High School Programs

Overview

ACE's high school programs are designed to help students rediscover the love of learning, understand the connection between education and the life they envision for themselves – and how to bridge the two. High school is also where choices can have long-term implications both academically and personally. Our high school programs provide with students a process to evaluate their options in order to make smart choices, and to assess the consequences of their choices before they make them. Students also learn how to leverage their high school experience in preparation for college and beyond.

High School and Beyond: 9th and 10th Grades *(incoming freshman and sophomores)*

High School and Beyond is a two-day program designed to help freshman discover their interests, abilities, talents, and values. Specifically, students explore their idea of a successful life and discuss the internal factors that can motivate them to achieve it. They will examine their high school education plans and learn how to align them with their future goals. They will explore different areas of personal character and how to take personal responsibility. Students will also practice important cognitive skills, including reading, note-taking, critical thinking, and writing skills. Key topics covered during the program include:

- **Envisioning a Successful Life**
  - Your Definition of Success
  - Awareness of Self: Interests, Abilities & Talents, and Values

- **Smart Choices**
  - Goal Setting: Locus of Control, Self-Efficacy, and Academic Self-Efficacy
  - Collage Project: Your Vision of a Successful Life
  - The Three D’s of Motivation
  - Converting Setbacks into Comebacks

- **Your High School Education Plan**
  - A Look Towards College
  - High School Course Selection

- **Personal Character**
  - Bullying and Cyberbullying
  - Social Media and Phone Etiquette

- **Essential Cognitive Skills**
  - Reading and Note-Taking
  - Critical Thinking
  - Writing

- **Collage Presentations**
The Power of Choice: 11th and 12th Grades (Incoming Juniors and Seniors)

The power of Choice is a one-day program designed to help high school juniors and seniors transition their mindset from high school to college. Students examine educational research data and discuss the findings. They learn how to leverage their last two years of high school in preparation for college – in particular, how to manage their GPA’s, how to identify and address some of the challenges and distractions that derail or delay students from getting into college, and review the fundamentals of college writing. Key topics covered during the program include:

- **Educational Research and Data**
  - A Polling Exercise: Facts or Fiction about College
  - High School vs. College
  - Enrollment vs. Graduation Data
  - Why College?
  - Goal Setting
  - Review a Case

- **Improving Your Chances of Getting into College**
  - Social Media
  - Personal Branding

- **Managing Challenges and Distractions**
  - Time Management
  - Sexy Bully Video and Facilitated Discussion
  - Choosing and Using Support Networks

- **Effective Writing and Journaling**
  - The Fundamentals of College Writing
  - Tackling the College Essay

- **Preparing for College Tours**