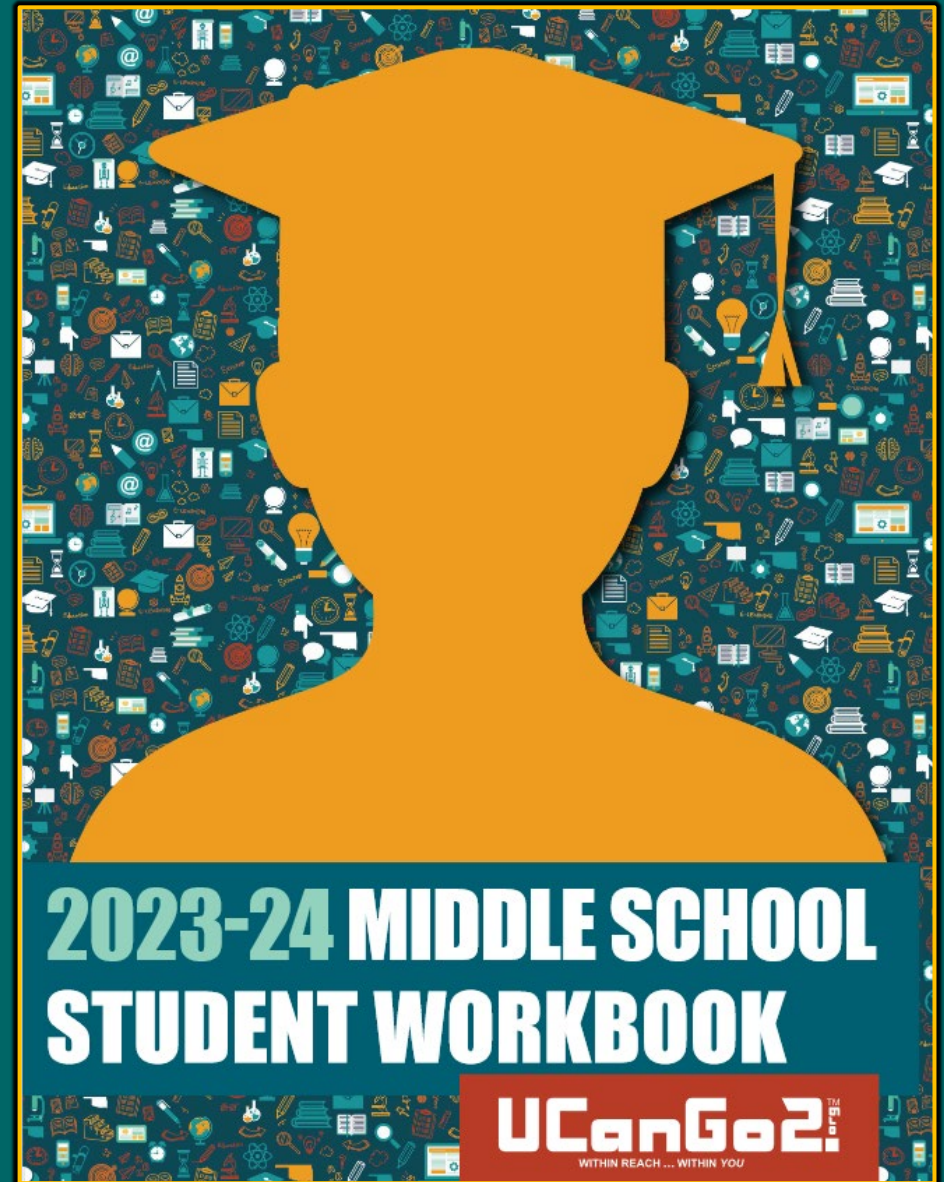




Middle School Student Workbook 2023-24



UCanGo2.org ...

- Offers a college access program for students from kindergarten through 12th grade
- Provides information on how to plan, prepare and pay for college
- Helps families create a college-going culture in the home



The Middle School Student Workbook provides helpful information to answer these questions:

- »» Where Am I Headed?
- »» Why Should I Go?
- »» Where Do I Start?
- »» How Do I Get There?



