annual \$100 grant to purchase school supplies and clothing for Choctaw students possessing a tribal membership card. Must be enrolled at an accredited school or daycare. Students attending daycare, Head Start or home school are eligible. Application dates: June 1 - August 31.

**AGES:** 3 years to 12th grade

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** ssaf@choctawnation.com

**CONTACT:** Paula Thompson | 580.642.8651

### **PARTNERSHIP OF SUMMER SCHOOL EDUCATION (POSSE)**

The Choctaw Nation Partnership of Summer School Education (POSSE) partners with local school districts within its tribal jurisdiction to provide a summer learning program for qualifying kindergarten, 1st, 2nd and 3rd-grade students identified by an assessment as students needing intervention.

**AGES:** K to 3rd grade

**EMAIL:** posse@choctawnation.com

**CONTACT:** Contact the student's elementary principal for eligibility requirements.

### **SUCCESS THROUGH ACADEMIC RECOGNITION (STAR)**

An incentive program for Choctaw members enrolled in grades 2-12 that rewards students for academic excellence and encourages success in the classroom. Incentives are given twice a year at the end of each semester for the following academic achievements: All A's, All A's and B's and Perfect Attendance. Application Dates: Jan 1st - April 1st (Previous Fall Semester) and June 1st - September 1st (Previous Spring Semester).

**AGES:** 2nd grade to 12th grade

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** star@choctawnation.com

**CONTACT:** Carie Dill | 580.642.7924

### **YOUTH ADVISORY BOARD (YAB)**

Empower students to inspire positive change in their community through servant leadership. Available to all students in grades 8-12 who live in the Choctaw Reservation boundaries, Native or non-Native. To be an active member, you must participate in two projects/events, trainings or quarterly conferences.

**AGES:** 8th grade to 12th grade

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** yab@choctawnation.com

**CONTACT:** Cambrey Rutherford | 580.775.4912

### **HIGH SCHOOL STUDENT SERVICES (HSS)**

Must be a Choctaw Nation of Oklahoma tribal member. Must attend an accredited high school, grades 9-12 and be verified. Students must have a signed Student Record Release on file with the CNO HSS program. Services: School visits, scholarship information, student advising and ACT Prep Workshops. Reimbursements: ACT/SAT Test Fees, Drives Education Courses, Cap & Gown, etc.

**AGES:** 9th grade to 12th grade

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** [highschoolstudentservices@choctawnation.com](mailto:highschoolstudentservices@choctawnation.com)

**CONTACT:** Kaylee Dennis | 580.642.6602

### **HIGH SCHOOL CAREER TECH ASSISTANCE**

Assists high school juniors and seniors residing in Oklahoma with required expenses to attend training. Must be a tribal member. Must be a high school junior or senior residing in Oklahoma, concurrently enrolled in an approved Career Tech Program.

**AGES:** 11th to 12 grade

**APPLY:** <https://portal.laserfiche.com/l9547/forms/career-tech-concurrent>

**EMAIL:** [careerdevelopment@choctawnation.com](mailto:careerdevelopment@choctawnation.com)

**CONTACT:** Jana Taylor | 580-642-8170

### **477 YOUTH EMPLOYMENT SERVICES**

Assisting youth with opportunities for employment, education, training and related services needed to succeed in the workforce. These services are provided under Public Law 102-477. Must have CDIB and Tribal Membership Card. Participants must be ages 16 to 21 on or before the first day of work. Participants are permitted to work for up to five weeks. Apply online from November 30 through March 1. Apply using the Chahta Achvffa Member Portal. .

**AGES:** 16 to 21 years

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** [477programintake@choctawnation.com](mailto:477programintake@choctawnation.com)

**CONTACT:** Jayda Janway | 580.642.8935

### **COLLEGE FRESHMAN YEAR INITIATIVE (FYI)**

Closely assists Choctaw students throughout their freshman year and fosters success through graduation. Must be a Choctaw Nation of Oklahoma tribal member. First-year enrolled student at Southeastern Oklahoma State University (Durant), Carl Albert State College (Poteau) or Eastern Oklahoma State College (Wilburton.) **AGES:** College Freshman Year

**APPLY BY CONTACTING**

#### **COLLEGE COUNSELORS:**

- ◆ Carl Albert State College | 918.647.1423
- ◆ Eastern Oklahoma State College | 918.465.1705
- ◆ Southeastern Oklahoma State University | 580.745.3314

**EMAIL:** [collegefyi@choctawnation.com](mailto:collegefyi@choctawnation.com)

**CONTACT:** Lindsey Henry | 580.642.8056

### **ADULT EDUCATION**

An online academy for Native American students who did not finish high school and want to earn their High School Equivalency Diploma. Must be a member of a federally recognized tribe. Aged 16 and up; interested 16 and 17-year-olds not enrolled in public school must complete a required state of Oklahoma underage form (other states may have different underage guidelines.) Prospective online academy students outside the Choctaw Nation area must be a Choctaw tribal member to participate in the online academy.

**AGES:** Aged 16 and up

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** [adulthood@choctawnation.com](mailto:adulthood@choctawnation.com)

**CONTACT:** Ashley James | 580.642.8325

### **HIGHER EDUCATION**

Provides financial assistance to qualified Choctaw tribal members actively pursuing higher education at an accredited college or university. Must be enrolled in at least 3 credit hours. Open to concurrent high school students (students in high school taking college courses). You must maintain a 2.0 GPA or higher in the previous semester to receive scholarship funding. Must complete an online application each semester and provide the required documentation to receive assistance. Have all required digital documents available and complete the online application through Chahta Achvffa during the following application periods:

- ◆ Fall: August 1 - October 1
- ◆ Spring: January 2 - March 1
- ◆ Summer: May 1 - June 15

**AGES:** High School to College

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** [highereducation@choctawnation.com](mailto:highereducation@choctawnation.com)

**CONTACT:** Macy King | 580.642.4405

### **COLLEGE CLOTHING ALLOWANCE**

Offers a one-time payment to Choctaw tribal members nationwide who are currently attending an accredited college or university. Must have completed a minimum of 12 cumulative credit hours at an accredited institution prior to application submission. Must be actively enrolled in a minimum of 3 credit hours for the current semester. Must have earned, at minimum, a 2.0 GPA in the most recently completed semester. Application date Jan. 2, 2025 - March 1, 2025.

**AGES:** College

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** [highereducation@choctawnation.com](mailto:highereducation@choctawnation.com)

**CONTACT:** Macy King | 580.642.4405

## TECHNOLOGY ALLOWANCE

Offers a one-time payment of \$500 to Choctaw tribal members nationwide who are currently attending an accredited college or university. Must have completed a minimum of 12 cumulative credit hours at an accredited institution prior to application submission. Must be actively enrolled in a minimum of 3 credit hours for the current semester. Must have earned, at minimum, a 2.0 GPA in the most recently completed semester. Apply in the Chahta Achvffa member portal. Application dates will be Jan. 2, 2025 - March 1, 2025. Program funding is limited, and applications will remain open until limits are met.

**AGES:** College

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** [highereducation@choctawnation.com](mailto:highereducation@choctawnation.com)

**CONTACT:** Macy King | 580.642.4405

## CAREER DEVELOPMENT

Provides financial assistance for training, a comprehensive array of career guidance services, workforce skills development and academic skills enhancement. Must be a Choctaw tribal member pursuing an industry-recognized credential, certification or licensure.

**AGES:** Adult

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** [careerdevelopment@choctawnation.com](mailto:careerdevelopment@choctawnation.com)

**CONTACT:** Jana Taylor | 580.642.8170

## GRADUATION CORDS AND STOLES

Graduation Cords (High School) - Must be a Choctaw Nation of Oklahoma tribal member. Must be graduating with a high school or high school equivalency diploma (GED, HiSET, etc.) within the school year the application is completed.

Graduation Cords (Post Secondary) - Must be a Choctaw Nation of Oklahoma tribal member. Must be completing a license, certification or associate degree within the school year the application is submitted.

Graduation Stoles (College) - Must be a CNO tribal member. Must apply in the senior year of the applicant's bachelor's, master's or doctoral degree program. Students will only receive one (1) stole during their college career.

**AGES:** 12th grade, College, Adult

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** High School Email:

[highschoolstudentservices@choctawnation.com](mailto:highschoolstudentservices@choctawnation.com)

Post-Secondary & College Emails:

[highereducation@choctawnation.com](mailto:highereducation@choctawnation.com), [graduationcordstole@choctawnation.com](mailto:graduationcordstole@choctawnation.com)

**CONTACT:** High School Contact:

Kaylee Dennis | 580.642.6602

Post-Secondary & College Contact:

Macy King | 580.642.4405, Jana Taylor | 580.642.8170

## 477 ADULT EMPLOYMENT TRAINING SERVICES

Providing adults with opportunities for employment, education, training, and related services needed to succeed in the labor market. These services are provided under Public Law 102-477.

**AGES:** Adult

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** [477programintake@choctawnation.com](mailto:477programintake@choctawnation.com)

**CONTACT:** Jayda Janway | 580.642.8935

## VOCATIONAL DEVELOPMENT

Assists Native Americans in obtaining educational training. Must reside within the Choctaw Nation service area. At least 1/8 Native American and have a CDIB showing the degree of Native American blood. A high school diploma or GED. Apply using the Chahta Achvffa Member Portal.

**AGES:** Adult

**APPLY:** Chahta Achvffa Member Portal

**EMAIL:** [careerdevelopment@choctawnation.com](mailto:careerdevelopment@choctawnation.com)

**CONTACT:** Jayda Janway | 580.642.8935

## VOCATIONAL REHABILITATION

Assists American Indians with disabilities in obtaining their goal of gainful employment. Must reside within the CNO service area and 18 and up. Must be a member of the Choctaw Nation or another federally recognized tribe. Apply by calling Voc Development

**AGES:** Adult

**CONTACT:** 872.285.6893

## CHOCTAW LANGUAGE

Established to promote and preserve the language, history and culture of the Chahta people.

**VISIT:** [choctawnation.com/services/language](http://choctawnation.com/services/language)

**EMAIL:** [choctawlanguage@choctawnation.com](mailto:choctawlanguage@choctawnation.com)

**CONTACT:** Anjanette Williston | 580.642.8179

## MILITARY MENTORING

Initiative for high school juniors and seniors interested in pursuing a career in the military. Must be a Choctaw Nation of Oklahoma tribal member. Must live within the Choctaw Nation service area. Interested participants will be matched with a veteran for an informational mentorship experience. Choctaw Nation Military Mentors are available to talk to high school juniors and seniors.

**AGES:** High School

**APPLY:** Contact the program for the application process

**EMAIL:** [careerdevelopment@choctawnation.com](mailto:careerdevelopment@choctawnation.com)

**CONTACT:** Jana Taylor | 580.642.8170

[WWW.CHOCTAWNATION.COM](http://WWW.CHOCTAWNATION.COM)



Scan to learn more.

[CHAHTAACHVFFA.CHOCTAWNATION.COM](http://CHAHTAACHVFFA.CHOCTAWNATION.COM)



Scan to learn more.

**CHOCTAW NATION OF OKLAHOMA**

1802 Chukka Hina, Durant, Ok 74701 | 800.522.6170



# HIGH SCHOOL STUDENT SERVICES

**OUR GOAL |** To assist our students with academic information to promote education and/or career path beyond high school.

## REQUIREMENTS FOR ELIGIBILITY:

- Must be Tribal Member of the Choctaw Nation of Oklahoma
- Must be attending an accredited high school, grades 9-12, and verified by the High School Student Services staff
- Each student must have a signed Student Record Release form on file with the Choctaw Nation High School Student Services program

## SERVICES AVAILABLE

- Ikhvna Atoksvli - Monthly School Workshops
- Student Academic & Career Advising
- Parent-Teacher Conferences
- Scholarship Information & Workshops
- ACT Prep Workshops
- Individualized Development Plans

## REIMBURSEMENTS: *(until funds are depleted)*

- ACT/SAT Test Fees
- ACT/SAT Study Guides (up to \$20)
- ACT/SAT Prep Workshops (up to \$30)
- Drivers Education Courses (up to \$100)
- AP Test Fees
- Career Tech Expenses (up to \$100)
- Post-Secondary Fees (up to \$100)
- Cap & Gown (up to \$50)

FOR MORE INFORMATION CALL **800.522.6170** OR EMAIL  
**HIGHSCHOOLSTUDENTSERVICES@CHOCTAWNATION.COM**



Scan to learn more about the program.



# ICAP-CAREERS

The following table outlines the components that comprise ICAP and are aligned to the ICAP model. Many are already in place in your district. The shift will be systemic, toward a student-centered model that allows all students access to the components they need to meet their individual goal.

## 4 STAGES OF SUCCESSFUL INDIVIDUAL CAREER AND ACADEMIC PLANNING

ASSESS Self-Awareness Activities			EXPLORE Exploration Activities		PLAN Career Planning Activities		ACT Management Activities
Set personal goals	Review Goals	Revise goals	Career interest inventories	Setting career goals	Resume writing	Writing cover letters	Modify academic goals as necessary
Write personal reflection	Identify strengths	Identify needs	Career cluster exploration	Career pathway exploration	Investigate postsecondary options	Campus visits and reflections	Modify intentional sequence of courses as necessary
Career skills inventory	Technical skills inventory	Academic skills inventory	Creation of program of study	Job fair participation and reflection	Applications to postsecondary options	Leadership opportunities	Modify personal goals as necessary
<b>Academic Preparation</b>							
Graduation requirements	AP or advanced courses	Online courses	Career research	Mock interview	Personal financial literacy concepts	Financial plan	Modify career goals as necessary
Elective courses	CTE courses	Concurrent enrollment	Interviews of career experts	Career research paper	Complete FAFSA form	Scholarship information	Update ICAP regularly (annually, each semester, quarterly)
International Baccalaureate programs	Extra/co-curricular involvement	Career academics	Job shadowing	Work-based learning	Gather letters of recommendation	Mock interviews and reflection	
Project Lead the Way	Industry or technical credentials	Career endorsements	Internship	Youth apprenticeship	Choosing a postsecondary option	Decision-making reflection	
Pre-ACT/ACT PSAT/SAT	Industry certifications WorkKeys	ASVAB	Service learning projects	Work experience	<b>Academic Planning Activities</b>		
			Volunteering	Labor market information	Setting academic goals	Intentional sequence of courses	On track for graduation



### INFRASTRUCTURE

Leadership and Culture	Policy and Planning	Professional Development	Individualized ICAP	Family Engagement	Community Partnerships	Access for All
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### 4 STAGES OF SUCCESSFUL INDIVIDUAL CAREER AND ACADEMIC PLANNING

#### ASSESS

Who am I? Get to know your interests, skills and strengths.

#### EXPLORE

Where do I want to go? Explore career pathways and education opportunities.

#### PLAN

How do I get there? Set your route! Set goals, choose courses, join clubs and activities, obtain financing, complete applications, write resumes.

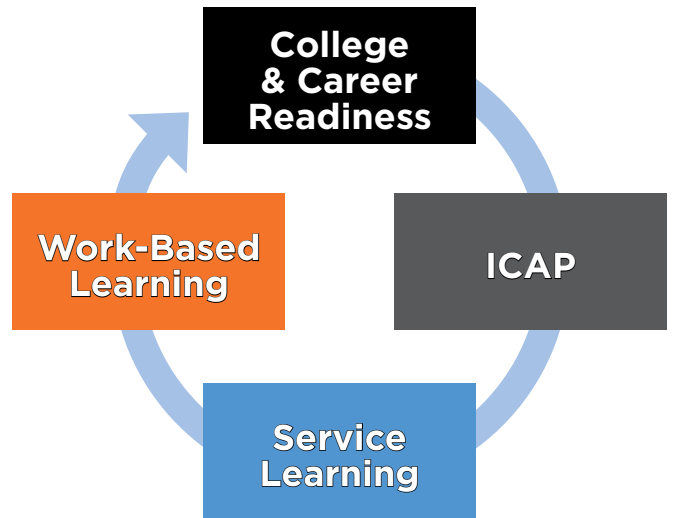
#### ACT

Review and revise plan as necessary.

# SERVICE LEARNING AND/OR WORK ENVIRONMENT (WORK-BASED LEARNING) ACTIVITIES

## WHAT IS THE BASIC ICAP REQUIREMENT FOR SERVICE LEARNING AND/OR WORK ENVIRONMENT (WORK-BASED LEARNING) ACTIVITIES?

Students must complete and record at least one service learning and/or work environment (work-based learning) activity between ninth grade and graduation. ([70 O.S. § 1210.508-4](#))



## HOW IS SERVICE LEARNING DIFFERENT FROM WORK-BASED LEARNING?

### What is Service Learning?

Service Learning allows students to learn and develop through active participation in thoughtfully organized service experiences that meet actual community needs and that are coordinated in collaboration with the school and community ([National and Community Service Act of 1990](#)).

### What is Work-Based Learning?

Work-Based Learning (WBL) expands academic and technical learning and accelerates advancement along career pathways. WBL develops readiness for work as well and skills that support entry or advancement in a particular career field ([Employer Guide To Work-Based Learning](#)).

## HOW CAN STUDENTS DOCUMENT THEIR SERVICE LEARNING AND/OR WORK ENVIRONMENT (WORK-BASED LEARNING) ACTIVITY?

Students should have structured time to reflect, discuss, or write about their service learning and/or work environment (work-based learning) experience and how their experience connects to their chosen career pathway.

Students can complete a reflection sheet and/or survey to document their experience (e.g. [Work Sample Reflection Sheet Template](#)). These documents should be included within their electronic student portfolio.

### To monitor progress, view:

- [Class of 2023 College Preparatory/Work Ready Curriculum Graduation Checklist](#)
- [Class of 2023 Core Curriculum Graduation Checklist](#)

## WHAT ACTIVITIES SATISFY THE ICAP REQUIREMENT FOR SERVICE LEARNING AND/OR WORK ENVIRONMENT (WORK-BASED LEARNING)?

The following sample activities for service learning and work environment (work-based learning) are intended to provide suggestions and ideas for schools and districts to consider:

### SAMPLE ACTIVITIES: SERVICE LEARNING

ADVOCACY	DIRECT
<p><b>Advocacy service learning experiences allow students to create, educate, or increase public awareness on a topic that impacts the community at large.</b></p> <p>Examples include:</p> <ul style="list-style-type: none"> <li>• Create a marketing strategy for a public health campaign</li> <li>• Plan and execute community or public forums</li> <li>• Work with elected officials to draft legislation to improve communities</li> <li>• Invite a guest speaker to discuss a topic of interest in the community</li> </ul>	<p><b>Direct service learning experiences allow students to have face-to-face involvement with service projects that directly impact individuals that receive the service.</b></p> <p>Examples include:</p> <ul style="list-style-type: none"> <li>• Organize a coat drive</li> <li>• Create a recycling program</li> <li>• Join a student club/organization focused on community service</li> <li>• Host a monthly game night at a local senior living community or senior center</li> </ul>
INDIRECT	RESEARCH-BASED
<p><b>Indirect service learning experiences allow students to help the community in a broader way.</b></p> <p>Examples include:</p> <ul style="list-style-type: none"> <li>• Participate in a beautification or community gardening project</li> <li>• Organize a collection drive to ask neighbors and school families to donate books, magazines, equipment, etc. to a local retirement center</li> </ul>	<p><b>Research-based service learning experiences allow students to find, collect and analyze data to meet a community issue or need.</b></p> <p>Examples include:</p> <ul style="list-style-type: none"> <li>• Have students research the best energy practices and learn what major/minor changes people can do to reduce costs and increase efficiency. Share this information with a local community center.</li> <li>• Research state and national laws on cyber-bullying. Share the current legislation and data with your school and community.</li> </ul>



# Service-Learning

Studies show that Oklahoma currently faces a large work skills gap. In 2016, approximately half (46 percent) of the Oklahoma workforce had either attained only a high school diploma or dropped out of high school altogether. However, by 2025, 77 percent of Oklahoma jobs will require some form of education beyond high school. This is why it is important more than ever to provide students with high-quality work-based experiences. (Oklahoma works)

WBL takes many forms and often includes experiences such as: internships, job shadowing, and service-learning. “High-quality work-based learning experiences pair young people with mentors who show them how to solve real-world problems, cultivate professional skills, shoulder adult responsibilities, build workplace relationships, identify interests and aptitudes, and make good decisions about careers and college.” (The Southern Regional Education Board)

## WHAT IS SERVICE-LEARNING?

Service-Learning allows students to learn and develop through active participation in thoughtfully organized service experiences that meet actual community needs and that are coordinated in collaboration with the school and community (National and Community Service Act of 1990). This type of experience can be applied to a student’s academic and personal life. Benefits from service-learning include:

- Advocacy service-learning experiences allow students to create, educate, or increase public awareness on a topic that impacts the community at large.
- Direct service-learning experiences allow students to have face-to-face involvement with service projects that directly impact individuals that receive the service.

## THINGS TO CONSIDER

When creating service-learning projects it is important to make sure that this opportunity supports a student’s Individual Career Academic Plan (ICAP). A service-learning project is successful when it is flexible and provides all students the opportunity to participate in workforce, mentorship, and leadership activities. Consider using a [planning document](#) to ensure that you create an equitable program that is able to yield successful outcomes, remain on schedule, and create equitable opportunities. A few steps creating a successful service-learning project include:

- Consider creating a bank of community partners to eliminate the need to identify new partners every year. Partners should represent diverse industries that allow for multiple projects over time.

## SAMPLE ACTIVITIES: WORK ENVIRONMENT (WORK-BASED LEARNING)

<b>APPRENTICESHIPS</b>	<ul style="list-style-type: none"> <li>• Youth apprenticeships</li> <li>• Registered apprenticeships</li> </ul>
<b>INTERNSHIPS</b>	<ul style="list-style-type: none"> <li>• Student internships at local high school and/or high school in surrounding area</li> <li>• Student internships with a business or industry</li> <li>• Student internships with a community or non-profit organization</li> </ul> <p><b>For more guidance, view <a href="#">Internships FAQs</a>.</b></p>
<b>MENTORSHIPS</b>	<ul style="list-style-type: none"> <li>• Specific class connected to chosen career pathway</li> <li>• Students mentored by a classroom teacher, business, industry or community leader</li> <li>• Students participate in a group mentoring program</li> </ul>
<b>JOB SHADOWING</b>	<ul style="list-style-type: none"> <li>• Guest speakers</li> <li>• Mock / informational interviews</li> <li>• Community or non-profit organization (e.g. Junior Achievement)</li> <li>• Shadow a person or organization connected to chosen career pathway</li> </ul>
<b>PROJECT-BASED LEARNING</b>	<ul style="list-style-type: none"> <li>• CareerTech programs</li> <li>• STEM academy, summer academy or program</li> <li>• Community or non-profit organization (e.g. Project Lead The Way)</li> </ul>
<b>VIRTUAL CAREER LEARNING</b>	<ul style="list-style-type: none"> <li>• <a href="#">Careers in the Classroom</a></li> <li>• Virtual Career Expos</li> </ul>
<b>CAREER FAIRS</b>	<ul style="list-style-type: none"> <li>• Adulting day</li> <li>• Business / Industry tours</li> <li>• Community or non-profit program (e.g. Boys &amp; Girls Club of Oklahoma County)</li> <li>• Junior / Senior conferences</li> <li>• Interview career experts</li> <li>• Reality Check</li> </ul>



# INTRODUCTION

## for Apprenticeship

### **Introduction**

What is an apprenticeship? Apprenticeship is a highly-formal job training experience that involves studying with a master of the trade or experienced mentor on the job. In Oklahoma, an apprenticeship program that is not registered with the U.S. Department of Labor is not regulated by a state or federal agency. Registered Apprenticeships refer to those programs which are registered with the U.S. Department of Labor (DOL). Registered Apprenticeship programs are a written plan designed to move an apprentice from a low or no skill entry-level position to full occupational proficiency. Registered apprenticeship is an employer-driven, “earn while you learn” model that combines on-the-job training with related technical instruction, resulting in an industry-recognized national certification upon completion. Apprenticeships are full-time, paid positions that provide specialized training in specific occupational skills. Apprentices receive on-the-job training (OJT) from an experienced mentor at the job site that is supplemented by related technical instruction. DOL recommends a minimum of 2,000 hours of on-the-job training and 144 hours of related technical instruction per year of an apprenticeship.

### **Apprenticeship / Registered Apprenticeship Learning Overview**

Employers work with education partners to identify skills requirements, build training plans, and deliver paid on-the-job training. High schools enable student participation, on-the-job learning, and postsecondary related instruction, while helping students meet graduation requirements. Postsecondary institutions deliver related instruction and assess learning that leads to postsecondary credit and credential attainment. An intermediary can help coordinate the activity of key partners to support employers and the success of apprentices.

To register your Apprenticeship go to <https://www.sos.ok.gov/wlp/default.aspx> and click on **New Registration**.

To make students aware of opportunities and connect them to Work-Based Learning programs go to <https://okcg-c2b.kuder.com> and establish a **Business Profile** and list **Opportunities** then **Connect** with education to create a seamless talent pipeline from education to employment.



# Internships

Studies show that Oklahoma currently faces a large work skills gap. In 2016, approximately half (46 percent) of the Oklahoma workforce had either attained only a high school diploma or dropped out of high school altogether. However, by 2025, 77 percent of Oklahoma jobs will require some form of education beyond high school. This is why it is important more than ever to provide students with high-quality work-based experiences. (Oklahoma works)

WBL takes many forms and often includes experiences such as: internships, job shadowing, and service-learning. “High-quality work-based learning experiences pair young people with mentors who show them how to solve real-world problems, cultivate professional skills, shoulder adult responsibilities, build workplace relationships, identify interests and aptitudes, and make good decisions about careers and college.” (The Southern Regional Education Board)

## WHAT IS AN INTERNSHIP?

A high school internship can provide a student with a clear roadmap for life after high school. Internships can help students gain confidence and a better understanding of the professional world, while validating and / or challenging their postsecondary plans. This type of experience can be applied to their academic and personal life. Benefits from internships include:

- An internship can help a student connect with people in the professional world. Establishing networking connections with professionals can help students along their chosen career path.
- Internships allow students to connect with mentors, and write a recommendation letter, and/or serve as a reference for their future job or volunteer opportunity

## THINGS TO CONSIDER

When creating an internship program it is important to make sure that a student's experience supports their Individual Career Academic Plan (ICAP). An internship program is most successful when it is flexible and provides all students the opportunity to participate in workforce, mentorship, and leadership activities. Before you begin designing your program, consider using a [planning document](#) to ensure that you create an equitable program that is able to yield successful outcomes, remain on schedule, and create equitable opportunities. Using a planning resource can also be a useful strategy for engaging diverse stakeholders such as higher education and industry systems to help coordinate efforts to prepare students for future workforce opportunities.

## IMPLEMENTATION EXAMPLES

### Workplace Internships

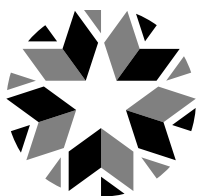
A workplace internship provides a student the opportunity to intern off school campus in a professional workforce setting. This experience may include: attending meetings with supervisors or teammates, completing individual or group projects, learning about the company culture and industry at large, and reflecting upon their experience. When developing a workplace internship it is important to develop policies for student safety, transportation, course design, and expected outcomes. For more guidance, [view Internships FAQs](#).

