



THE PREPARED CURRICULUM: FOR POST-SECONDARY AND CAREER READINESS

Seventh Grade Curriculum

Course Overview

In students' middle school and junior high years, they make significant life-changing decisions that will affect them the rest of their lives. The type of classes they take and the grades they earn, the activities they participate in and the friends they choose, all will have a serious impact on their future experience in high school. All these experiences will shape a child's aspiration to go to college and eventually the type of job that they will hold and the life they can enjoy.

By planning for college and careers now, students will be more likely to make better choices during high school, thus giving them more career opportunities in the future. The information in the 7th-grade program can be helpful as a general guideline to help inspire and motivate students so that they can realize their full potential.

September

Week 1

- Program walkthrough
- Attending new 7th grade school year orientation
- Career assessment
- Introduction: 7th grade curriculum
- The importance of good attendance

Week 2

- When to report your peers
- The importance of good behavior
- Success tips from a middle school principal
- Making new friends in 7th grade
- 7th grade social changes: what to expect



Week 3

- Middle school discipline and college admissions
- Starting school: the right start
- Homework: why it matters
- 6 school rules for safety
- 7th grade homework contract

Week 4

- What is a 529 plan?
- Tax advantage 529 plans
- The benefits 529 plans

October

Week 1

- How to take class notes
- What's a transcript?
- What's a GPA (grade point average)?
- What is class rank?
- Setting ground rules for middle school success

Week 2

- What's your learning style
- Public speaking part I and II
- Balancing relationships
- Embracing diversity
- Getting organized for 7th grade success

Week 3

- Important notetaking tips
- Social media and college admissions
- Test-taking strategies



- Paying attention in class
- Academics inside and outside of the classroom

Week 4

- Developing a winning attitude
- Choosing after-school activities
- High school classes that will prepare you for college
- Building your 7th grade support team

November

Week 1

- Developing leaderships skills
- 7th grade college planning timeline
- 7th Grade homework contract
- Middle school graduation plan

Week 2

- Ten things to share with your teacher
- Test-taking tips
- The night before a test
- Critical thinking part I and II
- Working with peers in class

Week 3

- The role of the school counselor
- Academic progress review
- Respect for property and belongings
- Honors and AP classes: do they matter?
- How to ask an adult for help

Week 4



- How to build strong writing skills
- How to build strong math skills
- 10 tips to get better grades
- Benefits of extracurricular activities
- My study corner

December

Week 1

- Conflict resolutions for middle school students
- Middle school success and college planning
- Managing 7th grade stress
- Participating in class
- Road to success

January

Week 2

- How to be successful in 7th grade
- Exploring a different language
- Honors and AP class benefits
- Building positive relationships with peers/teachers
- Completing homework assignments

Week 3

- Important time management tips
- 7th grade milestones
- Getting involved with extracurricular activities
- School and the internet: what should you know?
- Studying for test or quizzes

Week 4

- Successful students will...
- Your daily assignment booklet



- Being prepared for class
- Turning in homework assignments
- What is community service?

February

Week 1

- Appropriate behavior inside and outside of the classroom
- Positive attitude and effort
- What is appropriate behavior?
- Smart goal setting
- What is college standardized testing?

Week 2

- What is plagiarism?
- Honesty in academics
- How to deal with peer pressure
- Being safe on the Internet
- Middle school success and college planning

Week 3

- What are career interests inventory?
- Stories of self
- Accepting others
- Circles of strength: what do you stand for?
- You can afford a college education

Week 4

- What is a college?
- What is a university?
- What are college majors?
- What are college minors?

March

Week 1

- Do extracurricular activities influence students going to college?
- Involved families influence college attendance
- Peer groups influence college attendance
- A critical component for attending college
- When to begin: the earlier the better

Week 2

- What are college summer enrichment programs?
- The key to college enrollment
- What is academic preparation?
- Where do I want to be in five years?
- Where do I want to be in 20 years?

Week 3

- Achieving your career
- Preparing for career exploration
- Attending a career fair
- Career terminology
- Future career choices: conducting a job search

Week 4

- What is nonverbal communication?
- Dealing with difficult classmates
- Handling a difficult situation
- What is ethics?
- How to express yourself in an appropriate manner



April

Week 1

- Mapping your future
- Career cluster research
- Determining career clusters of interest
- Putting in more effort
- Accepting consequences for your actions

Week 2

- Analyzing my weaknesses
- Strengthening your weaknesses
- Personal and professional email addresses
- Getting to know myself
- Self-assessment of skills and abilities

Week 3

- Skills and career matching
- Tomorrow's job
- Occupations with the fastest job growth
- Building your first budget
- Understanding employment benefits

Week 4

- Preparing for final exams
- Final exams strategies
- Getting the grade, you want
- Saying goodbye to your 7th grade school staff
- Transition into 8th grade



7th Grade Student Worksheet Samples

- Homework Made Easy
- Daily Assignment Sheet
- Homework Personality Quiz
- Test Taking Worksheet
- From Start to Finish
- Creating your Portfolio
- Middle School Course Schedule
- Developing Smart Goals
- Long- and Short-Term Goals
- Weekly Assignment Sheet
- Divide and Conquer
- History of Study Skills
- Financial Aid Worksheet
- Career Exploration Worksheet
- Imagine It, Think It, Do It
- Ten Years Later
- My Interest Worksheet
- College Knowledge Survey
- What Classes Will You Take to Get to College?
- Extracurricular Activities Questionnaire
- Persona Daily Time Chart
- Financial Aid True/False Quiz
- Student Achievement Worksheet



7th -Grade Parent Curriculum Course Overview

September

Week 1

- Transition your child into 7th grade
- The importance of attending new student orientation
- 7th grade curriculum
- What will my 7th grader learn?
- 7th grade homework contract
- Don't wait to ask for help

Week 2

- Resolving student and teacher conflict
- The importance of good attendance
- Understanding and supporting school discipline
- The importance of being involved with school
- 7th grade exams

Week 3

- What is your child's learning style?
- Understanding grades and grading
- Standard-based grading: what parents need to know
- Dealing with disappointing grades
- Actions have consequences
- Making your child's school your partner

Week 4

- The importance of parent-teacher conferences
- Teacher conference questions
- Parent-teacher conference: 8 steps to take after you meet
- Talking with teachers about your 7th grade student's progress
- 7 things to tell your child's teacher



October

Week 1

- What is the role of the middle school counselor?
- Time for career exploration
- 7th grade social changes: what to expect?
- A typical seventh grader

Week 2

- Homework: why it matters?
- Uncommon homework advice
- Homework without the fuss
- Less homework stress
- Homework: how much should you help?
- Homework 911

Week 3

- Help your child build writing skills
- Help your child build math skills
- Help your child build science skills
- 7th grade milestones and obstacles
- Does my student need a tutor?

Week 4

- School week at a glance
- Understanding your child's report card
- Does saving for college stress you out?
- Enrolling in 529 plans



November

Week 1

- Eating, sleeping and learning
- Bullying: how to handle the growing problem
- Keeping your child safe on the Internet

Week 2

- Are you a helicopter parent?
- Helping your 7th grader get better grades
- Understanding local and state graduation requirements

Week 3

- Do you know what your seventh grader should know?
- Top 10 ways to improve reading skills
- Helping your child research careers

Week 4

- Types of post-secondary schools
- Writing to college admissions reps
- Transiting into 8th grade