SECTION ONE

WHERE AM I HEADED?

What do you consider when you daydream about your future?

Hobbies and interests

Special skills or talents

Education and career



E

- ___ Supervising people
- ___ Saving and managing money
- ___ Being elected class president
- ___ Selling something
- ___ Convincing people to do things
- ___ Talking to people at a party your way

- ___ Studying bugs or plants
- ___ Learning about the solar system
- ___ Solving hard math problems
- ___ Reading about art or music
- ___ Asking questions
- ___ Participating in a science fair

I

- ___ Being organized
- ___ Creating a filing system
- ___ Using a cash register
- ___ Paying attention to details
- ___ Following directions
- ___ Working with numbers

- ___ Performing in front of an audience
- ___ Redecorating your room
- ___ Drawing or painting a picture
- ___ Learning a foreign language
- ___ Helping people solve problems
- ___ Using your imagination

A

- ___ Volunteering with a charity
- ___ Making people laugh
- ___ Babysitting or teaching children
- ___ Joining a club
- ___ Working with older people
- ___ Planning events or activities

- ___ Building things with your hands
- ___ Doing outdoor activities
- ___ Running a race
- ___ Studying animals
- ___ Painting a piece of furniture
- ___ Playing with a chemistry set

R

**What is your
career interest
group?**



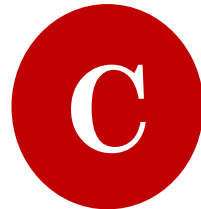
Enterprising

Explore careers in sales, real estate, politics or owning your own business.



Investigative

Explore careers in finance, math, or consider becoming a teacher, doctor or engineer.



Conventional

Explore careers that work with numbers such as accounting, business or banking.



Artistic

Explore careers that allow you to use your imagination such as art therapy, animation, music, painting or acting.



Social

Explore careers where you can help others such as nurses, athletic trainers, counselors or social workers.



Realistic

Explore careers as police officers, veterinarians, mechanics, architects or landscapers.

What Are Your Interests?

Think it through.

According to the scores you just wrote down, what interest group(s) do you fit into?

Do you think these results are accurate? Why or why not?

Right at this moment, what sounds like a career you'd enjoy?



SECTION TWO

WHY SHOULD I GO?



I don't like high school, so why go to college?

Middle school is a steppingstone into high school, and college allows you to choose the classes that match your career interests.



I don't know what I want to do after high school.

High school and college can help you determine a career that best fits your academic skills and interests.



I'm just in middle school—why think about college now?

Parents should plan for their children's college education as early as elementary school or before.



No one in my family has gone to college, so why should I?

Knowledge is power. Make your family proud by earning a college degree.



What if I don't fit in?

College is much different than high school. It's an opportunity to be in a new place with new faces and to choose your own path.

Understanding School Types

Four-Year University

- Associate, bachelor's and graduate degrees
- Well-rounded education and flexible degrees

Community College

- Associate degrees
- Enter the work force after graduation or transfer credits to a four-year university

Technical Branch

- Associate and bachelor's degrees
- Education and training in technical fields



Understanding School Types

Career Technology Center

- Certificates in various fields of study
- Prepares students for college and careers

Proprietary School

- Prepares students for specific occupations
- Privately-owned institutions

Private University

- Offer education in various fields
- Tuition and fees tend to be higher than at public institutions



What Does Your Future Hold?

College graduates earn more over their lifetime than those with only a high school diploma.

College opens new doors. It allows you the opportunity to manage your own life.

A college degree allows you to get a better job and keep it.

A college education helps you gain knowledge and earn a degree in a subject area you like.