### Classroom Internships

In order to prepare students for the increasing digital demand in the workforce, [some districts](#) began offering distanced internship opportunities for students that connect them with employers across the state without ever leaving the classroom. This method is optimal for districts who are in a virtual environment, have limited transportation, limited access to industry, or experience liability barriers. Internship course requirements remain the same for students whether on or off-campus, schools interested in this model should review the internship guidelines.

## RECOMMENDED ACTION STEPS

- Create an [internship guide](#) for your course complete with letters to employers, student reflections, and course expectations.
- Districts should consider sending business partnership [letters](#) and [agreements](#) to their local businesses or chambers of commerce.
- K-12 school districts can initiate or continue relationships with their local tribal nations by contacting appropriate tribal leaders. This [helpful guide](#) shows appropriate leaders to contact at each Oklahoma Tribal Educational Agency.
- Consider using a [resource](#) for students to reflect upon their work-based learning (WBL) experiences to show how WBL can help achieve their career goals. Each ICAP online tool will have a section to provide this information, encourage students to add as much detail as possible.
- Consider [increasing access](#) to effective college and career advisors or counselors.
- Examine inequities in college and career preparatory resources on the OSDE's [Postsecondary Indicator Guidance](#) resource.



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# Mentorship

Studies show that Oklahoma currently faces a large work skills gap. In 2016, approximately half (46 percent) of the Oklahoma workforce had either attained only a high school diploma or dropped out of high school altogether. However, by 2025, 77 percent of Oklahoma jobs will require some form of education beyond high school. This is why it is important more than ever to provide students with high-quality work-based experiences. (Oklahoma works)

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## WHAT IS MENTORSHIP?

Mentorship is a protected relationship in which a more knowledgeable or experienced person guides and nurtures the development or growth of another. Currently, there are 9 million kids in our country growing up without a mentor. That means that 1 out of every 3 young people do not have the support of a positive caring adult outside of their family. (<https://bbbsok.org/>) Any safe and caring adult can be a mentor, whether you are a classroom educator or a community professional everyone has a place in supporting a student’s development. There are two type of mentorship programs:

- A community mentorship program invites outside professionals or community leaders to help a student connect with professionals to learn business etiquette, career pathways, and other networking opportunities. This may include job shadow activities, one-on-one coaching, or other work-based learning activities. This is optimal for secondary students as this may involve time beyond the school day.
- A school-wide mentorship program allows students to build relationships with educators or school staff in order to increase student engagement as well as other student success outcomes. This is optimal for elementary students in school or after-school programs.

## THINGS TO CONSIDER

- Even when students' lives are challenging, schools can serve as one of the most important stabilizing factors. Fostering a relationship with students increases attendance and academic achievement while lowering the chance of violent incidents. Students who perceive their teachers and school administrators as creating a caring, well-structured learning environment in which expectations are high, clear and fair are more likely to be willing to reach out to adults.
- Building productive and supportive relationships with trusted adults is known to be a significant deterrent for mental and physical abuse. Even when abuse does occur, it ends more quickly if the child has a trusted adult. Fostering positive relations with students involves teachers, counselors, principals, secretaries, librarians, cafeteria staff, janitorial staff, coaches, volunteers, etc.
- The fast pace of the school day may allow students to slip through the cracks, compounding negative student perceptions of their status in the school. When students feel disconnected, they believe they do not have peers or adults to turn to when they are confronted with dangerous situations or ideas about self-harm. Even the simple act of checking in on a student when they appear sad, unusually quiet, or after returning from an absence can help students know they matter.

(OSDE CHampions Brief #2)

## LEVERAGING INDIVIDUAL CAREER ACADEMIC PLANNING (ICAP) TO CREATE A SCHOOL-WIDE MENTORSHIP PROGRAM

In the Fall of 2020, the Oklahoma State Department of Education and the Hope Research Center of the University of Oklahoma engaged in a partnership to investigate the effect to which ICAP participation is associated with student hope. Correlational analyses showed significant associations between hope, teacher-student relationships, future aspirations and goals, well-being and items associated with the ICAP experience (student options, goals, and plans after high school). Further analyses demonstrated that teacher-student relationships, ICAP, and future aspirations and goals are significantly associated with hope. Other discoveries include:

- Increases in hope are associated with increases in well-being, future aspirations and goals, items associated with the ICAP experience (student options, goals, and plans after high school), and teacher-student relationships.
- Teacher-student relationships, the strongest association, is followed by the student ICAP experience variable.

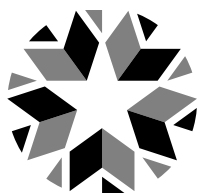
(Nurturing the Hope and Well Being of Oklahoma Students. The Role of the Individual Career Academic Planning)

## RECOMMENDED ACTION STEPS

- School leaders can help to make expectations for all adult staff explicit through professional development, staff meetings, and outreach efforts through parent/teacher organizations. See the Trusted Adult Campaign (<http://bit.ly/champ2-1>) for more ideas.
- Selecting safe adults is crucial to ensuring the safety of all students. Districts should develop safety policies and procedures. For tips on creating mentorship policies, procedures view this mentorship [toolkit](#).
- Provide training that communicates clear objectives for the mentors. Keep in mind that adults who are acting as informal mentors and trusted adults should be thoughtful about how judgmental responses might disengage the student. Practicing responses that are inquiry-oriented can ensure that the conversation remains open.

(OSDE Champions Brief #2)

- Districts interested in including community mentors should consider sending business partnership [letters](#) and [agreements](#) to their local businesses or chambers of commerce.
- K-12 school districts can initiate or continue relationships with their local tribal nations by contacting appropriate tribal leaders. This [helpful guide](#) shows appropriate leaders to contact at each Oklahoma Tribal Educational Agency.
- Consider [increasing access](#) to effective college and career advisors or counselors.
- Consider leveraging your [Oklahoma 21st Century Community Learning Center](#) as a space to build quality mentorship programs.



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# Job Shadow

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## WHAT IS A JOB SHADOW EXPERIENCE?

Job shadowing allows students to explore a specific career by following an employee while they perform their typical work duties in a real-world work environment. Job shadowing is a temporary and unpaid experience that provides valuable career information to participants. Students of any age can participate in a job shadow experience virtual or in person. Benefits from job shadow opportunities include:

- Flexibility to participate in or out of regular school hours via field trip, virtual, or other methods at the discretion of the school district.
- Opportunity to tour an industry while interviewing professionals.

## THINGS TO CONSIDER

When creating job shadow opportunities it is important to make sure that they support a student’s Individual Career Academic Plan (ICAP). A job shadow opportunity is most successful when it is flexible and provides all students the opportunity to participate in workforce, mentorship, and leadership activities. Consider using a [planning document](#) to ensure that you create an equitable program that is able to yield successful outcomes, remain on schedule, and create equitable opportunities. Before you begin designing your program, consider using a planning resource as a strategy for engaging diverse stakeholders such as higher education and industry systems to help coordinate efforts to prepare students for future workforce opportunities.

## IMPLEMENTATION EXAMPLES

### Workplace Job Shadow Opportunities

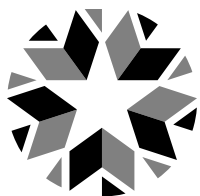
A workplace job shadow opportunity provides a student the opportunity to observe in a professional workforce setting. This experience may include: attending meetings with supervisors or teammates, learning about the company culture and industry at large, and reflecting upon their experience. When developing a job shadow experience it is important to develop policies for student safety, transportation, course design, and expected outcomes. For more guidance, view this [job shadow toolkit](#).

### Virtual Job Shadow Experiences

Allowing students to shadow an employee virtually helps students practice virtual professional etiquette while observing a professional in their natural space. This method is optimal for districts that are in a virtual environment or districts with limited transportation, limited access to industry, and liability concerns. Job shadow requirements are at the discretion of the district, requirements should remain the same for students participating virtually or in person. Schools interested in this model should consider virtual tools such as the [OSDE Connect tool](#) or the [Future Link](#) initiative or other virtual [job shadow tools](#).

## RECOMMENDED ACTION STEPS

- Consider sending business partnership [letters](#) and [agreements](#) to their local businesses or chambers of commerce.
- K-12 school districts can initiate or continue relationships with their local tribal nations by contacting appropriate tribal leaders. This [helpful guide](#) shows appropriate leaders to contact at each Oklahoma Tribal Educational Agency.
- Consider using a [resource](#) for students to reflect upon their work-based learning (WBL) experiences to show how WBL can help achieve their career goals. Each ICAP online tool will have a section to provide this information, encourage students to add as much detail as possible.
- Consider [increasing access](#) to effective college and career advisors or counselors.
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# Project-Based Learning

Studies show that Oklahoma currently faces a large work skills gap. In 2016, approximately half (46 percent) of the Oklahoma workforce had either attained only a high school diploma or dropped out of high school altogether. However, by 2025, 77 percent of Oklahoma jobs will require some form of education beyond high school. This is why it is important more than ever to provide students with high-quality work-based experiences. (Oklahoma works)

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## WHAT IS PROJECT-BASED LEARNING?

Project-Based Learning (PBL) is a teaching method in which students learn by actively engaging in real-world and personally meaningful projects. Benefits from PBL include:

- Students become more engaged, self-directed learners
- Students learn more deeply and transfer their learning to new situations
- Students have Improved problem-solving and collaboration skills
- Students perform as well or better on high-stakes tests

Barron & Darling-Hammond, 2008; Brush & Saye, 2008; Strobel & Van Barneveld, 2009; Walker & Leary, 2009. [www.edutopia.org](http://www.edutopia.org)

## THINGS TO CONSIDER

- When creating PBL opportunities remember there are key characteristics that differentiate “doing a project” from engaging in rigorous Project Based Learning.
- Consider using a [planning document](#) to ensure that you create an equitable program that is able to yield successful outcomes, remain on schedule, and create equitable opportunities. Make sure your program is student-centric, allows students to ask driving questions related to their career interests. I.e. How does my career of interest affect my community? What are the barriers to creating a pipeline to my career?
- Projects should include background research using credible sources; students conducting their own research to gather and analyze quantitative and/or qualitative data from surveys, interviews, experiments, etc.; sharing of project results through presentations, products, etc., beyond the classroom (school, community, internet, etc.)

# Project-Based Learning

It is also important to note the distinction between PBL and a classroom project. While projects can be an exciting activity to connect a student's career interest to learning, PBL requires students to lead the process of learning while connecting various elements of learning and career. To view other differences view the table below:

Doing Projects	Project-Based Learning
Can be done at home without teacher guidance or teamwork	Requires teacher guidance & team collaboration
Used year after year, focused on product (poster, diorama, video)	Timely, complex, multiple Oklahoma Academic Standards, significant implementation time
Can be outlined in detail on 1 piece of paper by the teacher	Includes layers of learning for teachers & students
Teacher work occurs mainly after the project is complete	Teacher work occurs before, during, and after the project
Based upon directions	Based on Driving Question
Closed—every project has the same goal	Open—students make choices, determine research/outcome
Not used to solve real-world problems	Can provide solutions in the real world, even if not implemented
Doesn't resemble real-world work	Same/similar to real-world work

# Project-Based Learning

## IMPLEMENTATION EXAMPLES

### Classroom Integration

When designing a PBL program remember that projects should connect to students' career interests and be designed to address Oklahoma Academic Standards for Reading, Language Arts, Mathematics, Science, and Social Studies. Additionally, projects can involve elements of fine arts and physical education and health. Other project considerations include:

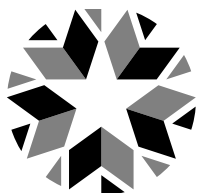
- Critical thinking skills develop as content is learned
- Application of knowledge and skills to the real-world problem makes learning relevant and fun

### Afterschool / Out - of School Time Integration

Making PBL part of out-of-school time gives youth new opportunities to become leaders, thinkers, and problem-solvers. Through projects that they help design, students become more engaged in their communities and add their voice to discussions about local issues. PBL is also proving to be a winning strategy for energizing after-school and summer programs. ([www.edutopia.com](http://www.edutopia.com))

## RECOMMENDED ACTION STEPS

- Consider using the [state curriculum frameworks](#) to identify activities and resources to ensure your PBL program connects to course standards.
- Districts should consider sending business partnership [letters](#) and [agreements](#) to their local businesses or chambers of commerce to collect feedback for possible real-world industry-related problems.
- K-12 school districts can initiate or continue relationships with their local tribal nations by contacting appropriate tribal leaders. This [helpful guide](#) shows appropriate leaders to contact at each Oklahoma Tribal Educational Agency.
- Consider using a [resource](#) for students to reflect upon their work-based learning (WBL) experiences to show how WBL can help achieve their career goals. Each ICAP online tool will have a section to provide this information, encourage students to add as much detail as possible.
- Consider [increasing access](#) to effective college and career advisors or counselors.
- Consider leveraging your [Oklahoma 21st Century Community Learning Center](#) as a space to build quality PBL programs.



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## List of 79 Pathways in National Career Cluster Framework

<p><b>Agriculture, Food &amp; Natural Resources</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Food Products and Processing Systems</li> <li>• <input type="checkbox"/> Plant Systems</li> <li>• <input type="checkbox"/> Animal Systems</li> <li>• <input type="checkbox"/> Power, Structural &amp; Technical Systems</li> <li>• <input type="checkbox"/> Natural Resources Systems</li> <li>• <input type="checkbox"/> Environmental Service Systems</li> <li>• <input type="checkbox"/> Agribusiness Systems</li> </ul>	<p><b>Hospitality &amp; Tourism</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Restaurants and Food/Beverage Services Lodging</li> <li>• <input type="checkbox"/> Travel &amp; Tourism</li> <li>• <input type="checkbox"/> Recreation, Amusements &amp; Attractions</li> </ul>
<p><b>Architecture &amp; Construction</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Design/Pre-Construction</li> <li>• <input type="checkbox"/> Construction</li> <li>• <input type="checkbox"/> Maintenance/Operations</li> </ul>	<p><b>Human Services</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Early Childhood Development &amp; Services <input type="checkbox"/> Counseling &amp; Mental Health Services</li> <li>• <input type="checkbox"/> Family &amp; Community Services</li> <li>• <input type="checkbox"/> Personal Care Services</li> <li>• <input type="checkbox"/> Consumer Services</li> </ul>
<p><b>Arts, A/V Technology &amp; Communications</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Audio and Video Technology and Film</li> <li>• <input type="checkbox"/> Printing Technology</li> <li>• <input type="checkbox"/> Visual Arts</li> <li>• <input type="checkbox"/> Performing Arts</li> <li>• <input type="checkbox"/> Journalism and Broadcasting</li> <li>• <input type="checkbox"/> Telecommunications</li> </ul>	<p><b>Information Technology</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Network Systems</li> <li>• <input type="checkbox"/> Information Support and Services</li> <li>• <input type="checkbox"/> Web and Digital Communications</li> <li>• <input type="checkbox"/> Programming and Software Development</li> </ul>
<p><b>Business Management &amp; Administration</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Administrative Services</li> <li>• <input type="checkbox"/> Business Information Management</li> <li>• <input type="checkbox"/> General Management</li> <li>• <input type="checkbox"/> Human Resource Management</li> <li>• <input type="checkbox"/> Operations Management</li> </ul>	<p><b>Law, Public Safety &amp; Security</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Correction Services</li> <li>• <input type="checkbox"/> Emergency and Fire Management Services</li> <li>• <input type="checkbox"/> Security &amp; Protective Services</li> <li>• <input type="checkbox"/> Law Enforcement Services</li> <li>• <input type="checkbox"/> Legal Services</li> </ul>
<p><b>Education &amp; Training</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Administration and Administrative Support</li> <li>• <input type="checkbox"/> Professional Support Services</li> <li>• <input type="checkbox"/> Teaching / Training</li> </ul>	<p><b>Manufacturing</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Production</li> <li>• <input type="checkbox"/> Manufacturing Production Process Development</li> <li>• <input type="checkbox"/> Maintenance, Installation and Repair</li> <li>• <input type="checkbox"/> Quality Assurance</li> <li>• <input type="checkbox"/> Logistics and Inventory Control</li> <li>• <input type="checkbox"/> Health, Safety and Environmental Assurance</li> </ul>
<p><b>Finance</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Accounting</li> <li>• <input type="checkbox"/> Banking Services</li> <li>• <input type="checkbox"/> Business Finance</li> <li>• <input type="checkbox"/> Insurance</li> <li>• <input type="checkbox"/> Securities and Investments</li> </ul>	<p><b>Marketing</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Marketing Communications</li> <li>• <input type="checkbox"/> Marketing Management</li> <li>• <input type="checkbox"/> Marketing Research</li> <li>• <input type="checkbox"/> Merchandising</li> <li>• <input type="checkbox"/> Professional Selling</li> </ul>
<p><b>Government &amp; Public Administration</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Governance</li> <li>• <input type="checkbox"/> National Security</li> <li>• <input type="checkbox"/> Foreign Service</li> <li>• <input type="checkbox"/> Planning</li> <li>• <input type="checkbox"/> Revenue and Taxation</li> <li>• <input type="checkbox"/> Regulation</li> <li>• <input type="checkbox"/> Public Management and Administration</li> </ul>	<p><b>Transportation, Distribution &amp; Logistics</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Transportation Operations</li> <li>• <input type="checkbox"/> Logistics Planning and Management Services</li> <li>• <input type="checkbox"/> Warehousing and Distribution Center Operations</li> <li>• <input type="checkbox"/> Facility and Mobile Equipment Maintenance</li> <li>• <input type="checkbox"/> Transportation Systems/Infrastructure Planning, Management, and Regulations</li> <li>• <input type="checkbox"/> Health, Safety and Environmental Management</li> <li>• <input type="checkbox"/> Sales and Service</li> </ul>
<p><b>Health Science</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Therapeutic Services</li> <li>• <input type="checkbox"/> Diagnostics Services</li> <li>• <input type="checkbox"/> Health Informatics</li> <li>• <input type="checkbox"/> Support Services</li> <li>• <input type="checkbox"/> Biotechnology Research and Development</li> </ul>	<p><b>Science, Technology, Engineering &amp; Mathematics</b></p> <ul style="list-style-type: none"> <li>• <input type="checkbox"/> Engineering and Technology</li> <li>• <input type="checkbox"/> Science and Math</li> </ul>

# What Do You Want To Be?

In the blanks below, brainstorm three jobs or careers that interest you:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How much money will you make?

\_\_\_\_\_

Where will you live? (city, country, house, apartment, etc.)

\_\_\_\_\_

Does your future plan include children?

\_\_\_\_\_

What will you do apart from work? (sports, hobbies, volunteer work, etc.)

\_\_\_\_\_

Other than pay, what do you hope to gain from your career?

\_\_\_\_\_

# How Will You Get There?

Develop a list of steps to achieve your goals:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



The Oklahoma State Regents for Higher Education, in compliance with Titles VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990 and other federal laws and regulations, do not discriminate on the basis of race, color, national origin, sex, age, religion, handicap or status as a veteran in any of its policies, practices or procedures. This includes, but is not limited to, admissions, employment, financial aid and educational services. This publication is issued by the Oklahoma State Regents for Higher Education, as authorized by 70 O.S. 2001, Section 3206. Copies have not been printed but are available through the agency website at [www.okhighered.org](http://www.okhighered.org). Two printout copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. August 2023

# Sample Career Plan

## CAREER GOAL

To obtain a bachelor's degree and work as an interpreter in Ukrainian community service

## Requirements

A bachelor's degree in language or communications.

## Skills Needed

- ▶ Using scientific rules and strategies
- ▶ Reading comprehension
- ▶ Critical thinking
- ▶ Active learning
- ▶ Monitoring
- ▶ Judgment and decision making
- ▶ Complex problem solving

## Current Skills and Interests

- ▶ Strong grades in English and Language Arts
- ▶ Grandparents speak Ukrainian
- ▶ Want to assist Ukrainians coming to the U.S.
- ▶ Volunteer each week for the food bank

## Plan of Action

- ▶ Take as many English classes as I can
- ▶ Earn a bachelor's degree in foreign language or communications
- ▶ Speak to a degree counselor about the best pathway for me
- ▶ Attend lectures and study literature about Ukrainian culture
- ▶ Learn requirements for naturalization and citizenship in the U.S.



# Developing My Career Plan

My career goals

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My skills and interests

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Necessary training to meet my goals

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My plan of action

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## The Professional Center

The Professional Center is a companion website for Oklahoma educators to use in conjunction with [OKcollegestart.org](http://OKcollegestart.org), the comprehensive college and career planning portal for your students. The Pro Center provides all the tools you'll need to manage your college and career planning programs—administration, reporting, communicating and monitoring student progress.



### STUDENTS AND GROUPS

Review student ICAPs, batch create student accounts and build and manage groups of students.



### COMMUNICATION

Send or review messages and manage events that appear in the calendars of individual students or groups.



### REPORTS

Create reports showing site usage, ICAP activity progress and assessment results.



### COLLEGES & APPLICATIONS

View a dashboard of students' self-reported college applications.



### RESOURCES

Find curricula, lesson plans and activities for subject areas and school counseling while using the system.



### ADMINISTRATION

Customize the student site, including course plans, ICAPs, preferences and access controls.

To create a Professional Center account, visit [ProCenter.OKcollegestart.org](http://ProCenter.OKcollegestart.org) and contact the OKcollegestart team at [OKcollegestart@ocap.org](mailto:OKcollegestart@ocap.org) or **866.443.7420** to receive your access code.

Let [OKcollegestart.org](https://www.okcollegestart.org) help your students explore career options and get ready for college.

# INDIVIDUAL CAREER ACADEMIC PLANS

[OKcollegestart.org](https://www.okcollegestart.org) offers many resources to assist you in customizing your Individual Career Academic Plan (ICAP) for middle and high school students! Design and build individual coursework plans for your students that include their grades in each class along with parent access and involvement.

Visit the Resources tab to watch training videos and review user guides.



OKcollegestart is provided by:



## USE THE PRO CENTER TO:

- ✓ View, customize and assign Individual Career Academic Plans (ICAP)
- ✓ View customized site exactly as students do
- ✓ Run student activity reports
- ✓ Access students' individualized portfolios
- ✓ Utilize Career and College Readiness Curriculum
- ✓ Batch-create students accounts
- ✓ Merge duplicate accounts
- ✓ Request OKcollegestart training

**NEED  
HELP?**

**XAP Customer Support**

[support@xap.com](mailto:support@xap.com)

800.468.6927

**OKcollegestart**

[OKcollegestart@ocap.org](mailto:OKcollegestart@ocap.org)

866.443.7420



# ENERGY CAREER CLUSTER

## High-skill, high-wage and in-demand occupations:

Oklahoma is one of only a handful of states that have created a new energy cluster, showcasing careers in the energy sector.

The energy industry is one of the largest in the state, with salaries averaging \$100,000 a year. The new 17th energy career cluster is expected to have a shortage of skilled workers by 2025.



## The new energy cluster offers the following

- A wide variety of careers and occupations
- Transferrable skillsets
- High-skill, high-wage and high-demand jobs
- A talent pipeline for Oklahoma’s energy sector

## What does this mean for CareerTech?

- Increased awareness of educational pathways within the energy cluster
- Resources including teacher toolkits and online career exploration for ICAP
- Identification of occupations related to energy in a single cluster area

## Oklahoma’s critical occupations identified by energy industry partners

- Lineworker
- Manager
- Supervisor
- Field service technician/mechanic
- Service unit operator: oil, gas, mining
- Stationary engineers and boiler operators
- Petroleum engineers



The new energy cluster was created as part of the Oklahoma Energy Workforce Consortium, which includes Oklahoma energy industry partners and the following agencies:



The background is a solid purple color. It features several large, overlapping circles in three colors: yellow, light purple, and olive green. The circles are arranged in a pattern that frames the central text. The text is centered and reads "8TH GRADE THROUGH 10TH GRADE" in a bold, white, sans-serif font.

**8TH GRADE  
THROUGH  
10TH GRADE**





September 2023

# DO YOU HAVE A PLAN FOR COLLEGE?

Oklahoma's official guide to preparing for college



8<sup>th</sup> through 10<sup>th</sup> Grade Students

# WHAT'S YOUR PLAN FOR COLLEGE?

Right now, college probably seems a million miles away. But NOW is the best time to start making plans for what happens after high school. You don't have to make any big decisions yet, but the sooner you start thinking about what you're interested in doing for a living, the easier your choices will be later. Where are you headed after graduation? What do you have to do to get there? Don't know where to start? You're not alone! Read this booklet for some good ideas about how to begin your journey. Then talk to your family and school counselor about your plan for college.

## WHAT'S IN IT FOR YOU?

- ▷ You'll have the time to explore your interests, discover things you didn't know and set new goals.
- ▷ College is fun! You'll meet interesting people and make new friends.
- ▷ You'll learn how to learn — how to think critically, solve problems and develop new skills.
- ▷ A degree can take you out of a minimum-wage job and into a good-paying career you enjoy. Studies prove it: continue your education after high school, and you're likely to make more money and enjoy a better life.

### OKCOLLEGESTART.ORG

[OKcollegestart.org](http://OKcollegestart.org) is the official source for planning a college education in Oklahoma and offers interactive tools to help you prepare and pay for college. The website provides information about admission requirements, financial aid and scholarships, college costs and more. You can search by keywords and receive personalized results to compare colleges.



## LET'S TALK MONEY

### WITHOUT A DEGREE

Let's say you decide to skip college and take a job as a data entry keyer. You'll get paid about \$17 an hour, which is approximately \$3,106 a month or \$37,270 per year in take-home pay.

**GROSS PAY**  
**\$3,106** per month  
*Less taxes, Social Security and Medicare*

**TAKE-HOME PAY**  
**\$2,410** per month

### WITH A DEGREE

Now let's say you take the time to explore careers, go that extra mile and graduate from college with a degree in computer programming. As a computer programmer, you'll make about \$43 an hour. That's \$7,383 a month or \$88,590 per year in take-home pay.

**GROSS PAY**  
**\$7,383** per month  
*Less taxes, Social Security and Medicare*

**TAKE-HOME PAY**  
**\$5,253** per month



# THE MORE YOU LEARN, THE MORE YOU CAN EARN

In fact, national data show that someone with a bachelor's degree earns a median income nearly 60% higher than someone with just a high school diploma. That makes a huge impact on your monthly paycheck and can help you afford the lifestyle you want.

## CAREERS

Want to investigate your skills and interests and explore career options that may be right for you? Check out the *Career Planning* tab at [OKcollegestart.org](http://OKcollegestart.org).



