

# Hammonton High School Guidance Office

## Freshman Guidelines

1. Build strong academic, language, mathematics and critical thinking skills by taking challenging courses.
2. Study hard and get excellent grades. Seek extra help from teachers and attend the Peer Tutoring Program.
3. Strengthen your vocabulary by increasing your reading.
4. Become involved in extra-curricular activities.
5. Keep an academic portfolio and a list of extra-curricular involvement including work and activities outside of school.
6. Take career interest surveys online by following the steps below to research or confirm your career interests. [www.njcan.org](http://www.njcan.org) <https://collegeboard.roadtriplnation.com/>

**Step 1** - Go to [www.njcan.org](http://www.njcan.org)

**Step 2** - Click on the *NJ Resident* tab (Lower Right Side)

**Step 3** – Scroll to *Hammonton* and insert zip code *08037*. Click *Sign-In*

**Step 4** – Click on *Assessments* tab at top/then click on *Career Cluster Inventory* (Lower Right)

**Step 5** – Read Instructions - Click on *Rate the Activities* Tab (Black Tab, Bottom Right)

**Step 6** – Rate Each Activity - Complete all 80 activities, click *Results* tab (Red tab, Bottom Right)

**Step 7** – Once completed an interest list will appear and students/parents should click each title to reveal median income in New Jersey, education requirements, etc. Areas of interest are arranged from most aligned (top) to least aligned (bottom).

7. Informally survey people you know by inquiring about their vocation. You can ask questions such as “What does a day at your job look like?”  
“What do you enjoy most about your work?” “How did you prepare for your career?”
8. Meet your high school guidance counselor and discuss your plans for the next four years.
9. Visit some colleges online to get an idea of what kinds of schools may be of interest to you.  
A good place to start is [www.collegeboard.com](http://www.collegeboard.com)
10. Check out what high school courses colleges require.
11. Be familiar with the NCAA (National Collegiate Athletic Association) requirements if you want to play sports in college: [www.ncaaeligibilitycenter.org](http://www.ncaaeligibilitycenter.org)
12. Begin saving money for college.