Average Monthly Expenses

What would a family of four pay per month for these expenses in Oklahoma:

Rent or House Payment

You say:

Average:

\$1,214

Groceries

\$745

Car Payment (for new car)

\$667

Utilities (electricity, gas, water)

\$382

Cell phone (one phone)

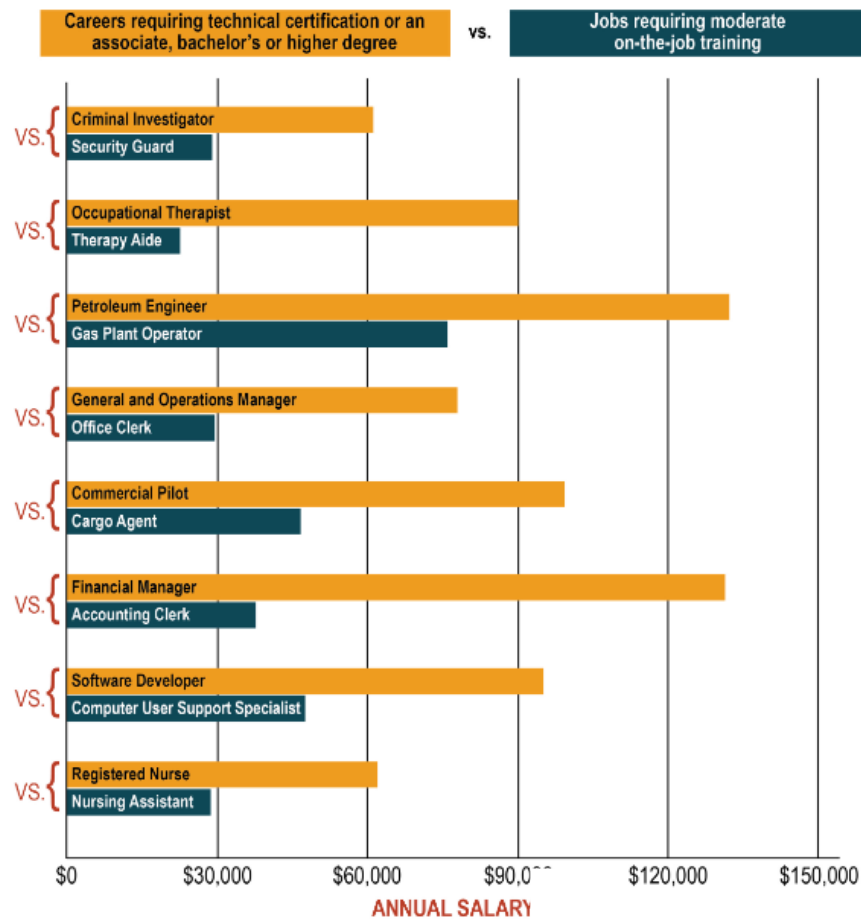
\$114





DEGREE VS. ON-THE-JOB TRAINING: HOW MUCH WILL YOU MAKE?

(A table follows on page two)



Source: www.careeronestop.org

See how education can help you increase your future salary.



SECTION THREE

WHERE DO I START?

Set
SMART
goals

Practice
study
habits

Talk to
parents or
guardians



Set SMART Goals

S Specific: What is to be achieved, by whom, where and when it's to be achieved.

M Measurable: What steps will you take to reach and maintain your goal.

A Attainable: Determine that the goal you set is attainable and can be reached.

R Relevant: Relate your goal to what you want to achieve, now and in the future.

T Time-Based: Break your goal down into pieces so you can easily meet your deadline.



The Perfect 10 Study Habits

1. Find the best place to study.
2. Don't wait until the last minute.
3. Study more frequently, for shorter time periods.
4. Begin study time with your most challenging subject.
5. Take a break.
6. Organize every class.
7. Get organized each night for the next day.
8. Make the most of classroom time.
9. Study with your friends.
10. Ask for help.

SECTION FOUR

HOW DO I GET THERE?

If you and your family haven't begun to plan for college, it's not too late.

Take steps now to plan for a future career, the classes to take and how to cover the costs.

Improve study skills, apply for scholarships and learn about financial aid.