## WHAT A DIFFERENCE A DEGREE MAKES

ASSOCIATE OR BACHELOR'S DEGREE	MODERATE ON-THE-JOB EXPERIENCE
Computer Programmer \$42.59 per hour	Data Entry Keyer \$16.96 per hour
Architect or Engineer \$42.38 per hour	Construction Laborer \$18.81 per hour
Veterinarian \$46.10 per hour	Veterinary Assistant \$14.26 per hour
Detective/Criminal Investigator \$34.09 per hour	Security Guard \$15.25 per hour
Preschool Teacher (except Special Education) \$17.16 per hour	Child Care Worker \$11.67 per hour
Registered Nurse \$36.98 per hour	Nursing Assistant \$14.52 per hour

Source: Oklahoma Employment Security Commission, Oklahoma Wage Report 2022

## OKLAHOMA MONEY MATTERS

To learn more about saving and managing money, check out Oklahoma Money Matters (OKMM). OKMM offers information and resources to help students and parents prepare financially for college, strengthen family financial planning and empower young adults with money management skills for independent living. Visit [OklahomaMoneyMatters.org](http://OklahomaMoneyMatters.org) or call 800.970.OKMM (6566). Follow OKMM on [Facebook](#) and [Twitter](#).



## GLOSSARY

If any of the terms used in this publication are unfamiliar to you, check out the glossary at [OKcollegestart.org](http://OKcollegestart.org).

# COURSES TO TAKE

You must take certain courses in high school to graduate and for admission to an Oklahoma public college or university. These requirements will prepare you for college, and you'll learn valuable skills for your future career.

SUBJECT	UNITS
English	4 units
Mathematics	3 units
Laboratory Science	3 units
History and Citizenship Skills	3 units
Other	2 units
Total	15 units

For more information about the specific courses you must take to earn a “college preparatory/work ready” high school diploma, visit [OKcollegestart.org](http://OKcollegestart.org). Remember that requirements may change, and they may be different for private colleges and universities, so always check with your counselor for details.

## THINK AHEAD

A great way to speed up your college career is to consider earning college credit even before you graduate from high school. Taking advantage of opportunities such as Advanced Placement (AP) courses and concurrent enrollment can save you time, tuition, and food and housing, and will also prepare you for the demands of college. To learn more, visit [OKcollegestart.org](http://OKcollegestart.org) and ask your high school counselor what options are available at your school.

For more information about admission requirements for first-time entering students at Oklahoma public colleges and universities, visit [OKcollegestart.org](http://OKcollegestart.org), talk to your school counselor or check with the college(s) you want to attend.

## GRADES TO MAKE

If you want to attend an Oklahoma college or university, you must meet certain requirements. When you apply for admission, public colleges and universities will look at:

- ▶ Your score on a national standardized test (ACT or SAT) (optional at some institutions for admission decisions).
- ▶ Your overall grade point average (GPA) and ranking within your high school class, AND
- ▶ Your GPA in the 15 core courses required for college entry.



# TYPES OF INSTITUTIONS & DEGREES

## RESEARCH UNIVERSITY

An institution that grants bachelor's, graduate and professional degrees and offers a wide variety of courses and degree programs. Generally, they have large student bodies and expansive campuses.

## REGIONAL UNIVERSITY

An institution that offers bachelor's and master's degrees, and in some instances, associate or professional degrees. They tend to have mid-sized student populations and campuses.

## PUBLIC LIBERAL ARTS UNIVERSITY

An institution that grants bachelor's degrees in arts and science fields, including humanities. A public liberal arts university tends to have smaller class sizes that facilitate close interaction between faculty and students.

## COMMUNITY COLLEGE

An institution that grants associate degrees for transfer to four-year institutions or for career preparation. They usually offer flexible class schedules with smaller class sizes.

## TECHNICAL BRANCH

An institution that grants applied associate degrees, some Bachelor of Technology degrees and a limited number of associate degrees for transfer to four-year institutions. Technical branches have a special emphasis on education and training in technical fields.

## MICRO-CREDENTIAL

A micro-credential is a short-term, specialized qualification you can earn after completing a set of activities, projects and/or courses that are designed to teach you specific skills, capabilities and knowledge you can use right away in the workplace.

## CERTIFICATE

A credential awarded for an organized program of study that may or may not lead to an academic degree.

## ASSOCIATE IN ARTS (A.A.) OR ASSOCIATE IN SCIENCE (A.S.) DEGREE

A degree awarded upon completion of two years of full-time college work (at least 60 credit hours) that is designed to transfer to a four-year university. The State Regents recognize these two types of associate degrees that transfer to any state system university.

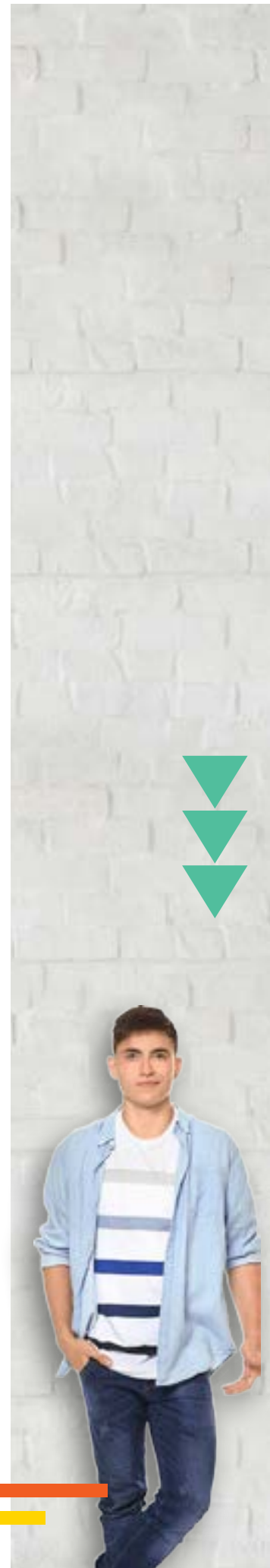
## ASSOCIATE IN APPLIED SCIENCE (A.A.S.) DEGREE

A degree requiring two years of full-time college work (at least 60 credit hours) that emphasizes an occupational specialty and is designed to lead the individual directly to employment. Some A.A.S. degrees may lead to a Bachelor of Technology degree.

## BACHELOR'S DEGREE

A degree requiring four years of full-time college work (at least 120 credit hours). The State Regents recognize three types of bachelor's degrees — Bachelor of Arts, Bachelor of Science and Bachelor of (Specialty), such as Music, Education, etc.

To learn more about selecting the right institution for you, check out the *Browse Postsecondary Schools* section at [OKcollegestart.org](https://www.okcollegestart.org).



# PAYING FOR COLLEGE

College costs vary; some institutions are more expensive than others, especially for out-of-state students. Fortunately, the cost of attending an Oklahoma public college or university is among the lowest in the nation. In addition, the availability of financial aid from various sources can make college even more affordable for qualified students.

## 2023-24 ESTIMATED AVERAGE COSTS FOR RESIDENT STUDENTS

Oklahoma Public Colleges and Universities (30 credit hours)

Expenses	Research Universities	Regional Universities	Community Colleges	Technical Branches
Tuition	\$5,243	\$6,082	\$3,476	\$4,236
Mandatory Fees	\$4,176	\$1,655	\$1,260	\$1,051

Visit *How Much Does College Cost?* at [OKcollegestart.org](https://okcollegestart.org) for a more detailed breakdown of costs, including food and housing.

### OKLAHOMA'S PROMISE

Oklahoma's Promise allows students to earn a college tuition scholarship if they meet certain academic and conduct requirements in high school. The 11<sup>th</sup> grade is the last year you can apply to the program. Your parent(s) must meet certain income requirements at the time of application and each year you are enrolled in college.\* There are also academic and conduct requirements to keep the scholarship in college. For more information, visit [OKPromise.org](https://okpromise.org) or call 800.858.1840.



*\*Special income provisions may apply to children adopted from certain court-ordered custody, children in the custody of court-appointed legal guardians, and Social Security benefits based on the death or disability of the student's parent(s). Please contact the Oklahoma's Promise office for more information.*

## FINANCIAL AID CHECKLIST

- Sign up for Oklahoma's Promise now if your family meets requirements outlined at [OKPromise.org](https://okpromise.org).
- Explore [OKcollegestart.org](https://okcollegestart.org) and [UCanGo2.org](https://ucango2.org) to learn more about paying for college. Start researching the colleges you're interested in and learn what types of financial aid they offer. You can also find information about numerous scholarship programs on both of these helpful websites.
- Find out if scholarships are available in the fields you're interested in and what the requirements are, so you can plan early to apply. Scholarships are called "free money" because they don't have to be paid back. Students qualify for scholarships based on financial need, grades, talents and life experiences.
- Ask family members to open an Oklahoma 529 college savings account by calling 877.654.7284 or visiting [Oklahoma529.com](https://oklahoma529.com). Oklahoma 529 offers tax advantages for families, and funds can be used at nearly all colleges and universities in the United States.



### EMPLOYER TUITION ASSISTANCE


Are you exploring options to help pay for college? Many companies across the state provide tuition assistance benefits to help employees pay college expenses. Check out our list of employers offering higher education benefits that can be used at an Oklahoma public college or university at [okhighered.org](https://okhighered.org).

# EARLY PLANNING CHECKLIST

- ❑ **STUDY HARD.** Build good study habits to keep your grades in tip-top shape.
- ❑ **TALK IT UP.** Discuss your future plans with your school counselor, teachers, family members or other trusted adults.
- ❑ **TAKE THE RIGHT CLASSES.** To be college-bound, you'll need to take and pass classes in high school that are determined by Oklahoma's College Preparatory/Work Ready Curriculum standards. Plan to take at least four college-preparatory classes per year. Oklahoma's curriculum standards and testing requirements can be found at [UCanGo2.org](http://UCanGo2.org).
- ❑ **TRACK IT.** Download the *Tracking My Classes & Achievements* worksheet at [UCanGo2.org](http://UCanGo2.org) to plan ahead and keep a record of your accomplishments and volunteer work. This information will be helpful when you start scholarship and college applications.
- ❑ **HIT THE BOOKS.** Study for standardized tests like the ACT and SAT. Visit [ACT.org](http://ACT.org) and [SAT.org](http://SAT.org) to find links for test locations and dates. Visit [OKcollegestart.org](http://OKcollegestart.org) for access to additional helpful resources and free practice tests.
- ❑ **BE ACTIVE.** Participate in extracurricular activities and volunteer work. Many college admission officers look for students who are actively involved in their school and community.
- ❑ **TAKE IT TO THE NEXT LEVEL.** Investigate AP and other honors-level courses to know what's available and if you're eligible to enroll.
- ❑ **CHECK IT OUT.** Review the checklist for your grade at [UCanGo2.org](http://UCanGo2.org). Investigate college entrance requirements at [OKcollegestart.org](http://OKcollegestart.org).
- ❑ **THINK ABOUT IT.** Start thinking about the university or college you'd like to attend.
- ❑ **VISIT CAMPUSES.** Download the *Making the Most of Campus Visits* guide at [UCanGo2.org](http://UCanGo2.org), which offers a list of ideas to help you set up a successful college tour. Many colleges also offer virtual campus tours. To find a list of participating colleges, visit [OKcollegestart.org](http://OKcollegestart.org).
- ❑ **JOT IT DOWN.** Write a pros and cons list of colleges you're interested in attending. Be sure to evaluate degree programs, location, cost, etc. Learn more about Oklahoma colleges and universities at [OKcollegestart.org](http://OKcollegestart.org).
- ❑ **FIND FREE MONEY.** Check out [UCanGo2.org](http://UCanGo2.org) and [OKcollegestart.org](http://OKcollegestart.org) to search for scholarships to help cover future college expenses. Review the **Scholarships tab** on the UCanGo2 website for helpful tools on tracking and applying for scholarships. Many scholarships are available for middle school students and younger!

## COLLEGE PLANNING RESOURCES

Remember, [OKcollegestart.org](http://OKcollegestart.org) is your one-stop shop for interactive college planning tools and information about career exploration, selecting a college or university, ACT/SAT test prep, financial aid and more. Open a free student account and follow [OKcollegestart.org](http://OKcollegestart.org) on Facebook today!

[OKcollegestart.org](http://OKcollegestart.org) | 866.443.7420 | 

UCanGo2 provides resources and information to demonstrate the value of higher education, inspire confidence to support academic achievement, and help students plan, prepare and pay for education after high school. Follow UCanGo2 on Facebook today!

[UCanGo2.org](http://UCanGo2.org) | 866.443.7420 | 

- ▷ College questions answered promptly: [studentinfo@osrhe.edu](mailto:studentinfo@osrhe.edu)
- ▷ Oklahoma GEAR UP: [okgearup.org](http://okgearup.org)
- ▷ Resources in Spanish: [Recursos en Español](#)



Multiple staff are available to assist students and parents in Spanish through the State Regents' student information hotline, which families can reach at 800.858.1840 (405.225.9239 in Oklahoma City) or [studentinfo@osrhe.edu](mailto:studentinfo@osrhe.edu).

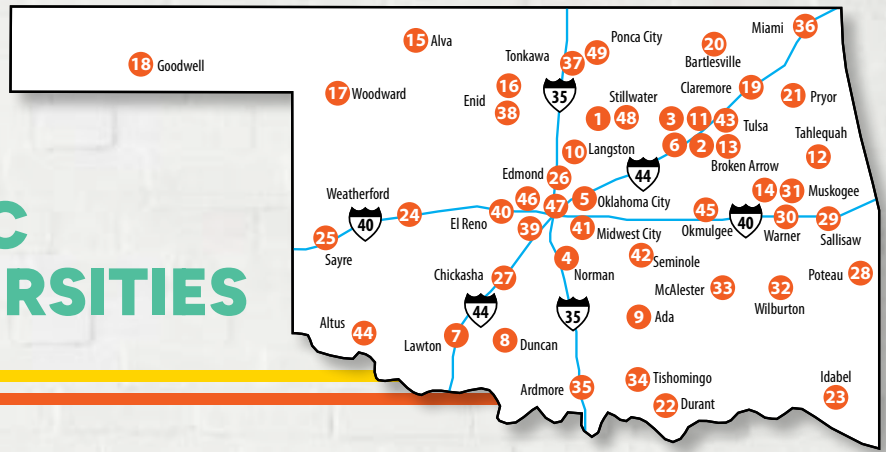




**OKLAHOMA STATE REGENTS  
FOR HIGHER EDUCATION**  
*Improving our future by degrees*

# OKLAHOMA PUBLIC COLLEGES & UNIVERSITIES

Current as of September 2023



## RESEARCH UNIVERSITIES

- Oklahoma State University, Stillwater  
okstate.edu, 800.233.5019
- OSU Center for Health Sciences, Tulsa  
medicine.okstate.edu, 800.677.1972
- OSU-Tulsa  
tulsa.okstate.edu, 800.364.0710
- University of Oklahoma, Norman  
ou.edu, 800.234.6868
- OU Health Sciences Center, Oklahoma City  
ouhsc.edu, 877.577.5655
- OU-Tulsa,  
ou.edu/tulsa, 918.660.3000
- Rogers State University, Pryor  
rsu.edu/pryor, 918.825.6117
- Southeastern Oklahoma State University, Durant  
se.edu, 800.435.1327
- Southeastern Oklahoma State University, Idabel  
se.edu/mccurtain, 888.286.9431
- Southwestern Oklahoma State University, Weatherford  
swosu.edu, 580.772.6611
- Southwestern Oklahoma State University, Sayre  
swosu.edu, 580.928.5533
- University of Central Oklahoma, Edmond  
uco.edu, 405.974.2000

- Oklahoma City Community College  
occc.edu, 405.682.1611
- Redlands Community College, El Reno  
redlandsc.edu, 866.415.6367
- Rose State College, Midwest City  
rose.edu, 866.621.0987
- Seminole State College, Seminole  
sscok.edu, 405.382.9950
- Tulsa Community College  
tulsc.edu, 918.595.7000
- Western Oklahoma State College, Altus  
wosc.edu, 580.477.2000

## REGIONAL UNIVERSITIES

- Cameron University, Lawton  
cameron.edu, 888.454.7600
- Cameron University, Duncan  
cameron.edu/duncan, 877.282.3626
- East Central University, Ada  
ecok.edu, 580.332.8000
- Langston University, Langston  
langston.edu, 877.466.2231
- Langston University, Tulsa  
langston.edu/tulsa, 918.877.8100
- Northeastern State University, Tahlequah  
nsuok.edu, 800.722.9614
- Northeastern State University, Broken Arrow  
nsuok.edu/brokenarrow, 918.449.6000
- Northeastern State University, Muskogee  
nsuok.edu/muskogee, 918.683.0040
- Northwestern Oklahoma State University, Alva  
nwosu.edu, 580.327.1700
- Northwestern Oklahoma State University, Enid  
nwosu.edu/enid, 580.237.0334
- Northwestern Oklahoma State University, Woodward  
nwosu.edu/woodward, 580.256.0047
- Oklahoma Panhandle State University, Goodwell  
opsu.edu, 800.664.6778
- Rogers State University, Claremore  
rsu.edu, 918.343.7777
- Rogers State University, Bartlesville  
rsu.edu/bartlesville, 918.338.8000

## PUBLIC LIBERAL ARTS UNIVERSITY

- University of Science and Arts of Oklahoma, Chickasha  
usao.edu, 800.933.8726

## COMMUNITY COLLEGES

- Carl Albert State College, Poteau  
carlalbert.edu, 918.647.1200
- Carl Albert State College, Sallisaw  
carlalbert.edu, 918.775.6977
- Connors State College, Warner  
connorsstate.edu, 918.463.2931
- Connors State College, Muskogee  
connorsstate.edu, 918.687.6747
- Eastern Oklahoma State College, Wilburton  
eosc.edu, 918.465.2361
- Eastern Oklahoma State College, McAlester  
eosc.edu/mcalester, 918.426.5272
- Murray State College, Tishomingo  
mscok.edu, 580.371.2371
- Murray State College, Ardmore  
mscok.edu/ardmore, 580.319.0370
- Northeastern Oklahoma A&M College, Miami  
neo.edu, 888.464.6636
- Northern Oklahoma College, Tonkawa  
noc.edu, 580.628.6200
- Northern Oklahoma College, Enid  
noc.edu/enid, 580.242.6300

## TECHNICAL BRANCHES

- Oklahoma State University Institute of Technology, Okmulgee  
osuit.edu, 800.722.4471
- Oklahoma State University – Oklahoma City  
osuokc.edu, 800.560.4099

## HIGHER EDUCATION PROGRAMS/SITES

- Langston University, Oklahoma City  
langston.edu/okc/langston-okc, 405.962.1620
- Northern Oklahoma College, Stillwater  
noc.edu/stillwater, 405.744.2246
- University Center at Ponca City,  
ucponcacity.com, 580.718.5600




















GRADE

8


# Pre-ICAP Development Checklist

Here are the activities you need to complete in eighth grade to ensure that you are on track to completing your Individual Career Academic Plan.

Complete the following activities throughout the academic year: ✓


Create or update your account on <a href="#">OKCareerGuide</a>   Account Settings	
Take or retake the <b>Career Interests Assessment</b> and <b>Skills Confidence Assessment</b> .  	
Compare your interests to your skills.  <a href="#">My Next Steps</a>	
Explore <b>Occupations Suggested by a Pathway</b> .  	
Explore <b>Programs of Study</b> .	
Review sample plans of study. <a href="#">My Next Steps</a> 	
Update <b>My Ed Plans</b> . 	
Explore the continuum of Work-Based Learning.	
Document your skills and accomplishments. 	
Start a resume. 	
Review the <b>ICAP Oklahoma</b> cards. 	
Set Goals. 	
Invite your parents or guardians to create an account.  Account Settings	
Update your grade level at the end of school year.  Account Settings	

## How to create an OKCareerGuide.org account

1. Go to Oklahoma Career Guide at [www.okcareerguide.org](http://www.okcareerguide.org).
2. Select **Create an Account**. In the dropdown menu select "a middle school or high school student" and click .
3. Type the first three letters of your site, center or organization. Typically, this will be the first few letters of your school name. For example, type "Cen" to get a list of options that begin with those letters. From that list, you may locate and select "Central HS."
4. During step 3, you will create a user name and password. Write them here for future reference:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

5. Click  to complete the process.

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_




















GRADE

9

# ICAP Development Checklist

Here are the activities you need to complete in ninth grade to ensure that you are on track to completing your individual career academic plan.

Complete the following activities throughout the academic year: ✓

Create an account on <a href="#">OKCareerGuide</a> . 	
Take or retake the interest assessment. [Interest, Skills and Work Values]  	
Check your <b>ICAP Oklahoma</b> progress. 	
<b>Explore occupations</b> in the top five pathways from your assessments. 	
Explore career clusters and identify pathways. 	
Make a tentative selection of the pathways from your highest interest.  	
Review sample plans of study. [ <a href="#">My Next Steps</a> ]	
Set Goals. 	
Review your <b>options after high school</b> . 	
Review high school graduation, college entrance and Oklahoma Promise requirements.	
Start completing your written postsecondary and workforce goals along with your intentional sequence of courses. [ <a href="#">My Ed Plans</a> ] 	
Create your first resume. [ <a href="#">My Job Search Tools</a> ] 	
Create your portfolio. [ <a href="#">My e-Profile</a> ] [ <a href="#">My Documents</a> ]  	
Complete enrollment for technology center and sophomore year.	
Update your <b>My Ed Plans</b> and <b>My e-Profile</b> based on enrollment for next year. 	
Invite your parents or guardians to create an account.  Account Settings	
Update your grade level at the end of school year.  Account Settings	
Explore the continuum of work-based learning.	

## How to create an OKCareerGuide.org account

1. Go to Oklahoma Career Guide at [www.okcareerguide.org](http://www.okcareerguide.org).
2. Select "Create an Account." In the dropdown menu select MS or HS student and click "Next Steps."
3. Type the first three letters of your site, center or organization. Typically, this will be the first few letters of your school name. For example, type "Cen" to get a list of options that begin with those letters. From that list, you may locate and select "Central HS."
4. During step 3, you will create a user name and password. Write them here for future reference:

Username: \_\_\_\_\_

Password: \_\_\_\_\_

5. Click "Sign Me Up" to complete the process.

NAME \_\_\_\_\_

SCHOOL \_\_\_\_\_



# FRESHMAN CHECKLIST

Use this checklist during your freshman year of high school to help you stay on track for college.

- Study hard.** Build good study habits to keep your grades in tip-top shape.
  - Look for scholarships** at [UCanGo2.org](http://UCanGo2.org) and [OKcollegestart.org](http://OKcollegestart.org). Freshmen should begin applying for college scholarships **now**.
  - Save money.** Sign up for a college savings account from Oklahoma 529 ([oklahoma529.com](http://oklahoma529.com)) or continue to add money to an existing account. It's generally best to keep most savings in your parents' or guardians' names.
  - Apply for Oklahoma's Promise.** If you didn't apply for the Oklahoma's Promise scholarship in 8th grade, visit [okpromise.org](http://okpromise.org) for program requirements and the online application.
  - Talk about it.** Complete the Individual Career Academic Plan (ICAP) activities assigned by your school and discuss your future plans with your counselor, teachers, family members or other trusted adults. You can explore careers you're interested in on [OKcollegestart.org](http://OKcollegestart.org).
  - Take the right classes.** To be college-bound, you'll need to take and pass the following classes in high school, as determined by Oklahoma's College Preparatory/Work Ready Curriculum standards. Plan to take at least four college-preparatory classes per year.
    - 4 units of English
    - 3 units of math (at or above Algebra I)
    - 3 units of laboratory science
    - 3 units of history/citizenship skills
    - 2 units of non-English language OR computer technology
    - 1 additional unit selected from competencies listed so far or 1 unit from a list of approved courses for college admission
    - 1 unit of fine arts or speech
    - At least 6 electives
    - Demonstrate knowledge in Personal Finance Literacy
    - CPR/AED
    - Complete Individual Career Academic Plan (ICAP) activities
- View a [detailed checklist](#) and summary of Oklahoma's curriculum standards and testing requirements.
- Track it and file it.** Download the *Tracking My Classes & Achievements* worksheet at [UCanGo2.org](http://UCanGo2.org) to plan ahead and keep a record of your accomplishments and volunteer work. This information will be helpful when you start scholarship and college applications. You can also track your high school courses and achievements through your ICAP program.
  - Check it out.** Investigate course requirements and guidelines for college admission and Oklahoma's Promise. Visit [OKcollegestart.org](http://OKcollegestart.org) to find this information and to utilize school exploration tools.
  - Think it through.** Think about the university, college or technology center you'd like to attend. Download *Making the Most of Campus Visits* at [UCanGo2.org](http://UCanGo2.org), which provides a list of ideas to help you set up a successful college tour. Many colleges now offer virtual tours. Find a list of the Oklahoma tours on [OKcollegestart.org](http://OKcollegestart.org).
  - Take it to the next level.** Investigate [Advanced Placement](#) and other honors-level courses to know what's available and if you're eligible to enroll.

# GRADE 10

## ICAP Development Checklist

Here are the activities you need to complete in tenth grade to ensure that you are on track to completing your Individual Career Academic Plan.

Complete the following activities throughout the academic year: ✓

Create an account on <a href="#">OKCareerGuide</a> or update your account information.	
Take or retake assessments. [Interest, Skills and Work Values]	
Check your <b>ICAP Oklahoma</b> progress.	
Look at the composite report for the career interests and skills. [ <a href="#">My Next Steps</a> ]	
<b>Explore Occupations</b> and identify education needed to succeed.	
Prepare for postsecondary education and careers.	
Take postsecondary tests. [pre-ACT / PSAT / ASVAB]	
Review results of tests and record in <b>My External Assessment Scores</b> .	
Update your written postsecondary and workforce goals along with your intentional sequence of courses. [ <a href="#">My Ed Plans</a> ] <a href="#">Submit For Approval</a>	
Set goals.	
Tour a local technology center, explore dual credit options and explore workforce certificate options.	
Complete enrollment for technology center and junior year.	
Update or start your resume. [ <a href="#">My Job Search Tools</a> ]	
Update your portfolio. [ <a href="#">My e-Profile</a> ] [ <a href="#">My Documents</a> ]	
Update your <b>My Ed Plans</b> and <b>My Goals</b> based on enrollment for next year.	
Invite your parents or guardians to create an account. <a href="#">Account Settings</a>	
Update grade level at end of year.	
Make plans for work-based learning.	

### How to create an OKCareerGuide.org account

1. Go to Oklahoma Career Guide at [www.okcareerguide.org](http://www.okcareerguide.org).
2. Select **Create an Account**. In the dropdown menu select "high school student" and click **Next Steps**.
3. Type the first three letters of your site, center or organization. Typically, this will be the first few letters of your school name. For example, type "Cen" to get a list of options that begin with those letters. From that list, you may locate and select "Central HS."
4. During step 3, you will create a user name and password. Write them here for future reference:

USER NAME

PASSWORD

5. Click **Sign Me Up** to complete the process.

NAME

SCHOOL



# SOPHOMORE CHECKLIST

Use this checklist during your sophomore year of high school to help you stay on track for college.

