










## My College QuickStart™ Lesson Plan:

Name: \_\_\_\_\_



<b>Grade Level(s)</b>	Grades 6–8 and Grades 9–12
<b>Goal(s)</b>	<ul style="list-style-type: none"> <li>• Learn how to determine your education goals and how to prepare for those goals in the present.</li> </ul>
<b>Time Required</b>	30–45 minutes
<b>Materials Needed</b>	<ul style="list-style-type: none"> <li>• My College QuickStart™—My Major &amp; Career Matches</li> <li>• MyRoad™—Explore Majors</li> <li>• “Majors Preparation” and “Majors of Interest” worksheets (attached)</li> </ul>
<b>Before You Begin</b>	<ul style="list-style-type: none"> <li>• Set up your My College QuickStart account. (Refer to the “Get Connected” reference sheets for assistance.)</li> <li>• Make sure that you have a selected major displayed within My College QuickStart. If you were undecided about a major when you took the PSAT/NMSQT®, you can quickly retrieve a list of majors that might interest you by using the Majors QuickStart in MyRoad.*             <ol style="list-style-type: none"> <li>1. Log in to My College QuickStart at <a href="http://www.collegeboard.com/quickstart">www.collegeboard.com/quickstart</a>.</li> <li>2. Click on  <b>My Major &amp; Career Matches</b> Explore architecture and more.</li> <li>3. Click on <b>Go to MyRoad</b> (the link is on the far right).</li> <li>4. Click on  <b>I.D. ME</b></li> <li>5. Click on  <b>QuickStarts</b></li> <li>6. Click on  <b>QuickStart Majors</b></li> <li>7. Follow the on-screen instructions.</li> <li>8. Choose a major of interest that will appear in the My Major &amp; Career Matches section of My College QuickStart. A list of related majors and careers will also appear here.</li> </ol> </li> </ul> <p>* Note: You may also complete the ORA Personality Profiler to generate a list of majors. This may take about 45 minutes to complete, but you do not need to complete it all at once.</p>

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<p><b>Student Objectives</b></p>	<ul style="list-style-type: none"> <li>Identify three college majors that interest you and consider them in terms of your future goals and current activities.</li> </ul>
<p><b>Student Assignment</b></p>	<ol style="list-style-type: none"> <li>Go to <b>www.collegeboard.com/quickstart</b> and sign in.</li> <li>Click on  Explore architecture and more.</li> <li>For most students, a list called “Related Majors” will appear and a main major will also appear above the list. If you do not see a list, you may use MyRoad’s Majors QuickStart for a suggested list (see “Before You Begin”).</li> <li>Explore three of the majors that relate to your chosen major in My College QuickStart. Click on any of the links here to go to that particular major’s MyRoad page.</li> <li>Review these Web pages for each major: <ul style="list-style-type: none"> <li>Overview</li> <li>High School Courses</li> <li>College Courses</li> <li>Career Connection</li> <li>Perspectives</li> </ul> </li> <li>Complete the lesson worksheets, “Majors Preparation” and “Majors of Interest.”</li> </ol>
<p><b>Optional Assignments</b></p>	<ul style="list-style-type: none"> <li>Take the ORA Personality Profiler. To do this, follow these steps: <ol style="list-style-type: none"> <li>Log in to My College QuickStart.</li> <li>Click on  Explore architecture and more.</li> <li>Click on <b>Go to MyRoad</b> (the link is on the far right).</li> <li>Click on .</li> <li>Click on .</li> <li>Make sure the appropriate version of the ORA Personality Profiler (Middle School or High School) is selected.</li> <li>Click on .</li> <li>Follow the on-screen instructions.</li> </ol> </li> </ul>

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### Optional Assignments (cont'd)

- Review the ORA Personality Profiler results.
  1. After you take the Profiler, you may view your results by clicking on 
  2. By clicking on any of these links near the top of the screen, you can view more about your personality type:
    - My Type
    - Detail Results
    - Majors
    - Careers
- Within MyRoad, you may enter your personalized information into My Plan and begin building an online portfolio and résumé.
  1. Click on 
  2. Click on any of the sections' links and fill out the resultant forms.

### Classroom Discussion Topics (Optional)

1. Discuss the majors used in the “Majors of Interest” worksheet. If you have not completed it yet, ask your teacher if you can do so during the class.
  - What majors are of particular interest, and why?
  - Are they related or do they cover a broad range of interests?
  - Is there one major that stands out as most appealing?
2. For high school students: Make a connection between the majors and your high school experiences.
  - Have you taken courses in the subject(s) so as to put your interests into practice?
  - Have you taken the necessary high school courses to have a background in and meet college prerequisites for the subject of interest?
3. Discuss the relationship between majors and careers or other long-term goals.
  - How do these majors fit in with your long-term goals?
  - How many of the goals listed on your “Majors of Interest” worksheet relate to your career plans or goals?
4. Do the types of work required by these majors fit with your general way of thinking and studying?
5. How do these majors fit in with your general interests and extracurricular activities?

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### Worksheet 1: Majors Preparation

In the left-hand column of each table, list three majors of particular interest to you. In the middle column, list all the courses you have taken or plan to take that relate to that major. In the right-hand column, list when you took or plan to take that course. See the example provided at the top of the table.

Major	Courses taken in major field	Year taken/planned
<i>e.g. English</i>	<i>Survey of World Literature</i>	<i>Sophomore year (fall 2008)</i>
1.		
2.		
3.		

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### Worksheet 2: Majors of Interest

In the left-hand column of the table, list three majors of particular interest to you. In the middle column, list all the activities you have participated in or currently participate in that relate to that major. In the right-hand column, list the long-term goals you have that relate to that major—for example, career paths you may want to follow or volunteer work that you foresee playing a big role in your future. See the example at the top of the table.

Major	Activities that relate to major	Goals that relate to major
<i>e.g., English</i>	<i>Literary magazine editor</i>	<i>Teach writing to kids</i>
1.		
2.		
3.		