

Year One Promise Counseling Calendar 2018

Counseling Sessions & To-Dos

Required Activities

September

Monthly incentive distributed September 1

First Counseling Contact (Sept 1 - Sept 28):

- Abbreviated Student Education Plan (SEP) for second semester
- Review of YOP intake form (survey)
- Communicate with student around Focus 2 Career login
- Assign progress report submission

Who needs career class or one-on-one with career counselor?

First YOP Activity (Sept 1 - Sept 28):

- Register for Focus 2 Career
- Complete ALL self-assessments: My Career Planning Readiness, My Academic Strengths, Work Interest, Personality, Leisure, Values, & Skills. Note: you MUST save occupations and areas of study (majors) that you're interested in or no information will appear in your portfolio!

October

Monthly incentive distributed October 1

Second Counseling Contact (Oct 1 - Oct 31):

- Complete comprehensive SEP
- Discuss Career Questionnaire
- Assign self-reflection submission

Second YOP Activity (Oct 1 - Oct 15):

- Submission of progress report via Canvas

November

Monthly incentive distributed November 1

Third Counseling Contact (Nov 1 - Nov 30):

- Discuss progress report
- Open registration

Third YOP Activity (Nov 1 - Nov 16):

- Registration workshop
- Register for *minimum* 12 units for Spring 2019
 - Complete self-reflection of the semester via Canvas

December

Monthly incentive distributed December 1

Fourth Counseling Contact (Dec 1 - Dec 17): (Optional)

- End of semester check-in: counselor creates Spring 2019 meetings

Fourth YOP Activity (Dec 1 - Dec 17):

- College One Student Showcase/YOP attendance

9/10/18

Year One Promise: Spring 2019 Success Package

Name: _____ G#: _____

This semester, you will work with your Year One Promise Counselor to create a plan that aligns with your educational goals. As a reminder, all Year One Promise students are required to maintain 12 units each semester. Additionally, you are required by the program to submit a FAFSA or Dream Act application on or before March 2nd, 2019.

Semester Focus (circle one):	CAREER	ACADEMIC	PERSONAL RESILIANCE
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February

- Counseling Appointment:
 - Discuss Spring 2019 Success Package
 - Reflection & Goal Setting Sheet

- Career Counseling Appointment (date/time): _____

- Scholarship Workshops:
 - Wednesday, February 6: 1-3pm in 14-103
 - Thursday, February 21: 1 – 3pm in 14-103

- Time Management Workshops:
 - Wednesday, February 13: 1:10-2pm in 10-191
 - Thursday, February 14: 2:10-3pm in 10-191

- Transfer Workshop: Tuesday, February 26: 12 -1pm in 10-191

- Circle of Strength Workshop: Friday, February 22: 10 -12pm in 10-191

March

- ✓ **All students must submit *and* complete a 2019-2020 FAFSA or Dream Act Application by March 2nd.**

- Counseling Appointment:
 - Student Education Plan Update
 - Mid-Semester Review Sheet

- Career Counseling Appointment (date/time): _____

- How to Budget Workshop, hosted by SparkPoint: Thursday, March 7: 1-2pm in 1-135

- Transfer Workshop: Wednesday, March 13: 1-2pm in 10-191

- Stress Management Workshop: Wednesday, March 13: 12-1pm in 10-191

- Test Taking Workshops:
 - Thursday, March 14: 2-3pm in 10-191
 - Wednesday, March 20: 1:10-2pm in 10-191

- Circle of Strength Workshop: Friday, March 22: 10 -12pm in 10-191

Year One Promise: Spring 2019 Success Package

Name: _____ G#: _____

This semester, you will work with your Year One Promise Counselor to create a plan that aligns with your educational goals. As a reminder, all Year One Promise students are required to maintain 12 units each semester. Additionally, you are required by the program to submit a FAFSA or Dream Act application on or before March 2nd, 2019.

Semester Focus (circle one):	CAREER	ACADEMIC	PERSONAL RESILIENCE
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April

- Counseling Appointment:
 - Student Education Plan Update
 - Mid-Semester Review Sheet

- Career Counseling Appointment (date/time): _____

- SoCal University Conference Tour:
 - Monday, April 1 – Wednesday, April 3
 - Sign-Up Required through Transfer Services Office, Building 10, 3rd Floor Room 340

- Credit Card Education Workshop, hosted by SparkPoint:
 - Wednesday, April 17: 2-3pm in 1-135

- Career Workshop: What's Your Why: Tuesday, April 9: 1-2pm in 10-191

- Stress Management Workshop: Tuesday, April 9: 1-2pm in 18-301

- Career Workshop: Choosing Your Major: Tuesday, April 23: 1-2pm in 10-191

- Circle of Strength Workshop: Friday, April 19: 10 -12pm in 10-191

May

- Counseling Appointment:
 - Debrief on first-year

- Career Counseling Appointment (date/time): _____

- Registration Workshop
 - Date/Time to be announced in April

- Circle of Strength Workshop: Friday, May 10: 10 -12pm in 10-191