Middle School to High School

Participation in sports, clubs, music and community service projects will add value on scholarship and college applications. Keep track of all extracurricular activities and honors you earn throughout middle school and high school.

Ask your educator about enrolling in the Oklahoma's Promise scholarship program. You must apply in the 8-11th grades. View okpromise.org for more info.

Going to college can give you more advantages in life.

College can help you find a rewarding career with better pay and give you the opportunities you wouldn't have if you stopped your education after graduating from high school.

The courses you take in middle school are the building blocks for high school.



High School to College



You can go to college!

Must be willing to work hard, take the right classes, and earn the best grades

Keep track of your honors and awards

Take career assessments and job shadow

Apply for 2-3 scholarships per week

Complete the FAFSA for financial aid



Saving for College

College Savings Forecast

Age you begin saving	\$20 per month to age 18	\$30 per month to age 18	\$50 per month to age 18	\$100 per month to age 18
Birth	\$4,320	\$6,480	\$10,800	\$21,600
5 Years Old	\$3,120	\$4,680	\$7,800	\$15,600
10 Years Old	\$1,920	\$2,880	\$4,800	\$9,600
15 Years Old	\$720	\$1,080	\$1,800	\$3,600

It's never too early, or too late, to save for a college education.



Oklahoma's Promise

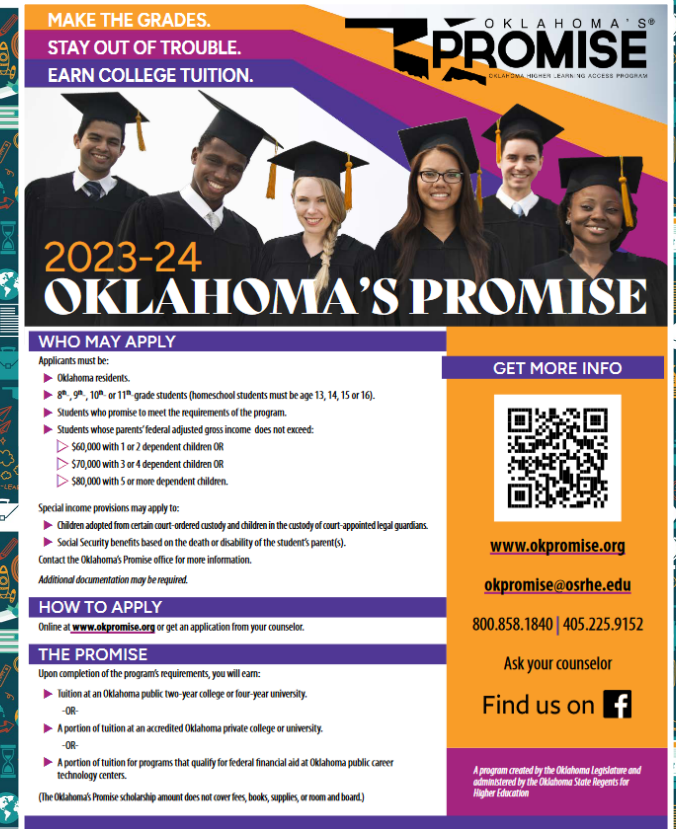
To qualify, students must -

- apply in the 8th, 9th, 10th or 11th 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
- abide by certain conduct standards

The federal AGI 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
- \$80,000 for parents with 5 or more dependent 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 okpromise.org.



**MAKE THE GRADES.
STAY OUT OF TROUBLE.
EARN COLLEGE TUITION.**

OKLAHOMA'S PROMISE
WORKSHEET · HIGHER LEARN · NO ACCESS PROGRAM

**2023-24
OKLAHOMA'S PROMISE**

WHO MAY APPLY

Applicants must be:

- ▶ Oklahoma residents.
- ▶ 8th, 9th, 10th, or 11th-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 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

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

Scholarships

Scholarship of the Week

Scholarships by Category

Find scholarships and helpful college planning tools for middle school students at UCanGo2.org

Scholarships by Deadline

Scholarships 101 PowerPoint

Unique Scholarships for students 14 and older

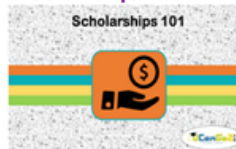


Home | Educators | Publications & Tools | **Scholarships**

News & Events | Contact Us | Find Us on Facebook!