- Keep it up.** Study hard to keep your grades up.
- Look for scholarships at [UCanGo2.org](https://ucango2.org) and [OKcollegestart.org](https://okcollegestart.org).** Sophomores should begin applying for college scholarships *now*.
- Save money.** Sign up for a college savings account from Oklahoma 529 ([oklahoma529.com](https://oklahoma529.com)) or continue to add money to an existing account. It's generally best to keep most savings in your parents' or guardians' names.
- Apply for Oklahoma's Promise.** If you didn't apply during 8th or 9th grade, visit [okpromise.org](https://okpromise.org) for program requirements and the online application to apply for this scholarship program.
- Talk about it.** Complete the Individual Career Academic Plan (ICAP) activities assigned by your school and discuss your future plans with your counselor, teachers, family members or other trusted adults. You can explore careers you're interested in on [OKcollegestart.org](https://okcollegestart.org).
- Know what you need.** Review the courses you'll need to take to satisfy the requirements of the college you're interested in attending. Visit [UCanGo2.org](https://ucango2.org) to download a list of courses you'll need to pass in order to meet Oklahoma's College Preparatory/Work Ready Curriculum standards.
- Take it to the next level.** Take the PreACT, investigate AP courses, concurrent enrollment and honors-level courses to learn what's available and if you're eligible to enroll.
- Track it and file it.** Use your *Tracking My Classes & Achievements* worksheet from [UCanGo2.org](https://ucango2.org) to continue to plan ahead and keep a record of your accomplishments. Save records of report cards, awards and career assessment results.
- Be active.** Continue participating in extracurricular activities and volunteer work. Many admission officers and scholarship providers look for students who are actively involved in their school and community.
- Practice.** Use your [OKcollegestart.org](https://okcollegestart.org) account to access free practice tests, tutorials, career planning tools and other helpful resources. If you don't already have one, sign up for a free account today. You can also find sample questions at [ACT.org](https://act.org) to help you prepare for the ACT, which you can take during your junior year. Ask your school counselor for more information.
- Jot it down.** Write a pros and cons list of colleges you're interested in attending. Be sure to evaluate degree program options, location, cost and other factors. Learn more about Oklahoma colleges, universities and technology centers at [OKcollegestart.org](https://okcollegestart.org).

MAKE THE GRADES.

STAY OUT OF TROUBLE.

EARN COLLEGE TUITION.



# 2023-24 OKLAHOMA'S PROMISE

## WHO MAY APPLY

Applicants must be:

- ▶ Oklahoma residents.
- ▶ 8<sup>th</sup>-, 9<sup>th</sup>-, 10<sup>th</sup>- or 11<sup>th</sup>-grade students (homeschool students must be age 13, 14, 15 or 16).
- ▶ Students who promise to meet the requirements of the program.
- ▶ Students whose parents' federal adjusted gross income does not exceed:
  - ▷ \$60,000 with 1 or 2 dependent children OR
  - ▷ \$70,000 with 3 or 4 dependent children OR
  - ▷ \$80,000 with 5 or more dependent children.

Special income provisions may apply to:

- ▶ Children adopted from certain court-ordered custody and children in the custody of court-appointed legal guardians.
- ▶ Social Security benefits based on the death or disability of the student's parent(s).

Contact the Oklahoma's Promise office for more information.

*Additional documentation may be required.*

## HOW TO APPLY

Online at [www.okpromise.org](http://www.okpromise.org) or get an application from your counselor.

## THE PROMISE

Upon completion of the program's requirements, you will earn:

- ▶ Tuition at an Oklahoma public two-year college or four-year university.  
-OR-
- ▶ A portion of tuition at an accredited Oklahoma private college or university.  
-OR-
- ▶ A portion of tuition for programs that qualify for federal financial aid at Oklahoma public career technology centers.

(The Oklahoma's Promise scholarship amount does not cover fees, books, supplies, or room and board.)

## GET MORE INFO



[www.okpromise.org](http://www.okpromise.org)

[okpromise@osrhe.edu](mailto:okpromise@osrhe.edu)

800.858.1840 | 405.225.9152

Ask your counselor

Find us on 

*A program created by the Oklahoma Legislature and administered by the Oklahoma State Regents for Higher Education*

## APPLY ONLINE TODAY!

[WWW.OKPROMISE.ORG](http://WWW.OKPROMISE.ORG)

## HIGH SCHOOL REQUIREMENTS

- ▶ Graduate from an Oklahoma high school or homeschool education program.
- ▶ Take the 17 units of college prep high school courses (listed at the right) and achieve at least a 2.50 cumulative GPA in those courses.
- ▶ Achieve at least a 2.50 cumulative GPA for all courses in grades 9-12.
- ▶ Attend school regularly and do your homework.
- ▶ Stay away from drugs and alcohol.
- ▶ Don't commit criminal or delinquent acts.
- ▶ Provide information when requested.
- ▶ Meet with a school official to go over your school work and records on a regular basis.
- ▶ Apply for other financial aid during your senior year of high school.
- ▶ Take part in Oklahoma's Promise activities that will prepare you for college.

If you don't qualify for this program, see your counselor for information about additional scholarships, grants and student loans, and visit Oklahoma higher education's college planning website at [www.OKcollegestart.org](http://www.OKcollegestart.org).

## COLLEGE REQUIREMENTS

- ▶ Prior to receiving any program benefit in college, the federal adjusted gross income (AGI) of the student's parents may not exceed \$100,000. Each year in college, Oklahoma's Promise students will be required to complete a Free Application for Federal Student Aid (FAFSA), which will be used to determine whether the federal adjusted gross income exceeds \$100,000. For any year the AGI exceeds \$100,000, the student will not be eligible to receive the program benefit.
- ▶ You must be an Oklahoma resident.
- ▶ You must be a U.S. citizen or lawfully present in the United States.
- ▶ You must meet regular admission standards for first-time entering students at the college or university to which you apply.
- ▶ You must start taking college courses within three years after you graduate high school.\*
- ▶ You may not use the award for noncredit remedial courses.
- ▶ You may not receive awards for more than five consecutive years after enrolling in college.\*
- ▶ You may not use the award for courses taken after you complete your bachelor's degree requirements.
- ▶ You may not receive award payments for more than 129 semester credit hours unless your degree program requires more hours.
- ▶ You must meet the college's Satisfactory Academic Progress (SAP) policy requirements for eligibility to receive federal financial aid.
- ▶ An Oklahoma's Promise college student who is suspended for more than one semester for conduct reasons will lose the scholarship permanently.

\* Students on active military duty may be eligible for certain waivers of these requirements.



## REQUIRED COURSES\*\*

**4 ENGLISH** (grammar, composition, literature; courses should include an integrated writing component)

**3 LAB SCIENCE** (biology, chemistry, physics or any lab science certified by the school district; general science with or without a lab may not be used to meet this requirement)

**3 MATHEMATICS** (from Algebra I, Algebra II, geometry, trigonometry, math analysis, pre-calculus, statistics and probability [must have completed geometry and Algebra II], calculus, Advanced Placement [AP] statistics)

**3 HISTORY AND CITIZENSHIP SKILLS** (including 1 unit of American history and 2 additional units from the subjects of history, economics, geography, government, non-Western culture)

**2 FOREIGN OR NON-ENGLISH LANGUAGE** (two years of the same language)

-OR-

**COMPUTER TECHNOLOGY** (two units in programming, hardware or business computer applications, such as word processing, databases, spreadsheets and graphics, will qualify; keyboarding or typing classes do NOT qualify)

(1 foreign language and 1 computer course will NOT meet this requirement)

**1 ADDITIONAL COURSE** from any of the subjects listed above or psychology, sociology or any concurrent liberal arts and science course at a State System institution

**1 FINE ARTS** (music, art, drama)

-OR-

**SPEECH**

## 17 Total Units

\*\*Homeschool students or students graduating from a high school not accredited by the Oklahoma State Board of Education must also achieve a composite score of 22 or higher on the ACT test reported on an official test report issued by ACT (including superscores). ACT on-campus (residual) test scores do not qualify.

# 2027 College Preparatory/Work Ready Curriculum Graduation Requirements



Student Full Name \_\_\_\_\_

Career Goal \_\_\_\_\_

**23 units or sets of competencies are required to meet state graduation requirements.**

70 O.S. § 11-103.6; OAC 210:35-25-2

Mark beside each course upon successful completion of required unit or set of competencies as each semester credit for course is earned. Refer to the most recent [Subject Codes list](#) for approved courses in each area, and the [OSDE's Instruction page](#) for more information regarding each subject area.

## Coursework Requirements

### English (4)

- \_\_\_ \_\_\_ English I
- \_\_\_ \_\_\_ English II
- \_\_\_ \_\_\_ English III
- \_\_\_ \_\_\_ English IV
- \_\_\_ \_\_\_ Other Approved Course

### Mathematics (3)

**3 are required in grades 9-12.**

- \_\_\_ \_\_\_ Algebra I
- \_\_\_ \_\_\_ Geometry
- \_\_\_ \_\_\_ Algebra II
- \_\_\_ \_\_\_ Algebra III
- \_\_\_ \_\_\_ Pre-Calculus
- \_\_\_ \_\_\_ Other Approved Course

### Laboratory Science (3)

- \_\_\_ \_\_\_ Biology I
- \_\_\_ \_\_\_ Chemistry, Physics, or Physical Science
- AND**
- \_\_\_ \_\_\_ Other Physical Science
- \_\_\_ \_\_\_ **OR** Other Life Science
- \_\_\_ \_\_\_ **OR** Earth/Space Science

Students *must* take Biology 1, a physical science course and a 3rd science at or above the rigor of the Biology 1 or physical science competencies.

### History & Citizenship (3)

- \_\_\_ \_\_\_ 1/2 Oklahoma History
- \_\_\_ \_\_\_ 1/2 Government
- \_\_\_ \_\_\_ U.S. History
- \_\_\_ \_\_\_ Other Approved Course

### World/Non-English Language OR Computer Technology (2)

- \_\_\_ \_\_\_ 1st year of Language: \_\_\_\_\_
- \_\_\_ \_\_\_ 2nd year of **same** Language
- OR**
- \_\_\_ \_\_\_ 1st year of Computer Technology
- \_\_\_ \_\_\_ 2nd year of Computer Technology

**Excludes keyboarding or typing courses.**

### Fine Arts or Speech (1)

- \_\_\_ \_\_\_ Music, Art, Dance, or Drama
- \_\_\_ \_\_\_ Humanities
- \_\_\_ \_\_\_ Speech or Communications

### Additional Unit (1)

Choose **either** one of the following subjects:

- English
- Math
- Science
- History
- World Languages
- Computer Technology

**Or** one of the following courses approved for college admission:

- Career Technology Education
- Concurrently Enrolled
- Advanced Placement
- International Baccalaureate

### Electives (6)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**23 units or sets of competencies are required to meet state graduation requirements.**

**Total Units Upon Final Check** must match **Total Units Earned** on Page 2.

**Total Units Upon Final Check:**

\_\_\_\_\_



# 2027 College Preparatory/Work Ready Curriculum Graduation Requirements



## Other Requirements

State law requires that students meet the additional requirements below in order to graduate from a public high school with a standard diploma. [70 O.S. § 1210.508](#)

### Assessments

**Taken in 11th Grade:**

\_\_\_ ACT **OR** \_\_\_ SAT  
 \_\_\_ Science Assessment

**Taken once during High School:**

\_\_\_ U.S. History

### Certificates or Endorsements (if any)

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### Additional Requirements

\_\_\_ Personal Financial Literacy Passport  
[70 O.S. § 11-103.6H](#)  
 \_\_\_ CPR/AED [70 O.S. § 1210.199](#)  
 \_\_\_ Pass U.S. Naturalization Test [70 O.S. § 11-103.6](#)

## Individual Career Academic Plan (ICAP)

Beginning with students entering the ninth grade in the 2019-2020 school year (class of 2023), each student is required to complete the process of an [Individual Career Academic Plan \(ICAP\)](#) in order to graduate from a public high school with a standard diploma. [70 O.S. § 2320.508-4](#)

The ICAP Career Assessment, Career Goal, and Coursework are to be reviewed annually. Enter the date the student completed each requirement below.

Goal	9th Grade	10th Grade	11th Grade	12th Grade
Career Assessment				
Written Career Goal				
Courses Reflect Goal				

Students are also required to participate in Service Learning and/or Work-Based Learning Activities at least once in grades 9-12. Mark each grade level the student participated in this requirement; not limited to one activity or grade level. **Internship codes are reserved for 11th and 12th grade.**

Goal	9th Grade	10th Grade	11th Grade	12th Grade
Service or Work-based Learning				

Date of Check	Student Initial	Total Units
	<b>Total Units Earned:</b>	

**23 units or sets of competencies are required to meet state graduation requirements.**

**Total Units Earned** must match **Total Units Upon Final Check** on Page 1.



**OKLAHOMA**  
Education

The background is a solid purple color. It features several large, overlapping circles in three colors: yellow, light purple, and olive green. The circles are arranged in a pattern that frames the central text. The text is centered and reads "11TH GRADE THROUGH 12TH GRADE" in a bold, white, sans-serif font.

**11TH GRADE  
THROUGH  
12TH GRADE**

Choctaw Nation of Oklahoma  
High School Student Services



**ACT PREP WORKSHOPS 2024-2025**

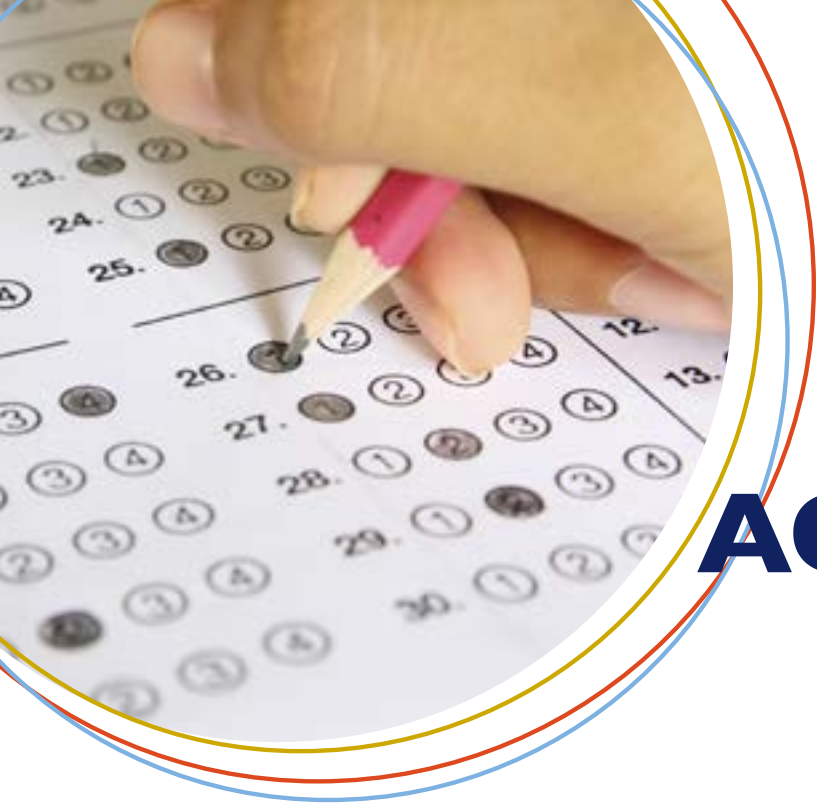
<b>Workshop Date</b>	<b>Time</b>	<b>Workshop</b>	<b>Location</b>
10/17/2024	9:00 AM - 12:00 PM	ACT Workshop	Virtual through Canvas
2/5/2025	8:00 AM - 1:00 PM	ACT Workshop	Choctaw Headquarters - Durant
2/12/2025	8:00 AM - 1:00 PM	ACT Workshop	Hugo - KTC
2/19/2025	8:00 AM - 1:00 PM	ACT Workshop	McAlester - KTC or Eastern
2/26/2025	8:00 AM - 1:00 PM	ACT Workshop	Idabel - KTC
3/5/2025	8:00 AM - 1:00 PM	ACT Workshop	Poteau - KTC
3/7/2025	9:00 AM - 12:00 PM	ACT Workshop	Virtual through Canvas

**Choctaw students who are members of High School Student Services will have their ACT Workshop fees paid for by the HSSS program. Students must register for ACT Workshops, please see contact information below.**

**You must be a High School Students Services member to attend the ACT workshops.**

\* ACT Workshop dates, times, and locations are subject to change without notice. Please call the High School Student Services office at 800.522.6170 Ext. 4105 the day before your scheduled workshop to confirm.

**HIGH SCHOOL STUDENT SERVICES MEMBERS CALL: 580.924.8280  
TOLL FREE: 800.522.6170**



# ACT<sup>®</sup>

## ACT TESTING DATES 2024–2025

TEST DATE	REGULAR REGISTRATION DEADLINE <small>LATE FEE APPLIES AFTER THIS DATE</small>	LATE REGISTRATION DEADLINE	PHOTO UPLOAD AND STANDBY DEADLINE
September 14, 2024	August 9	August 25	September 6
October 26, 2024	September 20	October 7	October 18
December 14, 2024	November 8	November 22	December 6
February 8, 2025	January 3	January 20	January 31
April 5, 2024	February 28	March 16	March 28
June 14, 2025	May 9	May 26	June 6
July 12, 2025*	June 6	June 20	July 4

\* No test centers are scheduled in New York for the July test date.

Test Information Release for the 2024–2025 testing year will occur in September, April, and June.

FOR MORE INFORMATION VISIT  
[WWW.ACT.ORG/THE-ACT/TIR](http://WWW.ACT.ORG/THE-ACT/TIR)  
[WWW.ACT.ORG](http://WWW.ACT.ORG)



September 2023

# DO YOU HAVE A PLAN FOR COLLEGE?

Oklahoma's official guide to preparing for college



.....  
**High School Juniors & Seniors**

# WHAT'S YOUR PLAN FOR COLLEGE?

Right now, college probably seems a million miles away. But NOW is the best time to start making plans for what happens after high school. You don't have to make any big decisions yet, but the sooner you start thinking about what you're interested in doing for a living, the easier your choices will be later. Where are you headed after graduation? What do you have to do to get there? Don't know where to start? You're not alone! Read this booklet for some good ideas about how to begin your journey. Then talk to your family and school counselor about your plan for college.

## WHAT'S IN IT FOR YOU?

- ▷ You'll have the time to explore your interests, discover things you didn't know and set new goals.
- ▷ College is fun! You'll meet interesting people and make new friends.
- ▷ You'll learn how to learn — how to think critically, solve problems and develop new skills.
- ▷ A degree can take you out of a minimum-wage job and into a good-paying career you enjoy. Studies prove it: continue your education after high school, and you're likely to make more money and enjoy a better life.



### OKCOLLEGESTART.ORG

**OKcollegestart.org** is the official source for planning a college education in Oklahoma and offers interactive tools to help you prepare and pay for college. The website provides information about admission requirements, financial aid and scholarships, college costs and more. You can search by keywords and receive personalized results to compare colleges.

## LET'S TALK MONEY

### WITHOUT A DEGREE

Let's say you decide to skip college and take a job as a data entry keyer. You'll get paid almost \$17 an hour, which is approximately \$3,106 a month or \$37,270 per year in take-home pay.

#### GROSS PAY

**\$3,106** per month

*Less taxes, Social Security and Medicare*

#### TAKE-HOME PAY

**\$2,410** per month

### WITH A DEGREE

Now let's say you take the time to explore careers, go that extra mile and graduate from college with a degree in computer programming. As a computer programmer, you'll make about \$43 an hour. That's \$7,383 a month or \$88,590 per year in take-home pay.

#### GROSS PAY

**\$7,383** per month

*Less taxes, Social Security and Medicare*

#### TAKE-HOME PAY

**\$5,253** per month

### THE MORE YOU LEARN, THE MORE YOU CAN EARN

In fact, national data show that someone with a bachelor's degree earns a median income nearly 60% higher than someone with just a high school diploma. That makes a huge impact on your monthly paycheck and can help you afford the lifestyle you want.



## GLOSSARY

If any of the terms used in this publication are unfamiliar to you, check out the glossary at **OKcollegestart.org**.

# THE DIFFERENCE A DEGREE MAKES

ASSOCIATE OR BACHELOR'S DEGREE	MODERATE ON-THE-JOB EXPERIENCE
Computer Programmer \$42.59 per hour	Data Entry Keyer \$16.96 per hour
Architect or Engineer \$42.38 per hour	Construction Laborer \$18.81 per hour
Veterinarian \$46.10 per hour	Veterinary Assistant \$14.26 per hour
Detective/Criminal Investigator \$34.09 per hour	Security Guard \$15.25 per hour
Preschool Teacher (except Special Education) \$17.16 per hour	Child Care Worker \$11.67 per hour
Registered Nurse \$36.98 per hour	Nursing Assistant \$14.52 per hour

Source: Oklahoma Employment Security Commission, Oklahoma Wage Report 2022



## CAREERS

Want to investigate your skills and interests and explore career options that may be right for you? Check out the *Career Planning* tab at [OKcollegestart.org](http://OKcollegestart.org).

## OKLAHOMA MONEY MATTERS

To learn more about saving and managing money, check out Oklahoma Money Matters (OKMM). OKMM offers information and resources to help students and parents prepare financially for college, strengthen family financial planning and empower young adults with money management skills for independent living. Visit [OklahomaMoneyMatters.org](http://OklahomaMoneyMatters.org) or call 800.970.OKMM (6566). Follow OKMM on [Facebook](#) and [Twitter](#).



## COURSES TO TAKE

You must take certain courses in high school to graduate and for admission to an Oklahoma public college or university. These requirements will prepare you for college, and you'll learn valuable skills for your future career.

SUBJECT	UNITS
English	4 units
Mathematics	3 units
Laboratory Science	3 units
History and Citizenship Skills	3 units
Other	2 units
<b>Total</b>	<b>15 units</b>

For more information about the specific courses you must take to earn a "college preparatory/work ready" high school diploma, visit [OKcollegestart.org](http://OKcollegestart.org). Remember that requirements may change, and they may be different for private colleges and universities, so always check with your counselor for details.

# THINK AHEAD

A great way to speed up your college career is to consider earning college credit even before you graduate from high school. Taking advantage of opportunities such as Advanced Placement (AP) courses and concurrent enrollment can save you time, tuition, and food and housing, and will also prepare you for the demands of college. To learn more, visit [OKcollegestart.org](https://www.okcollegestart.org) and ask your high school counselor what options are available at your school.

## COLLEGE ENTRANCE EXAMS

Talk to your counselor about taking the ACT and/or SAT. Visit [OKcollegestart.org](https://www.okcollegestart.org) to learn more about preparing for college entrance exams and take the free practice tests for the ACT and SAT. For more information about preparing for the ACT exam, visit [ACT.org](https://www.act.org), and for information about preparing for the SAT exam, visit [SAT.org](https://www.sat.org).

## GRADES TO MAKE

If you want to attend an Oklahoma college or university, you must meet certain requirements. When you apply for admission, public colleges and universities will look at:

- ▷ Your score on a national standardized test (ACT or SAT) (optional at some institutions for admission decisions).
- ▷ Your overall grade point average (GPA) and ranking within your high school class, AND
- ▷ Your GPA in the 15 core courses required for college entry.

For more information about 2023-24 admission requirements for first-time entering students at Oklahoma public colleges and universities, visit [OKcollegestart.org](https://www.okcollegestart.org). You can also talk to your school counselor or check with the college(s) you want to attend.

*NOTE: While all students are encouraged to take the ACT or SAT if the tests are available, public colleges and universities may be authorized to use multiple measures of student performance to make admission and placement decisions for the fall 2024 semester. For more information, students should contact the admissions office at the college or university they would like to attend.*

## THE CHOICE

Choosing where to go to college is an important decision. Your selection will affect your future and even your success as a student. Here are some things to think about:

- ▷ **Location:** Are you willing to move away from home? Do you prefer a city or country setting? Do you want to live on campus?
- ▷ **Type of college/university:** Do you want to be on a large or small campus?
- ▷ **Admission requirements:** How are your grades and test scores?
- ▷ **Academics:** What do you want to study?
- ▷ **Financial aid:** How much financial assistance do you need? Can the campus provide you with aid (scholarships, part-time employment)?
- ▷ **Activities:** Which campus offers the best options for your interests?

### CAMPUS VISITS

Still undecided about which college is best for you? Schedule some visits to the colleges and universities you might be interested in attending. These visits can help you make a more educated decision. While on your campus visits, talk to as many people as you can and don't pass up a chance to ask questions. Use the *Making the Most of Campus Visits* guide found at [UCanGo2.org](https://www.ucango2.org) to make your trip a success. Many colleges also offer virtual campus tours. To find a list of participating colleges, visit [OKcollegestart.org](https://www.okcollegestart.org).





# TYPES OF INSTITUTIONS & DEGREES

## RESEARCH UNIVERSITY

An institution that grants bachelor's, graduate and professional degrees and offers a wide variety of courses and degree programs. Generally, they have large student bodies and expansive campuses.

## REGIONAL UNIVERSITY

An institution that offers bachelor's and master's degrees, and in some instances, associate or professional degrees. They tend to have mid-sized student populations and campuses.

## PUBLIC LIBERAL ARTS UNIVERSITY

An institution that grants bachelor's degrees in arts and science fields, including humanities. A public liberal arts university tends to have smaller class sizes that facilitate close interaction between faculty and students.

## COMMUNITY COLLEGE

An institution that grants associate degrees for transfer to four-year institutions or for career preparation. They usually offer flexible class schedules with smaller class sizes.

## TECHNICAL BRANCH

An institution that grants applied associate degrees, some Bachelor of Technology degrees and a limited number of associate degrees for transfer to four-year institutions. Technical branches have a special emphasis on education and training in technical fields.

## MICRO-CREDENTIAL

A micro-credential is a short-term, specialized qualification you can earn after completing a set of activities, projects and/or courses that are designed to teach you specific skills, capabilities and knowledge you can use right away in the workplace.

## CERTIFICATE

A credential awarded for an organized program of study that may or may not lead to an academic degree.

## ASSOCIATE IN ARTS (A.A.) OR ASSOCIATE IN SCIENCE (A.S.) DEGREE

A degree awarded upon completion of two years of full-time college work (at least 60 credit hours) that is designed to transfer to a four-year university. The State Regents recognize these two types of associate degrees that transfer to any state system university.

## ASSOCIATE IN APPLIED SCIENCE (A.A.S.) DEGREE

A degree requiring two years of full-time college work (at least 60 credit hours) that emphasizes an occupational specialty and is designed to lead the individual directly to employment. Some A.A.S. degrees may lead to a Bachelor of Technology degree.

## BACHELOR'S DEGREE

A degree requiring four years of full-time college work (at least 120 credit hours). The State Regents recognize three types of bachelor's degrees — Bachelor of Arts, Bachelor of Science and Bachelor of (Specialty), such as Music, Education, etc.

To learn more about selecting the right institution for you, check out the *Browse Postsecondary Schools* section at [OKcollegestart.org](https://okcollegestart.org).

## PAYING FOR COLLEGE

College costs vary; some institutions are more expensive than others, especially for out-of-state students. Fortunately, the cost of attending an Oklahoma public college or university is among the lowest in the nation. In addition, the availability of financial aid from various sources can make college even more affordable for qualified students.

