
CAT Track Conference



2023-2024

Career Planner Road Map

Career Exploration at Eastmont

We use <https://www.careerplanner.com> to assist students in career exploration and to develop the High School and Beyond Plan (HSBP). Completion of this plan is a requirement to earn an EHS diploma. Students have access to this tool throughout the entire academic year for personal use.

Career Planning Websites

- <https://www.yourfreecareertest.com/career-tests>
- <https://www.123test.com/career-test>
- <https://monster.com/career-advice/article/best-free-career-assessment-tools>
- <https://www.truity.com/test/type-finder-careers>
- <http://www.humanmetrics.com/career-development>

Washington Career Bridge

This Washington state based website provides information to explore careers, view job trends, and salaries for career jobs after high school.

- Careerbridge.wa.gov

U.S. Bureau of Labor Statistics

This national website allows access to the Occupational Outlook Handbook which is a comprehensive assessment of national data tracking job options, growth prediction, and salary data for hundreds of job sectors.

- bls.gov/ooh/
- careeronestop.org

The Career Planning Process

5. MANAGE YOUR CAREER

- [Networking](#)
- [Lifelong Learning](#)
- [Professional Associations](#)
- [Work-Life Balance](#)

4. FIND A JOB

- [Create Job Search Goals & Timeline](#)
- [Research Employers](#)
- [Apply for Jobs \(Resumes, Cover Letters, Applications & References\)](#)
- [Interviewing](#)
- [Salary Negotiation](#)
- [Find Resources & Assistance](#)

3. GAIN SKILLS

- [Get Credentials](#)
- [Short-Term Training](#)
- [Explore Programs at Colleges](#)
- [Internships & Volunteer Work](#)
- [Apprenticeship](#)
- [Temporary Employment](#)

2. EXPLORE CAREER OPTIONS

- [Industry Research](#)
- [Occupational Research](#)
- [Educational Research](#)
- [mySkills myFuture](#)

1. ASSESS YOURSELF

- [Personal Assessment](#)
- [My Next Move](#)
- [Career & Education Goals](#)

For additional career resources and tools, visit [CareerOneStop.org](https://www.careeronestop.org).

Timeline of High School Success

Check the Eastmont High School Calendar for events and specific dates.

<https://www.eastmont206.org/ehs/calendar/>

SOPHOMORE YEAR

Fall

- Use High School & Beyond Planning to explore careers.
- Check out websites of schools/ programs you are interested in.
- Attend Parent-Teacher Conferences.

Winter

- Make a college list and visit with College Reps.
- Schedule a CAT Track Conference.
- Attend Parent-Teacher Conferences.
- Register for courses or programs that align with your future career goals.

Spring

- Pass the SBAC test.
 - Develop a resume to record your accomplishments, activities, & work experience.
 - Review your Graduation Pathway status.
 - Consider attending summer school if you failed classes.
 - Get a summer job/internship.
-

JUNIOR YEAR

Fall

- Use High School & Beyond Planning to chart your future.
- Attend Parent-Teacher Conferences.
- Visit with College Reps.
- CAT Track Conferences Available
- Consider if it is necessary for you to take the ACT, SAT, or ASVAB test.

Winter

- Research scholarships.
- Contact colleges that interest you.
- Attend Parent-Teacher Conferences.

Spring

- Visit the colleges you're interested in.
 - Meet with your school counselor if you are struggling academically to get back on track to graduate.
 - Consider attending summer school if you failed classes.
 - Complete your Graduation Pathway requirements.
-

SENIOR YEAR

Fall

- Apply for the colleges you are interested in.
- Consider if it is necessary for you to take the ACT, SAT, or ASVAB test.
- Start on your FAFSA or WASFA.
- Attend Parent-Teacher Conferences.
- Schedule a CAT Track Conference.

Winter

- Get letters of recommendation.
- Apply for scholarships.
- Attend Parent-Teacher Conferences.

Spring

- Follow up on your college documents.

Options After High School

Workforce

For a job seeker to gain employment experience or fund a gap year.

- Worksource - East Wenatchee
- Skillsource - Wenatchee
- [American Welding Society](#)
- [Free CNC Training Courses: Titans of CNC](#)

Apprenticeships

Offers hands-on learning with a combination of instruction and on-the-job training. It's an "earn while you learn" program.

- Local IBEW Electrical: 27 N. Chelan, Wenatchee PH: 663-1163
 - [IBEW Local 191](#) Apprenticeship
- WA State Department of Labor & Industries:
 - [Find an Apprentice or Apprenticeship Program](#)

Career/Technical School

For those who want specialized training to move directly into the workforce.