Scholarship Resources

Scholarship Essay Tips
Scholarship Success Guide
Scholarship Tracker
Scholarships 101 PPT



Scholarships

The nature of our work with students, parents and educators leads us to an abundance of scholarship resources. Use our **Scholarship Success Guide** and other valuable resources linked on the left for help with finding, preparing and tracking scholarship applications. Keep in mind all scholarship information listed is subject to change.



Scholarships by Deadline

January
February
March
April
May
June
July
August
September
October
November
December
Ongoing



Are you an **Oklahoma's Promise** scholarship recipient? If so, we'd love to hear how the program has impacted your life. By **sharing your stories**, we hope to encourage other students to apply for Oklahoma's Promise and start planning for their futures.

Scholarship of the Week

Patriot's Pen VFW Scholarship

Each year, nearly 68,800 students in sixth through eighth grades enter the VFW's Patriot's Pen youth essay contest for a chance to win their share of more than \$1.4 million in state and national awards.

Award Amount: 2 awards; Up to \$5,000

Scholarships by Category

Unique Scholarships

UNIGO SCHOLARSHIPS

unigo.com/scholarships/our-scholarships/



Amount:
\$1,500

Deadline:
January 31

I HAVE A DREAM SCHOLARSHIP



It's crazy to think of all the amazing stories that happen as soon as we close our eyes and drift to sleep. It could be in a deep slumber or perhaps in a carefree daze, but our dreams can help shape our ideas, perceptions, and now - education.

Amount:
\$1,500

Deadline:
February 28

SWEET AND SIMPLE SCHOLARSHIP



And now, those simple gifts can really pay off in our Sweet and Simple Scholarship! Think back to a time when you received a special gift that seemed so unassuming yet made such a strong impact in your life. Was it a present you could open in a box or a humble gesture from a stranger?

Amount:
\$2,500

Deadline:
March 31

SUPERPOWER SCHOLARSHIP



Have you ever wondered where you'd go if you could fly around downtown? Or maybe you daydream of secretly taking over the world - to each his own. For all of those hero lovers and villain enthusiasts, this super scholarship can give you the power to win free college money.

Amount:
\$3,000

Deadline:
April 30

ALL ABOUT EDUCATION SCHOLARSHIP



It's often been said that "education is the key to success." What doors could your educational "key" open? It's not cheap to get a college degree, and many college-bound students see a shut door for education. We're here to help open it again.

Amount:
\$1,500

Deadline:
May 31

FIFTH MONTH SCHOLARSHIP

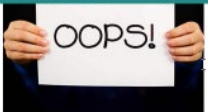


One is the loneliest number. Three is a crowd. Then there is five. What's so special about five? Well, for starters, this lucky number could help you win a \$1,500 scholarship.

Amount:
\$1,500

Deadline:
June 30

DO-OVER SCHOLARSHIP



Mistakes - we've all made them. Too bad life doesn't always give you a mulligan. Or does it? What if you had the chance to "do-over" a moment in your life? What would it be? How would it affect you and your future?

Amount:
\$1,500

Deadline:
July 31

FLAVOR OF THE MONTH SCHOLARSHIP



Summer and ice cream go hand-in-hand. In fact, July is National Ice Cream Month, and that's the inspiration behind this award. We think people are very similar to ice cream; some are nutty, others a little exotic, while some are very comforting. If you were an ice cream flavor, which would you be and why?

Amount:
\$1,500

Deadline:
August 31

MAKE ME LAUGH SCHOLARSHIP



Scholarships can be fun! Take a break from the boring application routine and make us laugh. That's right; we want a real LOL moment. Make Me Laugh is a fun scholarship that lets you cut loose and lighten things up. Looking for a scholarship for comedians? Now is your chance to show us your funny bone. Perhaps you always have an embarrassing - but funny - story to share. Great! We'll promise to laugh with you, not at you.