### 2023-24 ESTIMATED AVERAGE COSTS FOR RESIDENT STUDENTS

Oklahoma Public Colleges and Universities (30 credit hours)

Expenses	Research Universities	Regional Universities	Community Colleges	Technical Branches
Tuition	\$5,243	\$6,082	\$3,476	\$4,236
Mandatory Fees	\$4,176	\$1,655	\$1,260	\$1,051

Visit *How Much Does College Cost?* at [OKcollegestart.org](https://okcollegestart.org) for a more detailed breakdown of costs, including food and housing.

### OKLAHOMA'S PROMISE

Oklahoma's Promise allows students to earn a college tuition scholarship if they meet certain academic and conduct requirements in high school. The 11<sup>th</sup> grade is the last year you can apply to the program. Your parent(s) must meet certain income requirements at the time of application and each year you are enrolled in college.\* There are also academic and conduct requirements to keep the scholarship in college. For more information, visit [OKPromise.org](https://okpromise.org) or call 800.858.1840.



\*Special income provisions may apply to children adopted from certain court-ordered custody, children in the custody of court-appointed legal guardians, and Social Security benefits based on the death or disability of the student's parent(s). Please contact the Oklahoma's Promise office for more information.

# TYPES OF FINANCIAL AID

There are four different types of financial aid available: scholarships, grants, work-study and student loans. To learn more about financial aid, visit [OKcollegestart.org](https://okcollegestart.org).

## WHAT IS THE FAFSA?

To apply for federal financial aid (grants, work-study and student loans) and the Oklahoma Tuition Aid Grant Program (OTAG), you and your parents must complete the Free Application for Federal Student Aid (FAFSA). Oklahoma's Promise recipients will also be required to complete the FAFSA each year. You'll need to have your parents' tax return(s) along with yours to complete the FAFSA. Even if you don't think you need financial aid (or qualify for it), fill out the FAFSA anyway. Most students qualify for some form of federal financial aid! Complete the FAFSA as soon as it becomes available during your senior year and each year prior to the term you will need financial aid for college. Visit [StartWithFAFSA.org](https://startwithfafsa.org) to find FAFSA completion tools and learning modules.

## FINANCIAL AID CHECKLIST

- ❑ Don't wait. Fill out the FAFSA as soon as it becomes available during your senior year and each year prior to the term you will need financial aid for college. Many students don't realize they may qualify for federal aid such as grants, scholarships, work-study or low-cost student loans. Learn more at [FAFSA.gov](https://fafsa.gov).
- ❑ Explore [OKcollegestart.org](https://okcollegestart.org) and [UCanGo2.org](https://ucango2.org) to learn more about paying for college. Start researching the colleges you're interested in and learn what types of financial aid they offer.
- ❑ Find out if scholarships are available in the fields you're interested in and what the requirements are, so you can plan early to apply. Scholarships are called "free money" because they don't have to be paid back. Students qualify for scholarships based on financial need, grades, talents and life experiences. [OKcollegestart.org](https://okcollegestart.org) offers a database of over 20,000 scholarships for students, and [UCanGo2.org](https://ucango2.org) provides scholarships by deadline and category. Review the [Scholarships 101 presentation](#) on the UCanGo2 website for helpful tips on scholarship completion.
- ❑ Ask family members to open an Oklahoma 529 college savings account by calling 877.654.7284 or visiting [Oklahoma529.com](https://oklahoma529.com). Oklahoma 529 offers tax advantages for families, and funds can be used at nearly all colleges and universities in the United States.




### EMPLOYER TUITION ASSISTANCE

Are you exploring options to help pay for college? Many companies across the state provide tuition assistance benefits to help employees pay college expenses. Check out our list of employers offering higher education benefits that can be used at an Oklahoma public college or university at [okhighered.org](https://okhighered.org).

## TIPS FOR SCHOLARSHIP SUCCESS

- ▷ **Do your research.** Set up an appointment with your school counselor to talk about your scholarship options. Many colleges post available scholarships on their websites. Check with the college(s) you plan to attend to learn about scholarships they may offer.
- ▷ **Go local.** Many clubs, civic organizations and churches offer scholarships. If you aren't sure, ask! Applying locally for scholarships means you're competing against fewer people.
- ▷ **Do the "write" thing.** Many scholarships require an essay but don't let that discourage you. Scholarships that require essays have fewer applicants, which means you have a greater chance of winning the award. Review UCanGo2's [Scholarship Essay Tips](#) for assistance.
- ▷ **Don't miss the boat.** Apply for as many scholarships as possible and keep track of the requirements for each one so you don't miss out on free money by forgetting to include your transcript or submitting your application after the deadline.



Check out the *Scholarship Success Guide* at [UCanGo2.org](https://ucango2.org).

# JUNIOR CHECKLIST

- Take core classes that meet college entrance requirements.
- Sign up for the Oklahoma's Promise scholarship program. Use the curriculum checklist at [OKPromise.org](http://OKPromise.org) to keep track of your courses, continue to make good grades and stay out of trouble.
- Explore opportunities to earn college credit while still in high school, like concurrent enrollment and AP courses. Learn more about these programs on [OKcollegestart.org](http://OKcollegestart.org).
- Prepare to take ACT/SAT exams. You may want to take these more than once to raise your score. Visit [OKcollegestart.org](http://OKcollegestart.org) to take free practice exams.
- Attend college fairs in your area. Find college fair information on college/university websites, including virtual college fairs.
- When you narrow the list of colleges you're interested in, schedule campus visits or visit [OKcollegestart.org](http://OKcollegestart.org) to review virtual tour options.
- Explore [OKcollegestart.org](http://OKcollegestart.org) and [UCanGo2.org](http://UCanGo2.org) to learn more about paying for college. Start researching the colleges you're interested in and learn what types of financial aid they offer. Search and apply for scholarships listed on [OKcollegestart.org](http://OKcollegestart.org) and [UCanGo2.org](http://UCanGo2.org). We recommend juniors apply for one or two scholarships per week.

# SENIOR CHECKLIST

- Talk to your family and school counselor about your goals after high school.
- Research scholarships available through your school, business community and local civic organizations. Search and apply for scholarships on [OKcollegestart.org](http://OKcollegestart.org) and [UCanGo2.org](http://UCanGo2.org). We recommend seniors apply for two or three scholarships per week.
- Complete the Free Application for Federal Student Aid (FAFSA) as soon as it becomes available during your senior year. The FAFSA is used to determine your eligibility for most types of financial aid, including federal (and some state) grants, work-study programs, student loans and scholarships.
- Visit [StudentAid.gov](http://StudentAid.gov) to request a Federal Student Aid ID (FSA ID) and submit your FAFSA online at [FAFSA.gov](http://FAFSA.gov).
- Submit admission and financial aid applications to the college(s) of your choice; pay close attention to deadlines.
- Review your FAFSA Submission Summary for accuracy. Any inaccurate items need to be corrected, either at [StudentAid.gov](http://StudentAid.gov) or by contacting your college's financial aid office.
- Respond quickly to any requests from colleges and universities for additional information.

Review more detailed junior and senior checklists at [UCanGo2.org](http://UCanGo2.org).


## COLLEGE PLANNING RESOURCES

Remember, [OKcollegestart.org](http://OKcollegestart.org) is your one-stop shop for interactive college planning tools and information about career exploration, selecting a college or university, ACT/SAT test prep, financial aid and more. Open a free student account and follow [OKcollegestart.org](http://OKcollegestart.org) on Facebook today!

[OKcollegestart.org](http://OKcollegestart.org) | 866.443.7420 | 



[UCanGo2](http://UCanGo2.org) provides resources and information to demonstrate the value of higher education, inspire confidence to support academic achievement, and help students plan, prepare and pay for education after high school. Follow [UCanGo2](http://UCanGo2.org) on Facebook today!

[UCanGo2.org](http://UCanGo2.org) | 866.443.7420 | 



Ready Set Repay provides information and tools for student loan borrowers and Oklahoma higher education institutions to help students make smart borrowing decisions and successfully repay their student loans. Learn more about student loan management at [ReadySetRepay.org](http://ReadySetRepay.org). Follow Ready Set Repay on Facebook today!

[ReadySetRepay.org](http://ReadySetRepay.org) | 800.970.6566 | 



▷ ACT Student Center  
[ACT.org](http://ACT.org)

▷ FAFSA  
[FAFSA.gov](http://FAFSA.gov)  
[StartWithFAFSA.org](http://StartWithFAFSA.org)

▷ Oklahoma GEAR UP  
[okgearup.org](http://okgearup.org)

▷ Resources in Spanish  
[Recursos en Español](http://Recursos en Español)

▷ College questions answered promptly  
[studentinfo@osrhe.edu](mailto:studentinfo@osrhe.edu)

▷ Federal Student Aid  
[StudentAid.gov](http://StudentAid.gov)

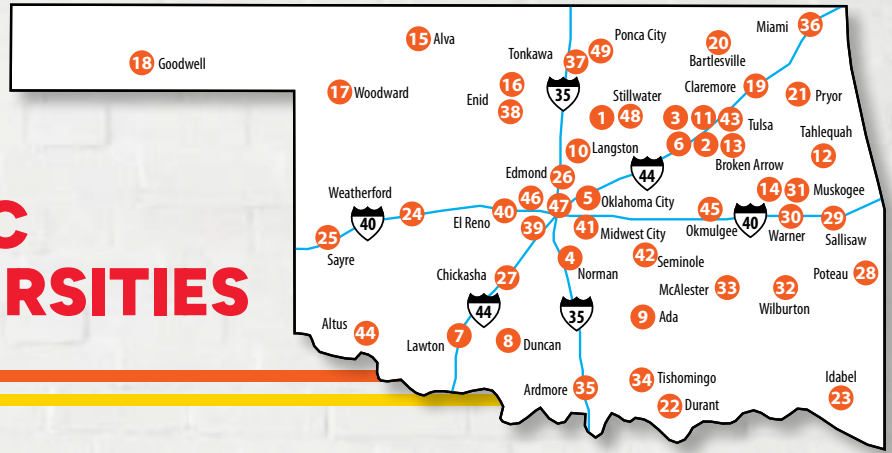
▷ Oklahoma Tuition Aid Grant Program (OTAG)  
[otag.org](http://otag.org)



Multiple staff are available to assist students and parents in Spanish through the State Regents' student information hotline, which families can reach at 800.858.1840 (405.225.9239 in Oklahoma City) or [studentinfo@osrhe.edu](mailto:studentinfo@osrhe.edu).

# OKLAHOMA PUBLIC COLLEGES & UNIVERSITIES

Current as of September 2023



## RESEARCH UNIVERSITIES

1. Oklahoma State University, Stillwater  
okstate.edu, 800.233.5019
2. OSU Center for Health Sciences, Tulsa  
medicine.okstate.edu, 800.677.1972
3. OSU-Tulsa  
tulsa.okstate.edu, 800.364.0710
4. University of Oklahoma, Norman  
ou.edu, 800.234.6868
5. OU Health Sciences Center, Oklahoma City  
ouhsc.edu, 877.577.5655
6. OU-Tulsa,  
ou.edu/tulsa, 918.660.3000

21. Rogers State University, Pryor  
rsu.edu/pryor, 918.825.6117
22. Southeastern Oklahoma State University, Durant  
se.edu, 800.435.1327
23. Southeastern Oklahoma State University, Idabel  
se.edu/mccurtain, 888.286.9431
24. Southwestern Oklahoma State University, Weatherford  
swosu.edu, 580.772.6611
25. Southwestern Oklahoma State University, Sayre  
swosu.edu, 580.928.5533
26. University of Central Oklahoma, Edmond  
uco.edu, 405.974.2000

39. Oklahoma City Community College  
occc.edu, 405.682.1611
40. Redlands Community College, El Reno  
redlandsc.edu, 866.415.6367
41. Rose State College, Midwest City  
rose.edu, 866.621.0987
42. Seminole State College, Seminole  
sscok.edu, 405.382.9950
43. Tulsa Community College  
tulsaacc.edu, 918.595.7000
44. Western Oklahoma State College, Altus  
wosc.edu, 580.477.2000

## REGIONAL UNIVERSITIES

7. Cameron University, Lawton  
cameron.edu, 888.454.7600
8. Cameron University, Duncan  
cameron.edu/duncan, 877.282.3626
9. East Central University, Ada  
ecok.edu, 580.332.8000
10. Langston University, Langston  
langston.edu, 877.466.2231
11. Langston University, Tulsa  
langston.edu/tulsa, 918.877.8100
12. Northeastern State University, Tahlequah  
nsuok.edu, 800.722.9614
13. Northeastern State University, Broken Arrow  
nsuok.edu/brokenarrow, 918.449.6000
14. Northeastern State University, Muskogee  
nsuok.edu/muskogee, 918.683.0040
15. Northwestern Oklahoma State University, Alva  
nwsou.edu, 580.327.1700
16. Northwestern Oklahoma State University, Enid  
nwsou.edu/enid, 580.237.0334
17. Northwestern Oklahoma State University, Woodward  
nwsou.edu/woodward, 580.256.0047
18. Oklahoma Panhandle State University, Goodwell  
opsu.edu, 800.664.6778
19. Rogers State University, Claremore  
rsu.edu, 918.343.7777
20. Rogers State University, Bartlesville  
rsu.edu/bartlesville, 918.338.8000

## PUBLIC LIBERAL ARTS UNIVERSITY

27. University of Science and Arts of Oklahoma, Chickasha  
usao.edu, 800.933.8726

## COMMUNITY COLLEGES

28. Carl Albert State College, Poteau  
carlalbert.edu, 918.647.1200
29. Carl Albert State College, Sallisaw  
carlalbert.edu, 918.775.6977
30. Connors State College, Warner  
connorsstate.edu, 918.463.2931
31. Connors State College, Muskogee  
connorsstate.edu, 918.687.6747
32. Eastern Oklahoma State College, Wilburton  
eosc.edu, 918.465.2361
33. Eastern Oklahoma State College, McAlester  
eosc.edu/mcalester, 918.426.5272
34. Murray State College, Tishomingo  
mscok.edu, 580.371.2371
35. Murray State College, Ardmore  
mscok.edu/ardmore, 580.319.0370
36. Northeastern Oklahoma A&M College, Miami  
neo.edu, 888.464.6636
37. Northern Oklahoma College, Tonkawa  
noc.edu, 580.628.6200
38. Northern Oklahoma College, Enid  
noc.edu/enid, 580.242.6300

## TECHNICAL BRANCHES

45. Oklahoma State University Institute of  
Technology, Okmulgee  
osuit.edu, 800.722.4471
46. Oklahoma State University – Oklahoma City  
osuokc.edu, 800.560.4099

## HIGHER EDUCATION PROGRAMS/SITES

47. Langston University, Oklahoma City  
langston.edu/okc/langston-okc, 405.962.1620
48. Northern Oklahoma College, Stillwater  
noc.edu/stillwater, 405.744.2246
49. University Center at Ponca City,  
ucponcacity.com, 580.718.5600



# Quick Glance for Concurrent College Enrollment

Concurrent college education provides eligible high school students with an opportunity to enroll in college classes while still attending high school. College transcripts are permanent records; please make sure the student and parent/guardian understand the benefits and risks associated with concurrent college enrollment.

## STEP 1: CAN THE STUDENT BE ADMITTED?

Any junior or senior high school student who meets the eligibility requirements and admissions standards can enroll in college classes. When determining eligibility, the ACT composite score without the writing component and the SAT composite score without the essay component are used. The PreACT and PSAT can also be used for concurrent enrollment.

### Admission Standards: Juniors and Seniors

#### Research Universities

Meet **one** of the following:

1. National ACT, Pre-ACT (10<sup>th</sup> Grade), or Residual ACT<sup>1</sup>=24
2. SAT, PSAT 10 or PSAT/NMSQT=1160
3. 3.0 GPA (unweighted) and top 33%<sup>2</sup>

#### Regional Universities

Meet **one** of the following:

1. National ACT, Pre-ACT (10<sup>th</sup> Grade), or Residual ACT<sup>1</sup>=20
2. SAT, PSAT 10 or PSAT/NMSQT=1030
3. 3.0 GPA (unweighted) and top 50%<sup>2</sup>

#### Community Colleges

Meet **one** of the following:

1. National ACT, Pre-ACT (10<sup>th</sup> Grade), or Residual ACT<sup>1</sup>=19
2. SAT, PSAT 10 or PSAT/NMSQT=990
3. 3.0 GPA (unweighted)<sup>2</sup>

<sup>1</sup>Students can utilize one Residual ACT per year taken from November 1 to October 31

<sup>2</sup>Oklahoma State Regents Higher Education policy requires that home school/unaccredited students earn the requisite score on an acceptable SAT or ACT exam to be admissible

## STEP 2: WHAT COURSES CAN THE STUDENT TAKE?

To enroll in a college course, the student must meet the following score requirements in the subject area in which they are enrolling:

### Course Placement: Juniors and Seniors

Test Subject Area	General Examples of College Courses	National ACT, Pre-ACT or Residual ACT <sup>1</sup>	SAT, PSAT 10, or PSAT/NMSQT	Other
English	English Comp I English Comp II	19 English	510 Evidence Based Reading & Writing	Satisfy an institution's English assessment and course placement measure
Math	Quantitative Reasoning Functions & Modeling Elementary Statistics College Algebra for STEM	19 Math	510 Math	Satisfy an institution's math assessment and course placement measure
Reading	US History Government Psychology Sociology	19 Reading	510 Evidence Based Reading & Writing	Satisfy an institution's reading assessment and course placement measure
Science	General Biology Nutrition	19 Science	N/A (there is no SAT Science section)	Satisfy an institution's science assessment and course placement measure

<sup>1</sup>Students can utilize one Residual ACT per year from November 1 to October 31

### **STEP 3: WHAT SIGNATURES ARE REQUIRED?**

High school principal or counselor must sign a concurrent college enrollment approval form from the college or university the student is attending or will attend. Students must also have written permission from a parent or legal guardian.

### **STEP 4: WHAT ARE THE COSTS?**

Eligible high school seniors will receive a tuition waiver for a maximum of eighteen (18) credit hours of concurrent college enrollment. The senior tuition waiver may be divided over the three senior semesters: summer, fall and spring. The nine (9) hours of funding for juniors is dependent on the appropriation for the current year and may be divided over the three junior semesters: summer, fall and spring. Contact your partner college or university for more information about the current status of funding for high school juniors.

High school students are required to pay for course fees, books, supplies, etc.

### **STEP 5: WHAT GOES ON THE TRANSCRIPT?**

High schools are required to include concurrent courses on a student's high school transcript:

- Pursuant to 70 O.S. §628.13 (OSCN 2019), Fiscal Policy for Higher Education, when a student earns college credit through concurrent enrollment, school districts shall provide academic credit for any concurrently enrolled higher education courses that are correlated with the academic credit awarded by the institution of higher education. Academic credit shall only be transcribed as elective credit if there is no correlation between the concurrent enrollment higher education course and a course provided by the school district.

Local districts make policy regarding concurrent enrollment issues. See the transcript guidance in the Concurrent Enrollment section of the SDE [Academic Advisement Guidebook](#).

### **STEP 6: WHAT IS A STUDENT'S WORKLOAD?**

A concurrently enrolled student may enroll in a combined number of high school and college courses per semester not to exceed 19 credit hours. For purposes of calculating workload, one-half high school unit equals three credit hours. Non-academic high school units are excluded from the workload calculation (e.g. office aid, athletics, choir, library aid). Students wishing to exceed these limits may petition the selected higher education institution.

High school students concurrently enrolled in college courses may continue concurrent college enrollment in subsequent semesters if they achieve a cumulative college grade point average (GPA) of 2.0 or above on a 4.0 scale. Therefore, a concurrent student who fails to achieve the requisite 2.0 cumulative college GPA shall not be eligible for concurrent college enrollment at any State System institution.

For additional information, please contact Stephanie Beauchamp at [SBeauchamp@osrhe.edu](mailto:SBeauchamp@osrhe.edu).

# Parent/Guardian Quick Glance for Concurrent College Enrollment

Concurrent college enrollment refers to eligible high school juniors and seniors who enroll in college courses and earn both high school and college credit.

Concurrent enrollment is an important academic decision and should be carefully considered. This resource has been created to help you and your young adult determine if this is the right decision for them.

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## COURSE LOCATION

- College classes are offered in a variety of formats. Ask your high school counselor what options are available.

In person at the college campus	Completely online – no set class time; no in-person interaction; all assignments and most communication are done via email, internet and learning management systems; students may schedule a time to meet professor in person
In person at the high school campus – professor comes to the high school	Virtual class – class is held online at a set time; students may participate from home or the high school; virtual interaction

- Online classes do have additional fees, do require a significant time commitment, and require regular access to a computer and the internet.
- Most college courses meet only two or three days a week.
- Some college courses are offered in eight weeks, and some are offered in 16 weeks.

## YOUR RIGHTS AS A PARENT/GUARDIAN

- Even if your young adult is not yet 18, concurrent students are considered “college students.” As college students, parents/guardians cannot access student information without an express, written Family Educational Rights and Privacy Act (FERPA) release on file with the college. This includes grades, attendance records, contact with the professors, overall performance and bills.

## STUDENT SELF-DISCIPLINE

- Student is responsible for their own coursework.
- Student will receive fewer reminders about coursework from college faculty.
- College course grades are often determined by fewer assignments and potentially fewer exams. This means one low grade makes a larger impact on the course grade. Low grades may impact eligibility for high school extracurricular activities and continuation of concurrent enrollment.
- Student is responsible for communicating with professors. Due to FERPA, professors are not allowed to release student information to parents/guardians without written permission from the student.
- A high school student may enroll in a combined number of high school and college courses per semester not to exceed a full-time college workload of 19 semester credit hours. For purposes of calculating workload, one-half high school unit shall be equivalent to three semester credit hours of college work.
- In addition to current high school workload, students should take into consideration obligations such as extracurricular activities, family commitments and work schedules.
- With college courses, students often have more flexibility and freedom during their day; therefore, student self-discipline is very important. To be successful in college courses, concurrent students need to develop strong time-management skills.

## SELECTING COLLEGE COURSES

- Consider the student's day-to-day schedule as well as which semester is more appropriate to enroll in a course.
- Discuss with the high school counselor the courses and scheduling that might work best, taking ALL of the student's schedule into consideration.
- If you have an excused absence for a high school activity, that is not an excused absence for a college course; therefore, you may not want to take a college course during a semester that you are involved in an activity that will cause you to have absences. (There are some college course activities that cannot be made up.)

## HIGH SCHOOL & COLLEGE TRANSCRIPTS

- Every concurrent college course grade will go on the high school transcript. This also includes courses taken during the summer semester.
- A student's college transcript is a permanent record. A student's grades impact their high school and college grade point averages (GPA), future financial aid eligibility, admission to institutions of higher education, and eligibility to continue concurrent college enrollment.
- Students must earn a 2.0 cumulative GPA to continue concurrent college enrollment at any state system institution.

## COSTS

- Senior concurrent college enrollment students are eligible for up to 18 hours of tuition waiver during their senior year in high school during the summer, fall and spring terms.
- Juniors are eligible for up to nine hours of tuition waiver for concurrent enrollment. **Tuition waivers for juniors are subject to institutional funding availability depending on the legislative appropriation for the current fiscal year.**
- **THERE ARE OTHER COSTS TO CONSIDER. Students are financially responsible for course fees, books, supplies, transportation, and parking permits.** Students should contact the college or university for details.
- Tuition and mandatory fees for state system institutions of higher education can be found at [OKcollegestart.org](http://OKcollegestart.org) under Financial Aid Planning, Financial Aid 101, The Basics, Oklahoma Tuition Breakdown.

## ACADEMIC ISSUES

- Regardless of where the college course is held, your young adult is taking a college-level course. It will be different than a traditional high school class in many ways: higher expectations, independence/self-discipline, academic rigor and the academic calendar.
- Even if the high school is closed (school breaks, teacher in-service, etc.), students will have to attend the college course as scheduled by the institution of higher education. Institutions will provide students with the academic calendar for the semester.
- Students (not parents/guardians) **MUST** communicate with their high school counselors before they drop a college course.
- Dropping a college course also requires communication with the institution of higher education. Failure to properly communicate will result in a financial obligation and potentially a failing grade on the student's official high school and college transcripts.

## ENROLL IN CONCURRENT COLLEGE COURSES

- Students must talk to the high school counselor regarding admission standards and course placement.
- A concurrent college enrollment permission form provided by the institution of higher education must be signed by the student, parent/guardian, and high school counselor or principal.
- Parents/guardians are welcomed and encouraged to visit the campus with students. Support your student, but let them lead the conversation.

Questions? Contact your student's high school counselor.

[www.okhighered.org/concurrent-enrollment](http://www.okhighered.org/concurrent-enrollment)





# CONCURRENT TO HIGH SCHOOL EQUIVALENCIES

Dual enrollment credit is earned by high school students attending classes with other college students on the college campus. It is also sometimes earned by taking special classes at their high school sanctioned by the college to qualify for credit. When students who have earned dual enrollment credit graduate high school, they also come with a transcript from the college with all of their earned credits. Concurrent enrollment policies should be designed create as many higher education pathways as possible for students.

This chart includes commonly taken college courses and provides the high school unit equivalence. This guidance was created as a collaboration by the Oklahoma State Department of Education and the Oklahoma Regents for Higher Education. The course codes and units earned for high school credit reflect careful consideration of Oklahoma Academic Standards (OAS) and alignment to Oklahoma graduation requirements.

**Note: This is a best practice guidance document for unit and course equivalency. Local school board policy supersedes the guidance provided in this document. Using the guiding questions below will help you determine equivalencies.**

Guiding Questions will aid in identifying course equivalencies:

1. Does the college course meet or exceed the OAS for the high school course?
  - a. If yes, the courses are equivalent
2. Do you have a district policy identifying course equivalence and unit equivalence?
  - a. If no, use the guidance below to guide your decision-making process
  - b. If yes, refer to your school board policy for course equivalence

When transcribing the course, use the college course title and the grades 9-12 subject code as indicated below and the letter grade earned in the course.

COLLEGE COURSE NAME(S)	EQUIVALENT HS UNITS	EQUIVALENT HS COURSE	HS CREDIT COURSE	NOTES
American Federal Government American Government United States Government American National Government American Government & Politics	1	5541	Social Studies	
American Popular Music	1	3053	Fine Arts - Music	
Art Appreciation: Renaissance-Modern	1	2817	Fine Arts - Visual Arts	
College Algebra Precalculus Algebra Algebra for STEM	1	4611	Math	
Computers in Society	1	2551	Computer Technology	
English Composition I English Composition-Research Principles of English Composition	0.5	4054	English	
English Composition II	0.5	4054	English	
Film Appreciation	1		Media Arts	
Functions and Modeling Applied Algebra	1	4413	Math	
General Biology Principles of Biology	1	5031	Science	

General Chemistry I	1	5051	Science	
General Humanities Ancient World-Middle Ages Classical Greece-Middle Ages Humanities I	1	2951	Humanities	Elective Credit Only Unless course includes: an Art emphasis (2952) a Music emphasis (2954)
General Psychology Introduction to Psychology Introductory Psychology Elements of Psychology	1	5641	Additional Unit - Social Studies	Eligible Only for Additional Unit under the category of Social Studies
Introduction to Microsoft Office	0.5	2551	Technology Education	
Introduction to Sociology Introductory Sociology Sociology	1	5720	Additional Unit - Social Studies	Eligible Only for Additional Unit under the category of Social Studies
Music Appreciation	1	3053	Fine Arts-Music	
Nutrition	1	3310	Health	Elective Credit Only
Personal Finance	0.5	1451	Literacy	
Personal Health Wellness and Human Development Wellness and Positive Lifestyle Choices in Wellness	1	3310	Health	Elective Credit Only
Public Speaking Fundamentals of Speech Introduction to Oral Communication Introduction to Public Speaking Principles of Communication Speech Speech Communication Introduction to Speech Communication	1	4011	Communications / Speech	Will not apply to Fine Arts requirements for students on the Core diploma pathway. (Speech courses do not meet legislative requirements)
U.S. History to 1877 U.S. History to 1865 American History to 1877 American History: 1492-1865				The course content does not cover the high school Oklahoma Academic Standards for Social Studies
U.S. History: Civil War Era-Present U.S. History: 1877-Present U.S. History Since 1877 U.S. History Since 1865 American History Since 1877 American History Since 1865 American History 1865-Present	1	5410	Social Studies	

Updated: April 1, 2023



GRADE

11

# ICAP Development Checklist

Here are the activities you need to complete in eleventh grade to ensure that you are on track to completing your Individual Career Academic Plan.

Complete the following activities throughout the academic year:



Create an account on <a href="http://OKCareerGuide.org">OKCareerGuide.org</a> or update your account information.	
Take or retake the assessments as needed. Update your <b>Work Values Inventory</b> .	
Check your <b>ICAP Oklahoma</b> progress.	
<b>Explore Majors</b> based on assessments.	
Explore schools based on majors.	
<b>Search for Scholarships and Grants</b> .	
<b>Learn about Financial Aid</b> .	
Research internships, job shadow, dual credit and certificates.	
Update or start your resume and cover letter. [ <b>My Job Search Tools</b> ]	
Update your goals.	
Complete enrollment for technology center, college concurrent and senior year.	
Prepare for postsecondary education and careers.	
Take postsecondary tests. [ACT / SAT / ASVAB]	
Update your written postsecondary and workforce goals along with your intentional sequence of courses. [ <b>My Ed Plans</b> ]	
Update your portfolio. [ <b>My e-Profile</b> ] [ <b>My Documents</b> ]	
Using your resume, e-Profile and documents, apply for scholarships, grants and postsecondary information.	
Invite your parents or guardians to create an account. Update grade level at end of year.  Account Settings	
If test results are received before school is out, record them in <b>My External Assessment Scores</b> .	
Complete work-based learning experience.	

## How to create an OKCareerGuide.org account

1. Go to Oklahoma Career Guide at [www.okcareerguide.org](http://www.okcareerguide.org).
2. Select **Create an Account**. In the dropdown menu select "high school student" and click **Next Steps**.
3. Type the first three letters of your site, center or organization. Typically, this will be the first few letters of your school name. For example, type "Cen" to get a list of options that begin with those letters. From that list, you may locate and select "Central HS."
4. During step 3, you will create a user name and password. Write them here for future reference:

\_\_\_\_\_  
USERNAME

\_\_\_\_\_  
PASSWORD

5. Click **Sign Me Up** to complete the process.

\_\_\_\_\_  
NAME

\_\_\_\_\_  
SCHOOL



# JUNIOR CHECKLIST

## Fall Checklist

- Keep talking.** Continue conversations with guidance counselors, teachers, family members and other trusted adults about your plans after high school. Ask family and friends about their educational choices.
- Take it to the next level.** Enroll in AP and other honors-level classes, if possible.
- Enroll now.** Discuss concurrent enrollment (college credit courses offered in high school) with your counselor.
- See for yourself.** Attend a college fair in your area. These events offer families a chance to talk with representatives from different colleges. Ask your guidance counselor for dates and times of fairs close to you, then visit [UCanGo2.org](http://UCanGo2.org) to find the [College Fair Worksheet](#) to help you make the most of this event.
- Do a thorough review.** Visit with your guidance counselor to make sure you're on track to graduate in another year. You can begin to plan your class schedule through your junior and senior years and include electives that might be applicable to careers that interest you.
- Choose an exam.** ACT or SAT? Contact the college you plan to attend and ask which test they prefer. Once you decide which exam to take, sign up and prepare for it by using the free Test Prep section found at [OKcollegestart.org](http://OKcollegestart.org). Ask your counselor about fee waivers to help cover the cost of the exam. Once you choose an exam, visit [ACT.org](http://ACT.org) or [SAT.org](http://SAT.org) to find upcoming test dates. These exams are important college preparation steps.
- Get in.** Investigate admission requirements and costs for your chosen college(s) at [OKcollegestart.org](http://OKcollegestart.org).
- Psst...remember the PSAT.** Register and take the PSAT. This score is required for several national scholarships, including the National Merit Scholarship.
- Pick your top five.** Narrow your list of schools based on research you've already completed. Your list will probably include three to five institutions.
- Apply for Oklahoma's Promise — it's your last chance.** Don't miss out on Oklahoma's Promise! If you didn't sign up in the 8<sup>th</sup>, 9<sup>th</sup> or 10<sup>th</sup> grade, visit [okpromise.org](http://okpromise.org) for program requirements and to sign up for this scholarship program. Juniors have until the end of June to apply.

Visit [UCanGo2.org](http://UCanGo2.org) for tools to help you plan, prepare and pay for college!

# 2026 College Preparatory/Work Ready Curriculum Graduation Requirements



Student Full Name \_\_\_\_\_

Career Goal \_\_\_\_\_

**23 units or sets of competencies are required to meet state graduation requirements.**

[70 O.S. § 11-103.6](#); OAC 210:35-25-2

Mark beside each course upon successful completion of required unit or set of competencies as each semester credit for course is earned. Refer to the most recent [Subject Codes list](#) for approved courses in each area, and the [OSDE's Instruction page](#) for more information regarding each subject area.

## Coursework Requirements

### English (4)

- \_\_\_ \_\_\_ English I
- \_\_\_ \_\_\_ English II
- \_\_\_ \_\_\_ English III
- \_\_\_ \_\_\_ English IV
- \_\_\_ \_\_\_ Other Approved Course

### Mathematics (3)

**3 are required in grades 9-12.**

- \_\_\_ \_\_\_ Algebra I
- \_\_\_ \_\_\_ Geometry
- \_\_\_ \_\_\_ Algebra II
- \_\_\_ \_\_\_ Algebra III
- \_\_\_ \_\_\_ Pre-Calculus
- \_\_\_ \_\_\_ Other Approved Course

### Laboratory Science (3)

- \_\_\_ \_\_\_ Biology I
- \_\_\_ \_\_\_ Chemistry, Physics, or Physical Science
- AND**
- \_\_\_ \_\_\_ Other Physical Science
- \_\_\_ \_\_\_ **OR** Other Life Science
- \_\_\_ \_\_\_ **OR** Earth/Space Science

Students must take Biology 1, a physical sciences course and a 3rd science at or above the rigor of the Biology 1 or physical science competencies.

### History & Citizenship (3)

- \_\_\_ \_\_\_ 1/2 Oklahoma History
- \_\_\_ \_\_\_ 1/2 Government
- \_\_\_ \_\_\_ U.S. History
- \_\_\_ \_\_\_ Other Approved Course

### World/Non-English Language OR Computer Technology (2)

- \_\_\_ \_\_\_ 1st year of Language: \_\_\_\_\_
- \_\_\_ \_\_\_ 2nd year of **same** Language
- OR**
- \_\_\_ \_\_\_ 1st year of Computer Technology
- \_\_\_ \_\_\_ 2nd year of Computer Technology

**Excludes keyboarding or typing courses.**

### Fine Arts or Speech (1)

- \_\_\_ \_\_\_ Music, Art, Dance, or Drama
- \_\_\_ \_\_\_ Humanities
- \_\_\_ \_\_\_ Speech or Communications

### Additional Unit (1)

Choose **either** one of the following subjects:

- English
- Math
- Science
- History
- World Languages
- Computer Technology

**Or** one of the following courses approved for college admission:

- Career Technology Education
- Concurrently Enrolled
- Advanced Placement
- International Baccalaureate

### Electives (6)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**23 units or sets of competencies are required to meet state graduation requirements.**

**Total Units Upon Final Check** must match **Total Units Earned** on Page 2.

**Total Units Upon Final Check:**

\_\_\_\_\_

# 2026 College Preparatory/Work Ready Curriculum Graduation Requirements



## Other Requirements

State law requires that students meet the additional requirements below in order to graduate from a public high school with a standard diploma. [70 O.S. § 1210.508](#)

### Assessments

#### Taken in 11th Grade:

\_\_\_ ACT **OR** \_\_\_ SAT

\_\_\_ Science Assessment

#### Taken once during High School:

\_\_\_ U.S. History

### Certificates or Endorsements (if any)

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### Additional Requirements

\_\_\_ Personal Financial Literacy Passport  
[70 O.S. § 11-103.6H](#)

\_\_\_ CPR/AED [70 O.S. § 1210.199](#)

\_\_\_ Pass U.S. Naturalization Test [70 O.S. § 11-103.6](#)

## Individual Career Academic Plan (ICAP)

Beginning with students entering the ninth grade in the 2019-2020 school year (class of 2023), each student is required to complete the process of an [Individual Career Academic Plan \(ICAP\)](#) in order to graduate from a public high school with a standard diploma. [70 O.S. § 2320.508-4](#)

The ICAP Career Assessment, Career Goal, and Coursework are to be reviewed annually. Enter the date the student completed each requirement below.

Goal	9th Grade	10th Grade	11th Grade	12th Grade
Career Assessment				
Written Career Goal				
Courses Reflect Goal				

Students are also required to participate in Service Learning and/or Work-Based Learning Activities at least once in grades 9-12. Mark each grade level the student participated in this requirement; not limited to one activity or grade level. **Internship codes are reserved for 11th and 12th grade.**

Goal	9th Grade	10th Grade	11th Grade	12th Grade
Service or Work-based Learning				

Date of Check	Student Initial	Total Units
	<b>Total Units Earned:</b>	

**23 units or sets of competencies are required to meet state graduation requirements.**

**Total Units Earned** must match **Total Units Upon Final Check** on Page 1.





# ICAP Development Checklist

Here are the activities you need to complete in twelfth grade to ensure that you are on track to completing your Individual Career Academic Plan.

Complete the following activities throughout the academic year: ✓

Create an account on <a href="#">OKCareerGuide</a> or update your account information.	
Check your <b>ICAP Oklahoma</b> progress.	
If you took any additional assessments during the summer and received test results, record them in <b>My Assessment</b> .	
Plan for your work-based learning service learning experience [ <b>Career Exploration Activities: Job Shadow, Career Mentoring, Service Learning</b> ] or work environment activities [ <b>Career Preparation Activities: Work Experience, Internship, Apprenticeship</b> ] that relate to your ICAP.	
Set a date for the completion.	
Take or retake the interest assessment as needed.	
Prepare to retake any postsecondary entrance exams. [ACT/Work Keys/SAT/ASVAB]	
Review high school, technology center, OK Promise requirements to ensure completion.	
Complete FAFSA application.	
Update your goals.	
Update or start your resume and cover letter. [ <b>My Job Search Tools</b> ]	
Using your resume, e-Profile and documents, apply for scholarships, financial aid, college, technology center and/or jobs.	
Participate in mock interviews.	
Complete enrollment for technology center or college.	
Update your written postsecondary and workforce goals. [ <b>My Ed Plans</b> ]	
Update your portfolio. [ <b>My e-Profile</b> ] [ <b>My Documents</b> ]	
Update your grade level at end of year and school to show you are transitioning OK Career Guide to Journey, the adult career system.  Account Settings	
Graduate! Remember, graduation is a checkpoint, not an endpoint.	

## How to create an OKCareerGuide.org account

1. Go to Oklahoma Career Guide at [www.okcareerguide.org](http://www.okcareerguide.org).
2. Select **Create an Account**. In the dropdown menu select "high school student" and click **Next Steps**.
3. Type the first three letters of your site, center or organization. Typically, this will be the first few letters of your school name. For example, type "Cen" to get a list of options that begin with those letters. From that list, you may locate and select "Central HS."
4. During step 3, you will create a user name and password. Write them here for future reference:

\_\_\_\_\_  
USERNAME

\_\_\_\_\_  
PASSWORD

5. Click **Sign Me Up** to complete the process.

\_\_\_\_\_  
NAME

\_\_\_\_\_  
SCHOOL



# SENIOR CHECKLIST

## FALL CHECKLIST

### FAFSA Time!

- **Get Your FSA ID.** FAFSA applicants must create a Federal Student Aid ID (FSA ID), which is a username and password, at [StudentAid.gov](https://studentaid.gov). You'll use your FSA ID throughout the financial aid process to complete the Free Application for Federal Student Aid, or FAFSA, to sign student loan applications, to view your financial aid history, and more.
- **Complete the FAFSA.** The FAFSA is your first step in applying for federal and state financial aid. Complete the 2024-25 FAFSA in December at [FAFSA.gov](https://fafsa.gov). You'll need your FSA ID to access and electronically sign the FAFSA. If you're a dependent student, one or both of your parents will also need to create an FSA ID. Oklahoma's Promise students must complete the FAFSA annually in order to receive their funding.
- **Look for Your FSS.** After you submit the FAFSA, you'll receive a FAFSA Submission Summary, or FSS, via email or postal mail. Review the information provided on the FSS for accuracy. If you find errors, correct the data at [StudentAid.gov](https://studentaid.gov) or by contacting your college financial aid office.
- **Learn about Financial Aid.** Research grants, work-study and student loan information and options at [StudentAid.gov](https://studentaid.gov) and [UCanGo2.org](https://ucango2.org).

### Counselor Communication

- **Take Action Now.** Continue to explore opportunities to earn college credit while in high school. Talk to your counselor about concurrent enrollment and AP classes.
- **Study.** Just like your parents said, good grades matter! Stay committed and maintain your grades. These habits will carry over to your college coursework. Find [The Perfect 10 Study Habits](https://ucango2.org) at UCanGo2.org.
- **Stay on Track.** Review your class schedule with your counselor to make sure you're meeting the high school graduation and college entrance requirements for the institutions that interest you. Check out the [College Preparatory/Work Ready Curriculum Standards](https://ucango2.org) to see Oklahoma's graduation requirements.

### College Connection

- **Learn More.** Attend college fairs in your area (use our [College Fair Worksheet](https://ucango2.org) as your guide), meet with college recruiters and bring an adult to a FAFSA event at your school to get answers to your questions about enrollment and paying for college.
- **Choose Your Top Picks.** Narrow your list of potential colleges based on your research. Your list will probably include three to five colleges; however, you can add up to 20 institutions on your FAFSA.
- **Take a Tour.** Visit campuses that are a good match for your abilities and career interests. Use the tools found at UCanGo2.org such as [Making the Most of Campus Visits](https://ucango2.org) to ensure your campus visits are successful. Many colleges offer virtual tours if you're unable to visit in person. Review our list of Oklahoma institutions that offer virtual tours at [OKcollegestart.org](https://okcollegestart.org).



# SENIOR TIMELINE



## SUMMER BEFORE SENIOR YEAR

- Take the ACT/SAT over the summer. A growing number of colleges and universities no longer require ACT/SAT scores, so check your prospective institutions' requirements. Visit [ACT.org](https://www.act.org) or [SAT.org](https://www.collegeboard.org/sat) to learn more.
- Apply for scholarships now and throughout your senior year. [UCanGo2.org](https://www.ucango2.org) has scholarships listed by deadline date and category, plus helpful resources for preparing and tracking scholarship applications.
- Research colleges and visit campuses you're interested in. Many colleges now offer virtual tours. Check out [OKcollegestart.org](https://www.okcollegestart.org) for a list of Oklahoma schools that provide online campus tours.
- Review your senior schedule to make sure you'll meet graduation requirements and that the classes you'll be taking will improve your chances of college admission.
- Create your college application resume and ask for letters of recommendation. For help with your resume, try the Resume Builder at [OKcollegestart.org](https://www.okcollegestart.org).

## SEPTEMBER

- Visit [StudentAid.gov](https://studentaid.gov) to learn about resources to help you prepare and pay for college.
- Visit college campuses you're interested in or check for virtual tours.
- Start narrowing down prospective college(s) and note application and financial aid deadlines.
- Create your [Federal Student Aid ID \(FSA ID\)](https://fafsa.gov) in preparation to complete the Free Application for Federal Student Aid, or FAFSA, at [FAFSA.gov](https://fafsa.gov).
- Draft an application essay.

## OCTOBER

- Keep studying and maintain good grades. Review our [Perfect 10 Study Habits Guide](#).
- Stay involved in community service and extracurricular activities, which can strengthen scholarship and college applications.
- Finalize your list of potential colleges.

## NOVEMBER

- Some colleges have application deadlines in November, so confirm your college choices and complete all applications. Visit [OKcollegestart.org](https://www.okcollegestart.org) to learn more about the colleges you may be interested in attending.
- If you haven't already, create your [FSA ID](https://fafsa.gov) in preparation to complete the FAFSA in December.
- Save money for college expenses and continue to apply for scholarships.
- Make sure official test scores have been sent to prospective colleges.

## DECEMBER

- Complete the FAFSA at [FAFSA.gov](https://fafsa.gov). The 2024-25 FAFSA application will be available in December 2023.
- Watch for a [FAFSA Submission Summary \(FSS\)](#), which you'll receive after submitting the FAFSA.
- Review your first-semester grades and second-semester schedule to ensure you're taking the courses you need to graduate. Check with your high school counselor if you have questions.
- Use the holiday break to apply for more college scholarships!
- Colleges will require your high school transcript, so find out your school's process for submission.

# 2025 College Preparatory/Work Ready Curriculum Graduation Requirements



Student Full Name \_\_\_\_\_

Career Goal \_\_\_\_\_

**23 units or sets of competencies are required to meet state graduation requirements.**

[70 O.S. § 11-103.6](#); OAC 210:35-25-2

Mark beside each course upon successful completion of required unit or set of competencies as each semester credit for course is earned. Refer to the most recent [Subject Codes list](#) for approved courses in each area, and the [OSDE's Instruction page](#) for more information regarding each subject area.

## Coursework Requirements

### English (4)

- \_\_\_ \_\_\_ English I
- \_\_\_ \_\_\_ English II
- \_\_\_ \_\_\_ English III
- \_\_\_ \_\_\_ English IV
- \_\_\_ \_\_\_ Other Approved Course

### Mathematics (3)

**3 are required in grades 9-12.**

- \_\_\_ \_\_\_ Algebra I
- \_\_\_ \_\_\_ Geometry
- \_\_\_ \_\_\_ Algebra II
- \_\_\_ \_\_\_ Algebra III
- \_\_\_ \_\_\_ Pre-Calculus
- \_\_\_ \_\_\_ Other Approved Course

### Laboratory Science (3)

- \_\_\_ \_\_\_ Biology I
- \_\_\_ \_\_\_ Chemistry, Physics, or Physical Science
- AND**
- \_\_\_ \_\_\_ Other Physical Science
- \_\_\_ \_\_\_ **OR** Other Life Science

### OR Earth/Space Science

Students must take **Biology 1**, a physical sciences course and a 3rd science at or above the rigor of the **Biology 1** or physical science competencies.

### History & Citizenship (3)

- \_\_\_ \_\_\_ 1/2 Oklahoma History
- \_\_\_ \_\_\_ 1/2 Government
- \_\_\_ \_\_\_ U.S. History
- \_\_\_ \_\_\_ Other Approved Course

### World/Non-English Language OR Computer Technology (2)

- \_\_\_ \_\_\_ 1st year of Language: \_\_\_\_\_
- \_\_\_ \_\_\_ 2nd year of **same** Language
- OR**
- \_\_\_ \_\_\_ 1st year of Computer Technology
- \_\_\_ \_\_\_ 2nd year of Computer Technology

**Excludes keyboarding or typing courses.**

### Fine Arts or Speech (1)

- \_\_\_ \_\_\_ Music, Art, Dance, or Drama
- \_\_\_ \_\_\_ Humanities
- \_\_\_ \_\_\_ Speech or Communications

### Additional Unit (1)

Choose **either** one of the following subjects:

- English
- Math
- Science
- History
- World Languages
- Computer Technology

**Or** one of the following courses approved for college admission:

- Career Technology Education
- Concurrently Enrolled
- Advanced Placement
- International Baccalaureate

### Electives (6)

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**23 units or sets of competencies are required to meet state graduation requirements.**

**Total Units Upon Final Check** must match **Total Units Earned** on Page 2.

**Total Units Upon Final Check:**

# 2025 College Preparatory/Work Ready Curriculum Graduation Requirements



## Other Requirements

State law requires that students meet the additional requirements below in order to graduate from a public high school with a standard diploma. [70 O.S. § 1210.508](#)

### Assessments

**Taken in 11th Grade:**

\_\_\_ ACT **OR** \_\_\_ SAT

\_\_\_ Science Assessment

**Taken once during High School:**

\_\_\_ U.S. History

### Certificates or Endorsements (if any)

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### Additional Requirements

- \_\_\_\_\_ Personal Financial Literacy Passport [70 O.S. § 11-103.6H](#)
- \_\_\_\_\_ CPR/AED [70 O.S. § 1210.199](#)
- \_\_\_\_\_ Pass U.S. Naturalization Test [70 O.S. § 11-103.6](#)

## Individual Career Academic Plan (ICAP)

Beginning with students entering the ninth grade in the 2019-2020 school year (class of 2023), each student is required to complete the process of an [Individual Career Academic Plan \(ICAP\)](#) in order to graduate from a public high school with a standard diploma. [70 O.S. § 2320.508-4](#)

The ICAP Career Assessment, Career Goal, and Coursework are to be reviewed annually. Enter the date the student completed each requirement below.

Goal	9th Grade	10th Grade	11th Grade	12th Grade
Career Assessment				
Written Career Goal				
Courses Reflect Goal				

Students are also required to participate in Service Learning and/or Work-Based Learning Activities at least once in grades 9-12. Mark each grade level the student participated in this requirement; not limited to one activity or grade level. **Internship codes are reserved for 11th and 12th grade.**

Goal	9th Grade	10th Grade	11th Grade	12th Grade
Service or Work-based Learning				

Date of Check	Student Initial	Total Units
	<b>Total Units Earned:</b>	

**23 units or sets of competencies are required to meet state graduation requirements.**

**Total Units Earned** must match **Total Units Upon Final Check** on Page 1.



**OKLAHOMA**  
Education



**COLLEGE**

# YOUR TRANSITION TO COLLEGE

## HOW TO SUCCEED IN YOUR NEXT BIG CHAPTER

Congratulations! You're almost finished with high school. If you plan to wait until after graduation to start thinking about college, you'd better think again. There are many important steps to take now if you plan to begin college in the fall.

### TAKE THE ACT OR SAT.

Take the ACT or SAT at least once. Take free practice tests at [OKcollegestart.org](http://OKcollegestart.org). To register for the next available test, visit: [ACT.org](http://ACT.org) or [SAT.org](http://SAT.org).

### CHOOSE A CAMPUS.

Narrow down your campus choices. Can't decide? Compare colleges at [OKcollegestart.org](http://OKcollegestart.org) or [NCES.ed.gov/CollegeNavigator](http://NCES.ed.gov/CollegeNavigator).

### FIND FREE MONEY.

Apply for grants and scholarships. Many scholarship deadlines are early in your senior year, so do your research and apply for scholarships now. We encourage seniors to apply for 2-3 scholarships a week!

Remember to apply for scholarships each year you're in college. Eligibility criteria change and new programs are added every year.

Visit [UCanGo2.org](http://UCanGo2.org) and [OKcollegestart.org](http://OKcollegestart.org) to find numerous scholarship opportunities. Both sites offer a variety of scholarships by deadline and by category.

For some great application tips and a list of free scholarship search websites, check out the Scholarship Success Guide in the publications section at [UCanGo2.org](http://UCanGo2.org).

### FINISH THE FAFSA.

Submit your FAFSA. Go to [FAFSA.gov](http://FAFSA.gov) to complete your Free Application for Federal Student Aid. You should complete your FAFSA as soon as your senior year of high school and every year you need financial aid for college. Visit [UCanGo2.org](http://UCanGo2.org) and [StartWithFAFSA.org](http://StartWithFAFSA.org) to find helpful FAFSA completion tools and resources.

IN HIGH SCHOOL	IN COLLEGE
Your time is planned out by others.	You manage your own time.
Parents and teachers help you set priorities.	You set your own priorities.
You're often told what to do and corrected if you get out of line.	You're responsible for your actions and the consequences of your actions.
Classes usually have no more than 35 students.	Some classes may have hundreds of students.
You may study very little and cram just before a test.	For each hour of class time, you may need twice as much study time.
You read shorter assignments that are discussed and enforced in class.	You'll have large reading assignments, many of which won't be discussed in class.
Teachers provide information you missed when you were absent.	Professors expect you to get notes from your classmates when you're absent.
Teachers help you understand what's in the textbook.	Professors may not follow the textbook, and often lecture on other related topics.
Teachers write information on the board for you to copy into your notes.	Professors may only lecture. It's important to take accurate, organized notes.
You're reminded of assignments and due dates.	It's important to check each course syllabus for due dates and test dates.
You take several tests that cover small amounts of material.	You take fewer tests that cover large amounts of material.
You learn facts and skills, and you solve problems similar to those in your textbook.	You learn concepts. You're expected to apply what you've learned to new situations and solve new problems.

## COLLEGE KNOWLEDGE

Think of college as an investment in your future. Here's what you can do to ensure your investment yields the greatest return.

### Prioritize

- ▶ Learn to manage your time wisely by prioritizing. Put your classes/homework first, followed by work and extracurricular activities.
- ▶ Don't procrastinate! Study the more difficult subjects first.
- ▶ Stay healthy. Focus on your physical and mental health by making smart food choices, exercising, planning downtime and seeking help if needed.
- ▶ Don't forget down time. Your schedule may get crazy, so be sure to allow yourself adequate time to rest.

### Organize

- ▶ Use a daily planner, either written or electronic, and set reminders to help you stay on track.
- ▶ Review syllabi (a syllabus outlines the content and requirements for a course) often to avoid missing deadlines.
- ▶ Set midterm goals and analyze your progress along the way.
- ▶ Don't give up. Remember that you can overcome fear of failure, emotional blocks and unrealistic expectations by improving your organizational skills.

### Socialize

- ▶ Get to know the campus. Attend an upcoming event.
- ▶ Introduce yourself to your professors. If you're in large classes, you won't be just another face in the crowd.
- ▶ Get involved in at least one student organization.
- ▶ Be careful about overextending yourself; you can enjoy the social benefits of college without losing your focus.
- ▶ If you're away from your family, don't turn down an opportunity to be 'adopted' by a friend's family or someone from a local church.