Amount:
\$1,500

Deadline:
September 30

SHOUT IT OUT SCHOLARSHIP



Have something on your mind? Let it out, or better yet SHOUT it out. Give your thoughts a voice and earn free college money at the same time. Our Shout It Out Scholarship committee wants to know what you have to say. Whether it's a message for the world or just a quick "hi mom," this is your opportunity to speak up and win money for college. We're listening!

Amount:
\$2,000

Deadline:
October 31

ZOMBIE APOCALYPSE SCHOLARSHIP



Did binge-re-watching "The Walking Dead" get you thinking about what you'd do if the streets were filled with flesh-eating zombies? Maybe you've envisioned your own post-apocalyptic world overrun with the living dead, forcing you to come up with a zombie survival plan - and quick!

Amount:
\$5,000

Deadline:
November 30

EDUCATION MATTERS SCHOLARSHIP



As a scholarship seeker, you're probably already well-aware of the importance of an education. But, what about the naysayers? Have you come across someone who's tried to talk you out of college, saying that it's not worth it?

Amount:
\$1,500

Deadline:
December 31

TOP TEN LIST SCHOLARSHIP



There are many scholarships and colleges that just want to know the number one thing you want people to know about you. Just one? That's it? "But, I'm amazing," you say. We hear you, and we know that it's tough to narrow down your awesomeness into one measly reason.

Applicants must:

- write a 250-word essay on the monthly topic
- be fourteen (14) years of age at the time of application
- be a legal citizen of the U.S. or the District of Columbia

UCanGo2!
WITHIN REACH... WITHIN YOU

Applicants must:

- Write a 250 word essay on the monthly topic
- Be 14 years of age, or older, at the time of application
- Be a legal citizen of the U.S. or D.C.

OKcollegestart.org Scholarship Search

OK COLLEGE START.ORG
CLICK • COMPARE • CHOOSE

[CAREER PLANNING](#)
[HIGH SCHOOL PLANNING](#)
[COLLEGE PLANNING](#)
[FINANCIAL AID PLANNING](#)
[YOUR PORTFOLIO](#)

[FINANCIAL AID 101](#)
[AFFORD COLLEGE](#)
[CALCULATORS](#)
[SCHOLARSHIPS](#)

Scholarships

Free money! That's right - winning a scholarship means money is given to you and you don't have to pay it back. You don't have to be a straight A student, either. There are scholarships for a lot of different things.

[MORE](#)

MY SCHOLARSHIP PROFILE

Build your profile and find scholarships.

[GO](#)

MATCHING SCHOLARSHIPS

Find scholarships that match your profile.

[GO](#)

SAVED SCHOLARSHIPS

Scholarships you've saved for future actions.

[GO](#)

FIND A SCHOLARSHIP

Search scholarships by keyword.

[GO](#)

REFLECT & REVIEW

Your experiences searching and applying for scholarships.

[GO](#)

Merit Scholarships

These scholarships are usually given for accomplishments in school, sports, hobbies, skills, or even a good job on your scholarship application.

Sign Up for E-mail Alerts!

Get monthly alerts when new scholarships that match your profile are available. Click the envelope in the sidebar for more details.

BROWSE SCHOLARSHIPS

See scholarships by category.

[GO](#)

Scholarship Help

Scholarship Essay Writing Tips

Need-Based Scholarships

As you can guess from the title, these scholarships are based on your financial need. Some scholarships might take both merit and financial need into account.

Beware!

If a scholarship seems too good to be true, it might be a scam. There are a lot of scholarship scams out there. Learn more about how to report a suspected scam.

Keep Records

Document the things you do, no matter how small. Write down activities, awards, recognition, jobs and volunteer work. Print out news articles if you're in them. Don't be modest - you never know what could lead to a scholarship.