## NEED MORE INFO?

Visit [UCanGo2.org](http://UCanGo2.org) or call 405.234.4239 or 866.443.7420 (toll free) for more information about planning, preparing and paying for college. "Like" us at [facebook.com/ucango2](https://www.facebook.com/ucango2) to receive regular scholarship updates.

## ADDITIONAL RESOURCES

OCAP

[www.ocap.org](http://www.ocap.org)

Oklahoma Money Matters

[www.OklahomaMoneyMatters.org](http://www.OklahomaMoneyMatters.org)

Ready Set Repay

[www.ReadySetRepay.org](http://www.ReadySetRepay.org)

OKcollegestart

[www.OKcollegestart.org](http://www.OKcollegestart.org)

*UCanGo2 is an initiative of the Oklahoma College Assistance Program, an operating division of the Oklahoma State Regents for Higher Education.*



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# COLLEGE CAN BE AN AFFORDABLE OPTION FOR YOU

Let financial aid help you pay the way to college



Have you applied for the Oklahoma's Promise scholarship program? Qualified applicants receive free college tuition at Oklahoma's public colleges or a portion of tuition at approved private colleges and career technology centers. Learn more at [okpromise.org](http://okpromise.org).



Everyone attending college should complete the Free Application for Federal Student Aid (FAFSA) to apply for federal and most state financial assistance. Eligible students who qualify for the Pell Grant for the 2023-24 academic year may receive up to \$7,395.

## 2023-24 Estimated Average Tuition Costs for Resident Students *Oklahoma Public Colleges and Universities (30 credit hours)*

RESEARCH UNIVERSITIES	REGIONAL UNIVERSITIES	COMMUNITY COLLEGES	TECHNICAL BRANCHES
\$5,243	\$6,082	\$3,476	\$4,236



An Oklahoma's Promise student attending a four-year regional university with an average tuition cost of \$6,082 and a full Pell Grant of \$7,395 would receive \$13,477 in free assistance to help cover the cost of one year of college. Additional grant and scholarship funds can also help make college expenses very affordable.



Complete your FAFSA every year to receive federal and state aid to help you pay college costs. To learn more about the FAFSA and the financial aid programs available, please visit [StudentAid.gov](http://StudentAid.gov).



Are you exploring options to help pay for college? Many companies across the state provide tuition assistance benefits to help employees pay college expenses. Check out our list of employers offering higher education benefits that can be used at an Oklahoma public college or university at <https://www.okhighered.org/adult-students/tuition-assistance.shtml>.



# Understanding Postsecondary Campus Types

Oxford Dictionaries offers the following definition of college:

## Main Entry: col·lege

Function: noun

An educational institution or establishment, in particular one providing higher education or specialized professional or vocational training.

There are many different types of institutions, which means you have a wide variety of choices. The best type of education for you may be available right here in Oklahoma. Check out [OKcollegestart.org](http://OKcollegestart.org) and select “College Planning/Explore Postsecondary Schools” to learn about Oklahoma’s colleges and universities. Here are some examples to help with your decision:

## Four-Year Universities

- ▶ Offer undergraduate, graduate and professional degrees
- ▶ Include Oklahoma’s research and regional universities and public liberal arts university
- ▶ Examples: University of Science and Arts of Oklahoma and University of Central Oklahoma

## Community Colleges

- ▶ Take about two years to complete a degree program
- ▶ Are usually less expensive than some other types of colleges
- ▶ Examples: Carl Albert State College and Rose State College

## Technical Branches

- ▶ Emphasize education and training in technical fields
- ▶ Examples: Oklahoma State University Institute of Technology and Oklahoma State University-Oklahoma City

## Technology Centers

- ▶ Prepare you for a specialized career or trade
- ▶ Offer several certifications, some online
- ▶ Examples: Tri County Technology Center and Tulsa Technology Center

## Proprietary Colleges

- ▶ Privately-owned or out-of-state colleges and universities that aren’t supported by state funds
- ▶ Prepare students for direct entry into an occupation or profession
- ▶ Example: Tulsa Welding School

## Public Institutions

- ▶ Colleges and universities that operate under the supervision of state governments
- ▶ Offer Associate, Bachelor’s, Master’s and Doctoral Degrees
- ▶ Examples: Oklahoma State University and Oklahoma City Community College

## Private Institutions

- ▶ Privately-owned accredited colleges and universities that aren’t supported by state funds
- ▶ Offer associate, bachelor’s and/or graduate degrees
- ▶ Examples: Southern Nazarene University and Oklahoma Baptist University

Note that several terms can be used to describe the same college. For example, the University of Tulsa is a four-year, private university.







# MAKING THE MOST OF CAMPUS VISITS

## Places to Visit on Campus

### Admission Office

This is your chance to ask questions about submitting your application on time. These are the people who will look at your application and make the initial decisions about your qualifications. Make sure you're aware of deadlines and necessary documents you'll need to attach to your application, such as high school transcripts, letters of reference, test scores and essays.

### Financial Aid Office

Not only can the Financial Aid office help you locate scholarships, grants, work-study and student loan opportunities, but they can also help you fill out the Free Application for Federal Student Aid (FAFSA) and answer important questions about ways to pay for college. Ask for the school's priority deadline for FAFSA submission.

### Academic Advising

Each college or professional school has a different method for providing academic advising. Find out which departments offer the classes you'll need to achieve your degree.

### On-Campus Child Care

Students who are also parents may want to inquire about child care. Even if you've already established care for your children while you're in class, you may find great deals on fees or hours that fit your class schedule.

### Career Services

Knowing what classes to take is only one step in the process. Find the Career Services office and visit it frequently. Here you can receive help preparing a resume, writing a cover letter and searching for jobs. This office can also teach you how to market your degree in the workforce.

### Housing Office

If you plan to live on campus, be sure to stop by the Housing office to learn about the dormitories, meal plans and other important information. Ask the office what items are allowed in the dorms so you can begin stocking your dorm room ahead of time, stretching out the cost.

### Parking and Transportation Office

If you plan to have a car on campus, you'll have to learn the procedures for parking. This may be an added expense you'll want to consider in your budget. Also ask about public transportation, like bus routes to/from campus and on campus.

### Student Life Office

If you're visiting a campus large enough to offer activities, events and clubs, don't miss the Student Life office. This is a great place to learn how to get involved, meet new people and ask current students about campus life.

### Student Union or Common Area

Many schools have a building designated for students to use in between classes. Typically known as the Student Union, this building often has restaurants, important offices such as the Student ID office, post office and even some banking services. If you see a school newspaper, be sure to grab it to read later so you can learn more about life on campus.

### Library

Visit the campus library and take note of the operating hours. The library may offer free Wi-Fi and may be a resource for you during your time on campus. Also, take note of smaller, departmental libraries that may offer specialized resources for specific classes or assignments.

### Health Clinic

Learn what options are available to you if you get sick while at school. Ask how much treatment may cost. Many schools offer health insurance for students.

### Surrounding Community

Explore off campus to locate important businesses and services you may need. Get a feel for the safety of the area and see if it's easy to get around.



## Campus Visit Checklist

While on your campus visit, talk to as many people as you can and get a feel for the atmosphere. Don't pass up a chance to ask questions. Use this campus visit checklist to assist you during your campus tours.

- Visit the school's website to learn how to set up a campus tour. Tours are usually scheduled throughout the day, so your family may wish to plan the day around the tour.
- Schedule interviews with campus officials in admission, academic advising, housing and in your field of study. Ask about the number of classes you should take each semester, meal plans and parking.
- Read a school newspaper to get an idea of the campus culture. Drop in at the Student Life office to ask about student organizations and student activities.
- Grab any financial aid or application forms you may need. Ask about the school's scholarship and FAFSA deadlines.
- If possible, sit in on a class that interests you. Talk to coaches or sponsors of activities that interest you.
- Scan bulletin boards to see what activities are available. This is also a good way to get a feel for job opportunities in the area.
- Eat in the cafeteria or around campus to check out the dining options available to you.
- Visit the dorms if you plan to live on campus. Ask about dorm security practices and for a list of what you can and can't bring with you to the dorm.
- Talk with current students about campus life and ask questions.
- Ask someone in the health clinic about their hours and the services they provide.
- Visit the college bookstore to price new and used books.
- Stop by the library and ask about their checkout procedures.
- Do you need child care? Ask about campus services in the area.

## Getting Answers on Campus

Coming to campus for a visit is easy enough. Leaving with all your questions answered can be a challenge. Take this opportunity to list questions you may have for each department you visit.

### Admission Office

1. When is the deadline for admission?
2. \_\_\_\_\_
3. \_\_\_\_\_

### Financial Aid Office

1. Will my financial aid offer cover my expenses?
2. \_\_\_\_\_
3. \_\_\_\_\_

### Academic Advising

1. What classes should I take my first semester?
2. \_\_\_\_\_
3. \_\_\_\_\_

### On-Campus Child Care

1. What time does the child care center open and close?
2. \_\_\_\_\_
3. \_\_\_\_\_

### Career Services

1. What steps can I take to strengthen my resume?
2. \_\_\_\_\_
3. \_\_\_\_\_

### Health Clinic

1. What types of services do you offer?
2. \_\_\_\_\_
3. \_\_\_\_\_

### Student Life Office

1. Is there a student organization for my major?
2. \_\_\_\_\_
3. \_\_\_\_\_

### Parking and Transportation Office

1. Am I allowed to have a car on campus as a freshman?
2. \_\_\_\_\_
3. \_\_\_\_\_

### Library

1. When is the library open?
2. \_\_\_\_\_
3. \_\_\_\_\_

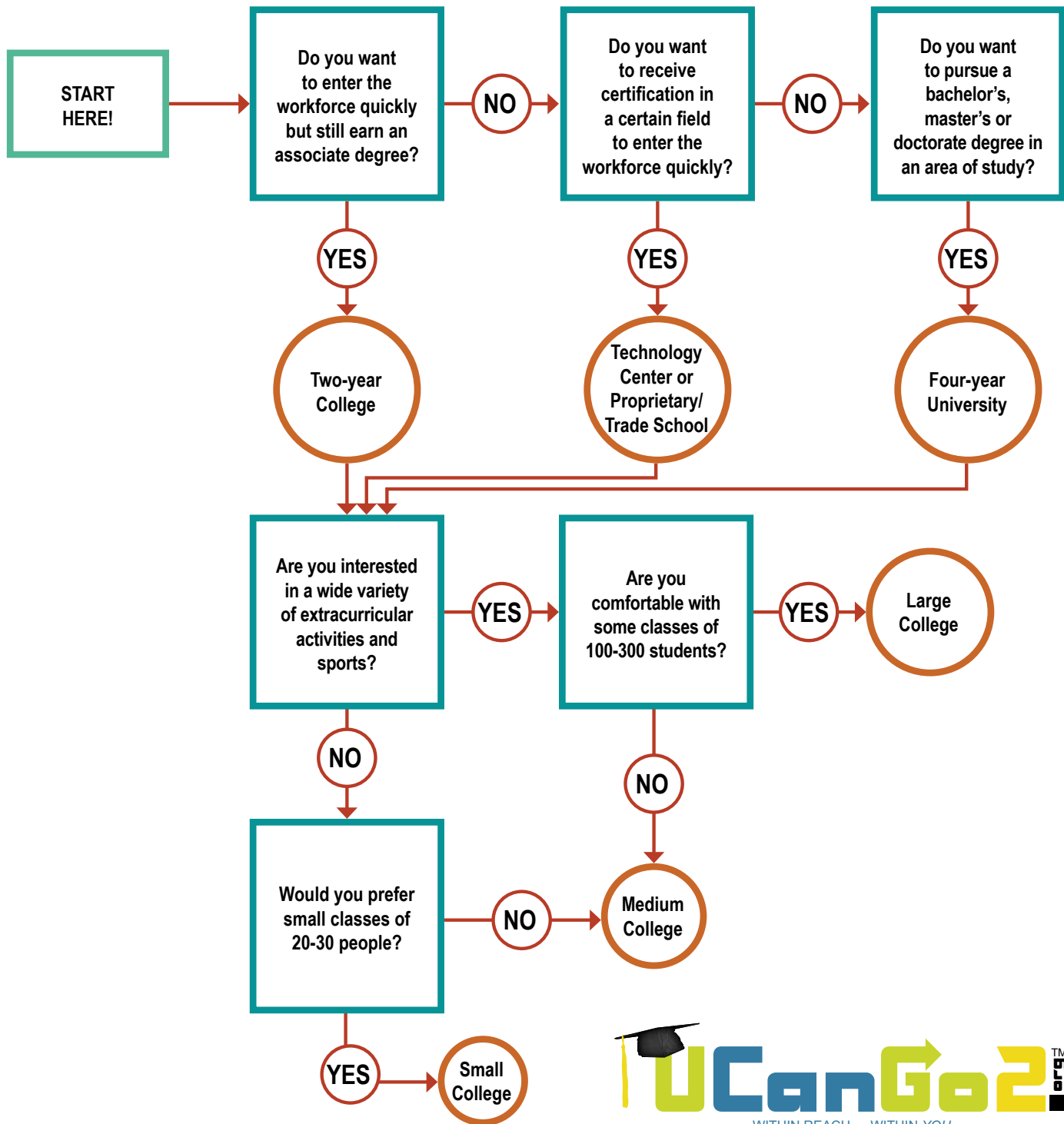
### Housing Office

1. How will my roommate be chosen?
2. \_\_\_\_\_
3. \_\_\_\_\_



# Picking a College Decision Tree

Use this tool to help you decide which path will lead you to success. Read each question and think about your interests, wants and needs. Answer “yes” or “no” and follow the corresponding arrows to help you reveal the college type and size that may be best for you.



The Oklahoma State Regents for Higher Education, in compliance with Titles VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990 and other federal laws and regulations, do not discriminate on the basis of race, color, national origin, sex, age, religion, handicap or status as a veteran in any of its policies, practices or procedures. This includes, but is not limited to, admissions, employment, financial aid and educational services. This publication is issued by the Oklahoma State Regents for Higher Education, as authorized by 70 O.S. 2001, Section 3206. Copies have not been printed but are available through the agency website at [www.okhighered.org](http://www.okhighered.org). Two printout copies have been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries. August 2023

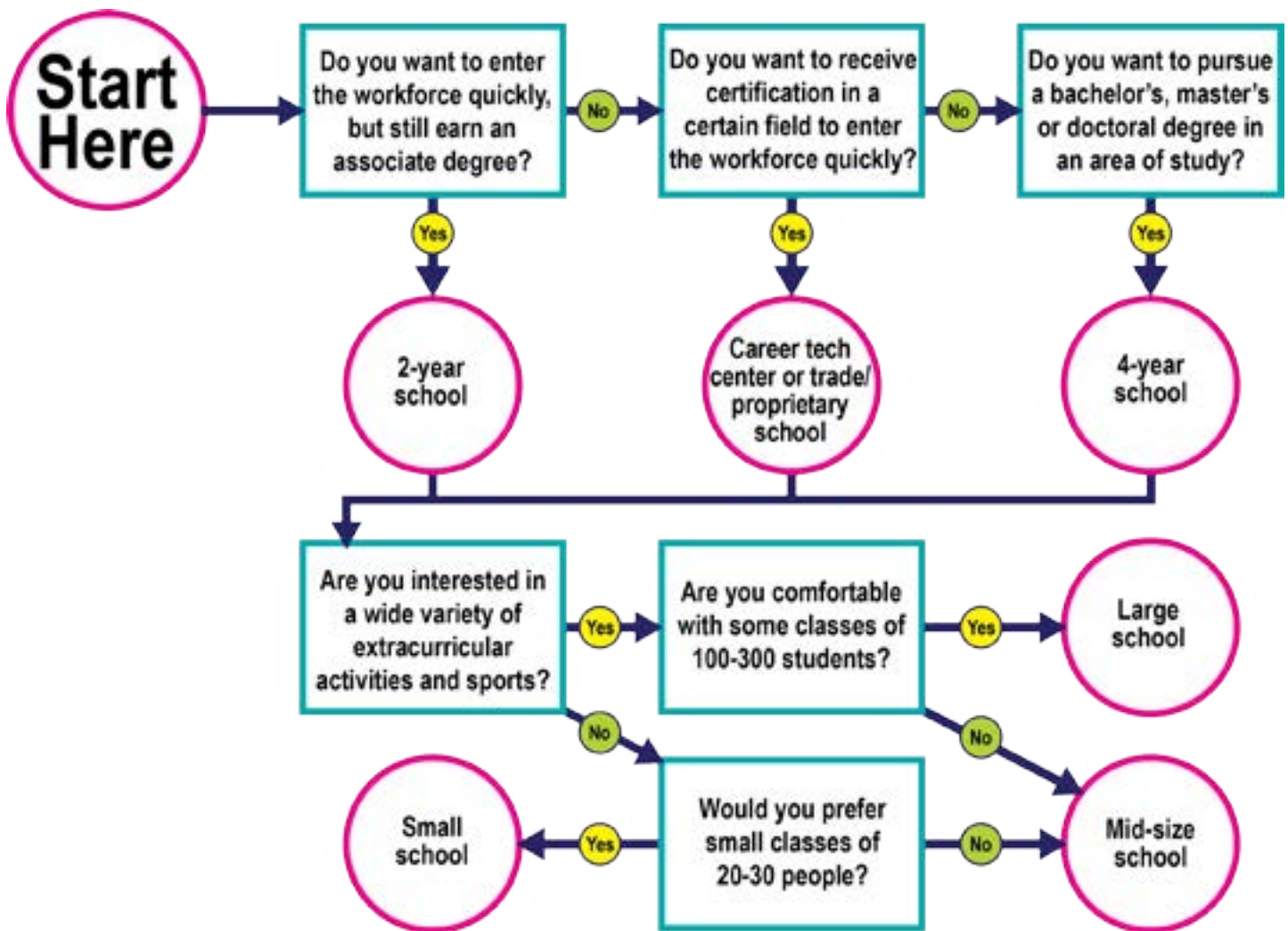


# COLLEGE FAIR WORKSHEET

## PICKING A COLLEGE TYPE

Choosing the right school can be a difficult task. Use this chart to help you decide what type of school is right for you. Read each question and think about your interests and priorities. Answer 'yes' or 'no' and follow the corresponding arrows to reveal the type of school that may best meet your needs.

Once you've decided on the type of school you wish to attend, check out a college fair to learn more about what specific Oklahoma colleges have to offer. Use the chart on the back to compare at least three schools you're interested in attending.



# MAJORS

- Agriculture & Natural Resources Conservation
  - Architecture
  - Area, Ethnic, and Multidisciplinary Studies
  - Arts: Visual & Performing
  - Business Administration & Management, General
- Agriculture & Natural Resources Conservation
  - Architecture
  - Area, Ethnic, and Multidisciplinary Studies
- Architecture
  - Architecture, General
  - Architectural Environmental Design
  - City/Urban/Regional Planning
  - Interior Architecture
  - Landscape Architecture
  - Area, Ethnic, and Multidisciplinary Studies
- Arts: Visual & Performing
  - Art, General
  - Art History, Criticism & Conservation
  - Fine/Studio Arts
  - Cinema/Film
  - Cinematography/Film/Video Production
- Business Administration & Management, General
  - Accounting
  - Accounting Technician
  - Business Administration & Management, General
  - Hotel/Motel Management
  - Human Resources Development/Training
  - Human Resources Management
  - International Business Management
  - Labor/Industrial Relations
  - Logistics & Materials Management
- Communications
  - Communications, General
  - Advertising
  - Digital Communications/Media
  - Journalism, Broadcast
- Community, Family, and Personal Services
  - Family & Consumer Sciences, General
  - Adult Development & Aging/Gerontology
  - Child Care Services Management
  - Child Development
  - Consumer & Family Economics
  - Food & Nutrition
  - Textile & Apparel
  - Parks, Recreation, & Leisure, General
  - Exercise Science/Physiology/Kinesiology
- Community, Family, and Personal Services
  - Computer Science and Mathematics
  - Education
  - Engineering
  - Engineering Technology and Drafting
  - Health Administration and Assisting
  - Health Sciences and Technologies
- Arts: Visual & Performing
  - Business Administration & Management, General
  - English and Foreign Languages
- Area Studies, General (e.g., African, Middle Eastern)
  - Asian Area Studies
  - European Area Studies
  - Latin American Area Studies
  - North American Area Studies
  - Ethnic & Minority Studies, General
  - African American Studies
- Dance
  - Design & Visual Communications, General
  - Fashion/Apparel Design
  - Graphic Design
  - Industrial Design
  - Interior Design
- Marketing Management & Research
  - Office Supervision & Management
  - Operations Management & Supervision
  - Organizational Behavior
  - Purchasing/Procurement/Contracts Management
  - Restaurant/Food Services Management
  - Small Business Management/Operations
  - Travel/Tourism Management
  - Business/Management Quantitative Methods, General
  - Actuarial Science
- Journalism, Print
  - Mass Communications
  - Public Relations & Organizational Communication
  - Radio & Television Broadcasting
- Health & Physical Education/Fitness
  - Parks/Rec/Leisure Facilities Management
  - Sport & Fitness Administration/Management
  - Personal Services, General
  - Cosmetology/Hairstyling
  - Culinary Arts/Chef Training
  - Funeral Services & Mortuary Science
  - Protective Services, General
  - Corrections
  - Criminal Justice
- English and Foreign Languages
  - Psychology
  - Philosophy, Religion, and Theology
  - Repair, Production and Construction
  - Sciences: Biological and Physical
  - Social Sciences and Law
- Philosophy, Religion, and Theology
  - Repair, Production and Construction
  - Sciences: Biological and Physical
  - Social Sciences and Law
- American Indian/Native American Studies
  - Latino/Chicano Studies
  - Women's Studies
  - Liberal Arts & General Studies
  - Library Science
  - Multi/Interdisciplinary Studies
- Music, General
  - Music, Performance
  - Music, Theory & Composition
  - Photography
  - Theatre Arts/Drama
- Business/Managerial Economics
  - Finance, General
  - Banking & Financial Support Services
  - Financial Planning & Services
  - Insurance & Risk Management
  - Investments & Securities
  - Management Information Systems
  - Real Estate
  - Sales, Merchandising, & Marketing, General
  - Fashion Merchandising
  - Tourism & Travel Marketing
  - Secretarial Studies & Office Administration
- Communications Technology, General
  - Graphic & Printing Equipment Operation
  - Multimedia/Animation/Special Effects
  - Radio & Television Broadcasting Technology
- Fire Protection & Safety Technology
  - Law Enforcement
  - Military Technologies
  - Public Administration & Services, General
  - Community Organization & Advocacy
  - Public Administration
  - Public Affairs & Public Policy Analysis
  - Social Work

# STUDENT ATHLETICS

## MALE SPORTS

- BASEBALL
- BASKETBALL
- CROSS COUNTRY
- FENCING
- FOOTBALL
- GOLF
- GYMNASTICS
- ICE HOCKEY
- INDOOR TRACK AND FIELD
- LACROSSE
- OUTDOOR TRACK AND FIELD
- RIFLE
- SKIING
- SOCCER
- SWIMMING AND DIVING
- TENNIS
- VOLLEYBALL
- WATER POLO
- WRESTLING

## FEMALE SPORTS

- ACROBATICS AND TUMBLING
- BASKETBALL
- BEACH VOLLEYBALL
- BOWLING
- CROSS COUNTRY
- EQUESTRIAN
- FENCING
- FIELD HOCKEY
- GOLF
- GYMNASTICS
- ICE HOCKEY
- INDOOR TRACK AND FIELD
- LACROSSE
- OUTDOOR TRACK AND FIELD
- RIFLE
- ROWING
- RUGBY
- SKIING
- SOCCER
- SOFTBALL
- SWIMMING AND DIVING
- TENNIS
- TRIATHLON
- VOLLEYBALL
- WATER POLO
- WRESTLING

# STATE AID PROGRAMS 2023-24

PROGRAM	TYPE OF AID	PROGRAM DETAILS	ANNUAL AMOUNT
<b>Oklahoma Tuition Aid Grant (OTAG)</b>	Grant; does not have to be repaid	Available to eligible Oklahoma residents attending an approved college, university or career technology center in Oklahoma; must file the FAFSA annually to be considered; for more information visit <a href="http://OKcollegestart.org">OKcollegestart.org</a> .	Up to \$1,500 at eligible community colleges and public technology centers, up to \$2,000 at eligible regional universities and up to \$3,000 at eligible research universities.
<b>Oklahoma Tuition Equalization Grant (OTEG)</b>	Grant; does not have to be repaid	Available to eligible Oklahoma residents attending qualified Oklahoma not-for-profit, private/independent institutions; must file the FAFSA annually to be considered; family income of \$50,000 or less. Visit <a href="http://OKcollegestart.org">OKcollegestart.org</a> for more info.	Up to \$2,000
<b>Oklahoma's Promise</b>	Scholarship; does not have to be repaid	Students must apply in the 8 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> or 11 <sup>th</sup> grade, be a resident of Oklahoma, complete a specific high school curriculum, achieve at least a 2.50 GPA both in the curriculum and overall, and abide by certain conduct standards. The federal adjusted gross income of the student's family may not exceed \$60,000 for parents with 1 or 2 dependent children, \$70,000 for parents with 3 or 4 dependent children or \$80,000 for parents with 5 or more children at the time of application and \$100,000 each year the student is enrolled in postsecondary education. Oklahoma's Promise will pay resident tuition at a public college or a portion of tuition at private institutions or public technology centers in Oklahoma. Learn more at <a href="http://okpromise.org">okpromise.org</a> .	Tuition is paid at an Oklahoma public two-year college or four-year university, OR a portion of tuition at an accredited Oklahoma private college or university, OR a portion of tuition for approved programs at Oklahoma public technology centers.
<b>Academic Scholars Program</b>	Scholarship; does not have to be repaid	Awards scholarships to Oklahoma residents who score at or above the 99.5 percentile on the ACT or SAT exam and to students who are named National Merit Scholars or finalists, Presidential Scholars or Institutional Nominees. For more information, visit <a href="http://OKcollegestart.org">OKcollegestart.org</a> .	Automatic qualifiers receive \$4,000–\$6,000; institutional nominees receive \$2,500–\$3,500; amounts vary depending on the institution student attends; state schools also award a tuition waiver to the scholarship recipients
<b>Inspired to Teach</b>	Scholarship; does not have to be repaid	The Inspired to Teach program (Oklahoma Future Teacher Scholarship and Employment Incentive Program) is designed to support the teacher pipeline and the preparation of public-school teachers for prekindergarten through 12 <sup>th</sup> grade. As legislatively appropriated funding is available, the Inspired to Teach provides a scholarship to eligible students majoring in teacher education at an accredited teacher preparation program at an Oklahoma public or private university OR a student majoring in a pre-teacher education program at an Oklahoma community college that has an approved Inspired to Teach articulation agreement with an accredited Oklahoma university teacher preparation program (separate agreement form required), and incentivizes those individuals to enter the workforce as Oklahoma public school teachers for at least five (5) consecutive years upon graduation. For more information, visit <a href="http://Inspired2TeachOK.org">Inspired2TeachOK.org</a> .	Up to \$5,500 in scholarships while earning an approved teacher education degree, plus up to \$4,000 for each year of completed service teaching in an Oklahoma public school district for up to five years, for a maximum employment incentive of \$20,000; total potential scholarship plus employment incentive benefit of \$25,500
<b>George and Donna Nigh Public Service Scholarship</b>	Scholarship; does not have to be repaid	Provides scholarship opportunities to outstanding students who are preparing for careers in public service. To learn more, visit <a href="http://OKcollegestart.org">OKcollegestart.org</a> .	\$1,000 annually
<b>Regional University Baccalaureate Scholarship</b>	Scholarship; does not have to be repaid	Awards scholarships based on academic merit to Oklahoma residents who plan to attend an Oklahoma regional university. To learn more, visit <a href="http://OKcollegestart.org">OKcollegestart.org</a> .	\$3,000 per year and, in addition, student will also receive a tuition waiver from their institution

For additional information on state scholarships, visit [UCanGo2.org](http://UCanGo2.org).





# INSPIRED TO TEACH

## Frequently Asked Questions

### APPLICATION/ENROLLMENT

**Q. When/How do I apply for the program?**

A. Eligible applicants will need to apply through their institution's Inspired to Teach program coordinator. The coordinator will assist with eligibility confirmation for each applicant.

**Q. I'm an adult student who never completed a degree and plan to go back to school. Can I apply for this program?**

A. Yes, as long as you graduated from high school (including homeschool) or earned a GED and meet all other eligibility criteria, you can apply and participate in this program.

**Q. What if I haven't declared a teacher education major yet—can I still apply?**

A. No, students must declare a teacher education major prior to applying and enrolling in Inspired to Teach.

**Q. I'm enrolled at a two-year institution. Can I apply for this program?**

A. Your institution must have an approved articulation agreement on file with the four-year institution at which you plan to complete your teacher education degree. The articulation agreement must also be on file with the Oklahoma State Regents for Higher Education. If the articulation agreement is in place and you've declared a pre-education major, you can apply and participate in Inspired to Teach at an Oklahoma two-year institution.

**Q. Do I need to fill out the FAFSA?**

A. Completing the federal student aid application (FAFSA) is not a requirement for this scholarship. However, your institution may require you to complete a FAFSA application before disbursing aid. Check with your financial aid office for more information.

**Q. How will I know if I am accepted into the program?**

A. The Oklahoma State Regents for Higher Education will send you confirmation of enrollment, along with an award notification each semester you remain eligible for the scholarship portion of the program.

### SCHOLARSHIP COMPONENT

**Q. When will I receive the scholarship?**

A. The Oklahoma State Regents for Higher Education will send funds to your institution after enrollment has been confirmed for the semester.

**Q. Do I have to re-apply each semester?**

A. Participants currently receiving the scholarship do not need to reapply for the program each semester. The Oklahoma State Regents for Higher Education will work directly with the Inspired to Teach program coordinator at your institution to confirm eligibility for all continuing students.

**Q. What if I'm not enrolled full-time?**

A. Participants must be enrolled full-time (a minimum of 12 hours) to receive the scholarship. The only exceptions to this requirement are for participants completing or who have completed their student teaching internship and are approved to take less than 12 hours to complete their degree prior to certification, or students with an approved accommodation on file with the institution's disability services office. If you are enrolled part-time for any other reason, you will not receive a scholarship payment for the semester and have one semester to get back into program compliance.

**Q. What happens if I no longer meet the GPA and/or SAP requirement?**

A. Participants who fall below the 2.5 GPA requirement and/or are no longer meeting satisfactory academic progress (SAP) requirements at their institution will not receive a scholarship payment for the semester they are out of compliance. You have one semester to get back into compliance to remain in the program.

**Q. How is my award amount calculated?**

- A. The scholarship funds are based on hours. Eligible students will receive scholarship awards based on the following scale:
- Full-time Enrollment: \$1,000 (must show hours enrolled if new undergraduate – minimum of 24 hours)
  - Full-time Enrollment: \$1,000 (minimum of 24/maximum of 47 hours earned)
  - Full-time Enrollment: \$1,000 (minimum of 48/maximum of 89 hours earned)
  - Full-time Enrollment: \$2,500 (minimum of 90 hours earned)
  - Students can receive a maximum of \$5,500 in total scholarship awards. **Students will not be eligible for multiple awards in an academic year.**
  - Students who have earned less than 90 credit hours, but have received \$3,000 in scholarship funding, will not be eligible for the final scholarship allotment of \$2,500 until their final academic year of study.
  - Students who have earned 90 or more credit hours, but still have more than one academic year remaining to complete the teacher education degree, may receive the \$2,500 award in the final academic year during a semester (fall and/or spring disbursement) designated by, and at the discretion of, the institution. Upon receiving the \$2,500 award, students will not be eligible for any of the scholarship awards granted under 90 credit hours.

**Q. I'm a current Inspired to Teach participant, but I'm planning to transfer to another institution. Can I still participate in the program?**

- A. Yes, as long as you are transferring to an eligible Inspired to Teach institution, you can continue to participate in the program. You will need to complete an Inspired to Teach application for your new institution as a transfer student.

**Q. Will I have to pay back the award if I change my major?**

- A. There is currently no requirement that would require repayment of award(s) when participants are no longer in compliance with the program. You will simply not receive future scholarship and/or employment incentive payments once you change your major.

**Q. I'm graduating in December, will I still be eligible for the \$2,500 payment?**

- A. Yes, fall graduates can qualify for the full \$2,500 payment.

## EMPLOYMENT INCENTIVE COMPONENT

**Q. How do I receive the employment incentive?**

- A. You will need to submit documentation to confirm your eligibility in the employment incentive portion of the program, including the Employment Compliance Form, the Participant Contact Update Form (if applicable), and a copy of your Oklahoma teaching certificate.

**Q. When will I receive my first incentive payment?**

- A. Eligible participants will receive their first employment incentive payment shortly after completing their first year of teaching. If you begin teaching in the spring semester, you will be eligible after completing the following fall semester.

**Q. What if it takes me some time to secure a teaching contract? Will I lose eligibility?**

- A. You have up to 13 months after completing your teaching degree to secure a teaching contract and remain eligible for the employment incentive portion of the program.

## GENERAL

**Q. Can I participate in both Inspired to Teach and the Teacher Shortage Employment Incentive Program (TSEIP)?**

- A. Yes, eligible math or science education majors who plan to teach secondary math and/or science in an Oklahoma public school can participate in both Inspired to Teach and TSEIP.

**Q. I recently graduated, but just found out about Inspired to Teach. Can I still apply for this program?**

- A. No. Applicants must enroll and participate in Inspired to Teach prior to completing their teacher preparation degree program.

**Q. Can I receive Inspired to Teach and Oklahoma's Promise (or other state scholarships/grants)?**

- A. Yes, Inspired to Teach can be received in combination with other state or federal aid. However, you will want to speak with your institution's financial aid office to make sure you are not exceeding the federal cost of attendance requirement.

**Q. Is the Future Teacher Scholarship (FTS) still an active scholarship?**

- A. FTS is no longer an active program. The new Inspired to Teach program has replaced it and is a completely different program with different requirements.



# Path to Scholarship Success

Starting the scholarship application process with a successful strategy in place is key. Knowing how to **PLAN**, **RESEARCH**, **APPLY** and **TRACK** applications will increase your chances of earning valuable awards. **UCanGo2.org** offers resources and publications to help as you **plan**, **prepare** and **pay** for your education after high school.

## PLAN



- Complete the Free Application for Federal Student Aid, or FAFSA, in your senior year of high school and each year you need financial aid for education expenses. Learn more at **FAFSA.gov**.
- Investigate the cost of attendance at the school you plan to attend, and determine how much you'll need to cover your expenses. **OKcollegestart.org** can help you find the cost of higher education institutions nationwide.
- Evaluate your resources to determine how you'll pay for college. Consider savings, your current earnings, financial aid and any scholarships you may have already won.
- Create a resume that lists your talents, accomplishments, and awards and provide it to those you ask to write letters of recommendation.

## RESEARCH



- Scholarships are awarded based on a number of factors, including family ethnicity, sports, community service, grades, hobbies, test scores, residency, financial need, skills, leadership, essays, college majors and more.
- Search for scholarships from your prospective colleges, tribal entities, employers, local organizations, Google, books and more.
- Ask your school counselor for scholarship resources.
- Use legitimate scholarship search sites like those found on the next page and at **UCanGo2.org** and **OKcollegestart.org**.
- Align your search to your characteristics and your college and career goals.

## APPLY



- Read through the application and any requirements for transcripts, essays, and letters of recommendation. Be sure to request/complete these items early.
- Follow instructions, review and proof your application so you're sure there are no mistakes. Ask someone else to proof it, too.
- Write an essay that's captivating, sets you apart, and is original. Take time to proofread and ask a teacher or counselor to proofread it, as well. Consider the guidance available in our **Scholarship Essay Tips** publication.
- Keep copies of your applications, essays, and letters of recommendation. You'll use the same general information on most applications, so copies will come in handy. Revising an essay you've already used is a good way to save time and improve upon what you've already created.
- Watch out for scholarship scams! Read the fine print, beware of guarantees, never pay to submit an application and protect your personal information. Learn more about scams at **ftc.gov/scholarshipscams**.

## TRACK



- Make note of all requirements to ensure you're applying for scholarships for which you're eligible.
- Send thank you notes to those who participated in your application process and to the scholarship providers, if you win the award.
- Use a **Scholarship Tracking Sheet** to organize and keep track of completed applications and upcoming deadlines.
- Understand how a scholarship may impact other financial aid you've been awarded. Check with the college financial aid office if you have questions.



## Scholarship Searches

UCanGo2.org  
OKcollegestart.org  
OCCF.org  
BigFuture.collegeboard.org  
Bold.org  
Cappex.com  
CareerOneStop.org  
College-Scholarships.com  
CollegeXpress.com  
FastWeb.com  
GoingMerry.com  
MyScholly.com  
Petersons.com  
SallieMae.com  
ScholarshipOwl.com  
Scholarships.com  
Scholarships360.org  
StudentScholarshipSearch.com  
Study.com  
Unigo.com

## Tribal Websites

AStribe.com (Absentee Shawnee)  
Bahkhoje.com (Iowa)  
CheyenneandArapaho-nsn.gov  
Cherokee.org  
Chickasaw.net  
ChoctawNation.com  
ComancheNation.com  
DelawareTribe.org  
KawNation.com  
KickapooTribeOfOklahoma.com  
MiamiNation.com  
MuscogeeNation.com (Muscogee/Creek)  
MyCaddoNation.com  
OsageNation-nsn.gov  
PawneeNation.org  
PeoriaTribe.com  
Ponca-nsn.gov  
Potawatomi.org  
QuapawTribe.com  
SacandFoxNation-nsn.gov  
SCTribe.com (Seneca-Cayuga)  
Shawnee-nsn.gov  
Sno-nsn.gov (Seminole)  
WichitaTribe.com  
Wyandotte-Nation.org



Native American students: If your tribe isn't listed here, visit the Oklahoma History Center website <https://www.okhistory.org/research/aitribes>. Members should also contact their tribal office for more specific information.



Visit [UCanGo2.org](https://www.ucasgo2.org) and [OKcollegestart.org](https://www.okcollegestart.org) to find scholarships and to learn about scholarship success.

Find us on 



Like us on Facebook at [facebook.com/UCanGo2](https://www.facebook.com/ucasgo2) and [facebook.com/OKcollegestart](https://www.facebook.com/okcollegestart) to stay up-to-date on scholarship opportunities.



# SCHOLARSHIPS

- ◆ Choctaw Nation Higher Education
  - ◆ Chahta Foundation Scholarships
  - ◆ American Indian College Fund
  - ◆ AISES Scholarship - American Indian Science and Engineering Society
  - ◆ Cobell Scholarship
  - ◆ American Indian Services Scholarship Program
  - ◆ Native Vision Scholarship
  - ◆ American Chemical Society Scholars Program
  - ◆ American Indian Nurse Scholarship Awards
  - ◆ Bureau of Indian Education Higher Education Grant Program
  - ◆ Association on American Indian Affairs Scholarship
  - ◆ Catching the Dream Scholarships
  - ◆ Indian Health Service Scholarships
  - ◆ Accenture Native American Scholarship
  - ◆ The Gates Scholarship
- 
- 

# More Helpful Resources



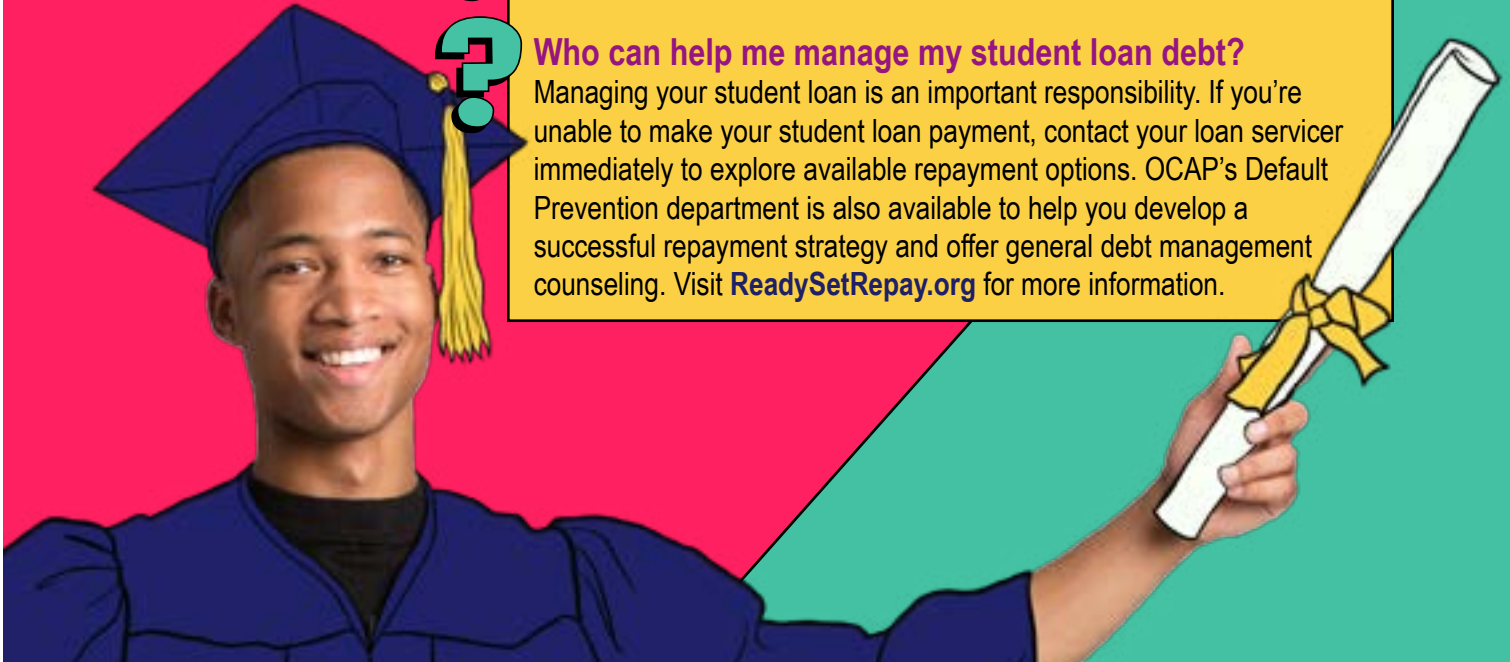
## Who can answer my federal student loan questions?

Visit [StudentAid.gov/Understand-Aid/Types/Loans](http://StudentAid.gov/Understand-Aid/Types/Loans) for info.



## Who can help me manage my student loan debt?

Managing your student loan is an important responsibility. If you're unable to make your student loan payment, contact your loan servicer immediately to explore available repayment options. OCAP's Default Prevention department is also available to help you develop a successful repayment strategy and offer general debt management counseling. Visit [ReadySetRepay.org](http://ReadySetRepay.org) for more information.



For more information about preparing academically and financially for college, contact your financial aid office and visit the following websites:

Oklahoma College Assistance Program .....	<a href="http://OCAP.org">OCAP.org</a>
UCanGo2.....	<a href="http://UCanGo2.org">UCanGo2.org</a>
Ready Set Repay .....	<a href="http://ReadySetRepay.org">ReadySetRepay.org</a>
OKcollegestart.....	<a href="http://OKcollegestart.org">OKcollegestart.org</a>
Oklahoma State Regents for Higher Education.....	<a href="http://okhighered.org">okhighered.org</a>
Oklahoma Money Matters .....	<a href="http://OklahomaMoneyMatters.org">OklahomaMoneyMatters.org</a>
Federal Student Aid.....	<a href="http://StudentAid.gov">StudentAid.gov</a>
ACT Information .....	<a href="http://ACT.org">ACT.org</a>
SAT Information.....	<a href="http://SAT.org">SAT.org</a>
Free Application for Federal Student Aid (FAFSA) .....	<a href="http://FAFSA.gov">FAFSA.gov</a>
FSA ID (Federal Student Aid ID).....	<a href="http://StudentAid.gov">StudentAid.gov</a>
Oklahoma's Promise .....	<a href="http://okpromise.org">okpromise.org</a>
Oklahoma 529.....	<a href="http://oklahoma529.com">oklahoma529.com</a>

### Asistencia en Español

Múltiples colaboradores están disponibles para ayudar a los estudiantes y padres en español a través de la línea de información para estudiantes de los Regentes del Estado, a la que las familias pueden llegar al 800.858.1840 (405.25.9239 en Oklahoma City) o [studentinfo@osrhe.edu](mailto:studentinfo@osrhe.edu).

# FINISH THE FAFSA IN FIVE STEPS

# 1

## CREATE AN FSA ID

- ▶ The FSA ID is your username and password.
- ▶ Use your FSA ID to access and electronically sign your FAFSA and student loan applications, make corrections to your FAFSA and more.
- ▶ Go to [StudentAid.gov](https://StudentAid.gov) to sign up.
- ▶ Save your FSA ID to use again next year.
- ▶ If you're a dependent student, review the [Who Needs an FSA ID? flowchart](#) to determine which parent(s) should also create an FSA ID. Utilize the FSA ID worksheet at [UCanGo2.org](https://UCanGo2.org).

# 2

## GATHER MATERIALS

- ▶ Social Security card.
- ▶ W-2 forms and tax returns specified on the FAFSA.
- ▶ Current balance of cash, checking and savings accounts.
- ▶ Determine your dependency status with our [Dependency Questionnaire](#).
- ▶ If you're a dependent student, you'll also need your parents' financial information.

# 3

## FILL IT OUT

- ▶ Apply online at [FAFSA.gov](https://FAFSA.gov).
- ▶ Enter student and parent names as shown on Social Security cards.
- ▶ Send your FAFSA results to up to 20 campuses.
- ▶ Contributors must consent to have their Federal Tax Information (FTI) transferred to the FAFSA through the IRS.

# 4

## SIGN & SUBMIT

- ▶ Review your answers from the Summary page to search for errors.
- ▶ Review your Confirmation page for information about the campuses you've selected and an estimate of your federal aid eligibility.

# 5

## FOLLOW UP

- ▶ Watch your email for a FAFSA Submission Summary and information from the institutions that received your FAFSA results.
- ▶ Provide any other necessary documentation required by your institution, such as your accepted financial aid offer, and follow up with your college financial aid office if you have additional questions.

startwith  
fafsa.org

UCanGo2.org

## RESOURCES

### UCanGo2.org

Visit [UCanGo2.org](https://UCanGo2.org) or [StartWithFAFSA.org](https://StartWithFAFSA.org) for helpful tools and information about planning and paying for education after high school. Contact us at [UCanGo2@ocap.org](mailto:UCanGo2@ocap.org) or **866.443.7420**.

### FAFSA.gov

Complete and submit the FAFSA.

### StudentAid.gov

Create a Federal Student Aid ID (FSA ID) 3-5 days prior to starting your online FAFSA. Parent(s) of dependent students will also need an FSA ID to access and sign the FAFSA.

### ReadySetRepay.org

Learn about making smart borrowing decisions and strategies for successful student loan repayment.

### OKcollegestart.org

Find useful financial aid planning information and tools to calculate college costs, identify ways to make college more affordable and search for scholarships.

### OklahomaMoneyMatters.org

Find helpful tools and resources to empower you to make positive financial choices.

### Financial Aid Office

Contact your college financial aid office if you have questions or need to follow up after you've submitted the FAFSA.

# FAFSA FACTS

A college education is an investment in your future, and financial aid is available to help manage the cost. One of the most important steps you can take to find grants, scholarships and low-cost loans is completing the Free Application for Federal Student Aid (FAFSA). We have some handy tips that will help you complete the FAFSA and start down the road to success!

- ▶ Complete the FAFSA as soon as it's available every year to meet college and state deadlines.
- ▶ Never pay to complete the FAFSA — the first letter in FAFSA stands for FREE!
- ▶ Set up your Federal Student Aid ID (FSA ID) at [StudentAid.gov](https://studentaid.gov) at least 3-5 days before you complete the FAFSA. Use the [Who Needs a Federal Student Aid ID? flyer](#) and [FSA ID worksheet](#) to keep track of your information. Find them at [UCanGo2.org/publications](https://ucan-go2.org/publications).
- ▶ Visit [FAFSA.gov](https://fafsa.gov) to complete the application online when it becomes available and receive step-by-step instructions.
- ▶ Hit the “Save” button often. Always use the “Next” and “Previous” buttons on the site. Never use the “Back” button on your browser or you may lose your information.
- ▶ If you have a question while completing the FAFSA online, you can check out “Tool Tips” for detailed information on each item. Look for this icon: (?)
- ▶ All contributors who provide information on the FAFSA must consent to have their Federal Tax Information (FTI) transferred to the FAFSA through the IRS, even if they have not filed taxes.
- ▶ Dependent students will have their parents enter their income and asset information when completing the FAFSA. If you have a special situation, you should contact your campus financial aid office.
- ▶ You should receive a copy of the FAFSA Submission Summary after submitting your FAFSA. Remember to review the summary for accuracy.
- ▶ Even if you think you won't qualify for aid, fill out the FAFSA anyway! Income is only one of the factors considered and nearly everyone qualifies for some type of financial aid.
- ▶ Because [StudentAid.gov](https://studentaid.gov) is a secure site, your information is encrypted for privacy.

The Free Application for Federal Student Aid (FAFSA) must be completed every year you need financial aid for college. The FAFSA should be completed as soon as it becomes available for the upcoming academic year. Don't wait! Although you may qualify for several types of aid, if you wait too long, some funds may be exhausted.





# FSA ID WORKSHEET



FAFSA.gov

Federal Student Aid IDs are required for students and parents to access and electronically sign the FAFSA. Parent(s) of dependent students will also need to create an FSA ID. *KEEP IN A SAFE PLACE.*

**1 ENTER AN EMAIL ADDRESS \_\_\_\_\_**  
The email address must be unique to each individual. You will not be able to use the same email address for student and parent. DO NOT use high school email accounts.

**2 CREATE A USERNAME \_\_\_\_\_**  
Must be 6-30 characters. Avoid using personal identifiers like your name or birthdate.

**3 CREATE A PASSWORD \_\_\_\_\_**  
Must be 8-30 characters and contain upper- and lowercase letters and numbers. Avoid personal identifiers.

**4 COMPLETE YOUR PROFILE**  
1. Enter your Social Security number  
2. Enter your birthdate  
3. Enter your name exactly as it is listed on your social security card  
Social Security matches are confirmed within 1 to 3 days. Errors can cause delays.

**5 CHALLENGE QUESTIONS & ANSWERS**  
There are four challenge questions and answers. Select the questions from drop down menus and provide your answers below.  
1. \_\_\_\_\_ 3. \_\_\_\_\_  
2. \_\_\_\_\_ 4. \_\_\_\_\_

**6 VERIFY YOUR EMAIL ADDRESS & MOBILE PHONE NUMBER**  
FSA will send an email with a code that must be entered to verify your email address. FSA will send a text message with a code used to verify your mobile phone number.

**7 COMPLETE THE TWO-STEP VERIFICATION PROCESS**  
To verify the information used to create the FSA ID, you'll need to set up at least one verification method to utilize two-step verification. Use one of these options: SMS Text, Email or download an Authenticator app.

**8 KEEP TRACK OF IMPORTANT NUMBERS**  
A backup code will be generated when you create your FSA ID account or when you enable two-step verification. The backup code lets you access your account if you can't use the two-step verification method. If it gets lost, log in to your account and select "Generate a New Backup Code" under "Two-Step Verification" in Settings. Contact Federal Student Aid at 1-800-4-FED-AID for assistance. Save your backup code here: \_\_\_\_\_



## Middle School

- Apply for the Oklahoma's Promise scholarship
- Complete ICAP activities
- Complete career and interest surveys
- Watch career videos
- Explore School-2-College-2-Work
- Begin searching for scholarships



## High School

- Complete ICAP activities
- Research admission requirements and college costs
- Apply for the Oklahoma's Promise scholarship
- Complete career and interest surveys and explore careers
- Access free test prep materials
- Explore higher education campuses
- Find scholarships using customized search tool



## Parents

- Access college readiness resources to support your student
- Track the progress of your student's Oklahoma's Promise application
- Review college costs and various financial aid options
- Match students' interests to career options
- Research college types
- Ask your student to connect their account to yours

[OKcollegestart.org](http://OKcollegestart.org) is the official source for planning a college education in Oklahoma. The website provides free resources to help students and parents plan, apply and pay for education and training beyond high school.



# COLLEGE FRESHMAN CHECKLIST

Use this checklist during your first year of college to help you stay on track.

- Complete the FAFSA.** Students must submit a [FAFSA](#) each year of college. You're encouraged to complete the FAFSA as soon as it becomes available each year. Contact the financial aid office at your institution to make sure they have your FAFSA results.
- Maintain good study habits.** In college, it's important to schedule adequate study time. Download [The Perfect 10 Study Habits](#) at [UCanGo2.org](#) for some great tips.
- Use a planner.** Marking test dates and other class deadlines will make coursework more manageable.
- Consider your interests.** How could your interests, skills, and values connect you to potential careers? Take the "Learn About Yourself" assessments at [OKcollegestart.org](#) to review career options that may be right for you.
- Look for opportunities.** Most campuses post job shadow and internship opportunities on their websites and in campus bulletins. Find out who you can contact on campus to learn about these options.
- Participation is key.** You can meet new people and gain great experience by getting involved with campus clubs and organizations.
- Remember your resume.** Keep track of your awards and volunteer work. Add them to your resume with the Resume Builder on [OKcollegestart.org](#).
- Search for money.** Continue looking for scholarships. Check out [UCanGo2's Scholarships page](#) and [OKcollegestart's Find Scholarships section](#) for upcoming deadlines. Also, see if your school offers any department-specific or major-specific scholarships.



# Choctaw Nation

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High School Student Services