[OK COLLEGE START.ORG](#)
[CAP](#)
[PROMISE](#)
[GEAR UP](#)

Matching Scholarships

Find the scholarships that best suit your profile by searching for matching scholarships. Make sure the information in **My Scholarship Profile** is up-to-date to ensure the best results. You should also search regularly, as new scholarships are always being added.

On Sep. 15, 2021 you matched **62** scholarships.

[SEARCH AGAIN](#)

NO AWARD	\$1,000	Sallie Mae No Essay Sweepstakes	APPLY
DEADLINE	AMOUNT	APPLIED	
Monthly	\$1,000		APPLY
Track your actions and enter your notes			
Last updated: February 2, 2021			
DETAILS			
AmeriCorps Vista			
DEADLINE	AMOUNT		SAVE APPLY
Monthly	Varies		APPLY
DETAILS			
Create Real Impact Contest			
DEADLINE	AMOUNT		SAVE APPLY
April 28, 2022	\$500 and \$1,500		APPLY
DETAILS			
No Essay \$2,000 Scholarship			
DEADLINE	AMOUNT		SAVE APPLY
April 30, 2022	\$2,000		APPLY
DETAILS			
McCraw Law Group First Responders Scholarship			
DEADLINE	AMOUNT		SAVE APPLY
September 30, 2022	\$1,000		APPLY



UCanGo2.org Resources

UCanGo2.org WITHIN REACH... WITHIN YOU 6TH GRADE CHECKLIST

- Be positive!** If you don't think you have what it takes for college or feel it might be too expensive, think again. Decide right now that you CAN go to college.
- Ask questions.** Ask adults about their jobs. Did their jobs require any education beyond high school? What advice do they have for you about going to college?
- Keep the change.** Instead of spending every penny you have, try tucking your spare change away to help pay future expenses. Ask your parents to check out college savings options at oklahoma529.com and OklahomaMoneyMatters.org. Talk to your counselor and visit OKPromise.org to learn about our state's premier scholarship program, Oklahoma's Promise.
- Give it your best.** Take school seriously. Do your homework, and turn it in on time. Study before tests. Ask questions if you don't understand something.
- Speak for yourself.** Tell the important people in your life you want to go to college. A little support goes a long way! For more tips on planning, preparing and paying for college, visit UCanGo2.org and OKCollegestart.org.
- Know who your fans are.** There are many people in your fan club, like parents, family, teachers, counselors, coaches and friends from your community or place of worship. Ask them for help when you need it. Use the back of this page to write down a list of your personal fan club members!



UCanGo2.org WITHIN REACH... WITHIN YOU 7TH GRADE CHECKLIST

- Dream big.** Imagine yourself in college, shaping your future the way you want it. Then decide no one will hold you back!
- Save a little, learn a lot.** Instead of grabbing a snack from the vending machine every day, bring a snack from home as often as you can. Pocket your snack money and put it in your savings account for future expenses. Check out OklahomaMoneyMatters.org for more saving and money management tips. Talk to your counselor and visit OKPromise.org to learn about our state's premier scholarship program, Oklahoma's Promise.
- Get involved.** Colleges are looking for students who will give a helping hand in their communities. Find an activity that interests you and join in—if not at school, then with a community, religious or social group.
- Wise up.** Make wise choices that will help you succeed in life rather than choices that would keep you from reaching your goals.
- Ask for help.** If you're struggling in a subject, don't get discouraged. Ask your teacher or parents for help and see about tutoring opportunities.
- Keep believing.** College is a challenge, but it's also full of rewards! Tell everyone about your plans. Before you know it, they'll be excited, too.



UCanGo2.org WITHIN REACH... WITHIN YOU 8TH GRADE CHECKLIST

- Start your scholarship search.** Scholarships are called "free money" because they don't have to be paid back! They're given to students based on financial need, talents or life experience. Your counselor will have information about scholarships available in your area. You can start to apply for scholarships right now if you do some research for eligible programs. Visit UCanGo2.org and OKCollegestart.org to search for scholarships.
- Socialize.** Are you involved in any clubs, special interest or service groups? Find a group that sparks your talents and interests. Keep track of your extracurricular activities and volunteer work for college scholarship applications.
- Save away.** When you get extra money for work, birthdays or holidays, stash some of it away in your savings account for future expenses. See OklahomaMoneyMatters.org for savings ideas and money management tools.
- Make courses count.** Choose challenging classes that will give you a head start for high school and college. Learn more about graduation and college entrance requirements in the Prepare section for high school students at UCanGo2.org.
- Grab a partner.** Ask an adult to help you research your options to see what would fit best with your college plans. See UCanGo2.org for tips on planning, preparing and paying for college.
- Sign up.** Qualifying students can sign up for the Oklahoma's Promise scholarship program in the 8th, 9th, 10th or 11th grade. Don't miss out on this opportunity to earn free college tuition at an Oklahoma college or career technology center. More information about eligibility is listed below. Talk to your school counselor or visit OKPromise.org to learn more.
Oklahoma's Promise is a scholarship program that pays full or partial college tuition at many Oklahoma schools. To see if you might qualify for the program, check every statement below that applies to you and your family.
 - My family meets the income requirements outlined at OKPromise.org (special income provisions apply to certain adopted children and children in the custody of court-appointed legal guardians).
 - I'm in the 8th, 9th, 10th or 11th grade (or I'm a homeschooled student who is 13, 14 or 15 years old).
 - I'm a resident of Oklahoma.
 - I can meet the requirements of the Oklahoma's Promise program:
 - I'll graduate from an Oklahoma high school or homeschool education program.
 - I'll take 17 units of specific college-prep curriculum.
 - I'll achieve at least a 2.50 GPA both in the curriculum and overall.
 - I'll attend school regularly.
 - I'll do my homework.
 - I'll stay away from drugs and alcohol.
 - I won't commit criminal or delinquent acts.
 - I'll meet with a school official to go over my school work and records on a regular basis.
 - I'll apply for other financial aid during my senior year of high school and every year I am enrolled in college by completing the Free Application for Federal Student Aid (FAFSA).
 - I'll take part in Oklahoma's Promise activities that will help me prepare for college.

If you were able to check all four statements above, be sure to apply for Oklahoma's Promise while you're in the 8th, 9th, 10th or 11th grade. Check out OKPromise.org for more information.

UCanGo2.org WITHIN REACH... WITHIN YOU ASK YOUR SCHOOL COUNSELOR

Each year as you grow older, you become more responsible for yourself. Preparing for education after high school is no exception and requires some action on your part. If you want to go to college, it's up to you to visit with your counselor about your options and ask questions. Your counselor has information about how to plan, prepare and pay for education after high school. All you have to do is ask.

Not sure how to get started? Try asking your counselor some of these questions.

- Do you have any information about careers that would match my skills and talents?
- What classes will I have to take in high school in order to graduate and be ready for college?
- How can I be sure I stay on track so I don't miss any required courses?
- What will I need to do to make it into the Honor Society in high school, and how will that help me?
- Are there any committees, groups or other activities I can volunteer for that would help me prepare for college?
- Are there scholarship websites or resources I can start to explore now?
- How do I apply for the Oklahoma's Promise scholarship?
- Do you know of any after-school or evening college planning or FAFSA events that I can attend with my parents?
- Where have other kids from this school gone to college?

Write your other questions here: _____

Outreach Websites



**startwith
fafsa.org**

**Ready Set
Repay.org**



**OK
COLLEGE
START.ORG**
CLICK · COMPARE · CHOOSE

OKMM™
OKLAHOMA MONEY MATTERS

Contact Us

Oklahoma State Regents for Higher Education
Oklahoma College Assistance Program
Outreach Department



405.234.4239
866.443.7420 (toll free)
UCanGo2@ocap.org

This presentation is for educational purposes only, and is not intended to be construed as financial, investment, legal and/or tax advice.