- Local options are:
 - Zara's Beauty Academy (Cosmetologist)
zaraacademy208.com
 - Central Academy of Dental Assisting (Dental Assistant)
cwsda.com
 - Columbia River Institute of Massage (Massage Therapist)
crimassage.com
 - Charter College (Medical Assistant)
chartercollege.edu
 - Nail Spa Academy
nailspaacademy.com
 - NWEJATC Wenatchee Area Technical Training Site
NWEJATC.org
 - Perry Technical School
perrytech.edu

Community College/Professional & Technical Programs

Associate's Degree is a two year process to earn the required 90 credits for those seeking a transfer degree to a University.

Professional & Technical programs are for those who want training in a specialized field. There are short-term and long-term programs available.

- sbctc.edu/becoming-a-student

Military or Military Academy

There are four branches of the military that student can go into:

- Air Force airforce.com
- Army goarmy.com
- Marines marines.com
- Navy navy.com

Take the Armed Services Vocational Aptitude Battery (ASVAB) at todaysmilitary.com.

Go to a Military Academy. Consider a military career and pursue a Bachelor's degree through the:

- Air Force Academy usafa.af.mil
- Coast Guard Academy uscga.edu
- Merchant Marine Academy usmma.edu
- Naval Academy usna.edu
- West Point westpoint.edu

University

A Bachelor's Degree is for those seeking a long-term study undergraduate degree. Admission is based on GPA and rigor of high school classes. The SAT/ACT test is now optional for many universities; however, you are encouraged to check each individual website.



If a student is planning to attend an out-of-state university, check out the Western Undergraduate Exchange.

<https://www.wiche.edu/tuition-savings/wue/>.

What Is The Best Fit For YOU?

SCHOOL/PROGRAM or CAMPUS	FINANCES	INDIVIDUAL READINESS	EXTRAS
Admission Selectivity	Affordability	Personal Advocacy Skills	Student Diversity
Location	Financial Aid Options	Ability to make School the Focus	Distance from Home
Programs/Majors Available	Scholarships	Established Solid Study Habits	Safety Statistics
School/Class Size	Cost of Living	Ease around New Surroundings/People	Urban vs. Rural Setting
Reputation	Employment Opportunities	Ability to Persevere through Challenges	Spirituality
Housing/Meal Options	Money Management Skills	Time Management Skills	Weather
Available Activities	Transportation Costs	Self Monitoring of Health	Study Abroad Possibilities
NCAA sport level	Wants vs. Needs	Managing Emotions	Available Internships

Community Colleges in Washington State



- | | | |
|-----------------------------------|--|--|
| 1 - Bates Technical College | 13 - Green River College | 25 - Skagit Valley College |
| 2 - Bellevue College | 14 - Highline College | 26 - South Puget Sound Community College |
| 3 - Bellingham Technical College | 15 - Lake Washington Institute of Technology | 27 - South Seattle College |
| 4 - Big Bend Community College | 16 - Lower Columbia College | 28 - Spokane Community College |
| 5 - Cascadia College | 17 - North Seattle College | 29 - Spokane Falls Community College |
| 6 - Centralia College | 18 - Olympic College | 30 - Tacoma Community College |
| 7 - Clark College | 19 - Peninsula College | 31 - Walla Walla Community College |
| 8 - Clover Park Technical College | 20 - Pierce College Fort Steilacoom | 32 - Wenatchee Valley College |
| 9 - Columbia Basin College | 21 - Pierce College Puyallup | 33 - Whatcom Community College |
| 10 - Edmonds Community College | 22 - Renton Technical College | 34 - Yakima Valley College |
| 11 - Everett Community College | 23 - Seattle Central College | |
| 12 - Grays Harbor College | 24 - Shoreline Community College | |

Four-Year Colleges and Universities in Washington State

Independent Four-year Colleges and Universities



Public Four-year Colleges and Universities



Admission Fees and Deadlines to PUBLIC Baccalaureates for Freshman applicants for the Fall 2024 term

College/University Admissions Contact	Application Deadline	Application Fee	SAT Code	ACT Code	FAFSA Priority, School Code
Central Washington University Ellensburg WA cwu.edu/admissions/first-year-students cwu.edu/admissions/admissions-directory 509.963.1211	March 1, Priority Application Date	\$60	4044	4044	March 1 Code: 003771
Eastern Washington University Cheney, WA www.ewu.edu/apply www.ewu.edu/contact Phone: 509.359.2397	Priority Deadline: February 1 Final Deadline: September 1	\$60	4301	4454	February 1 Code: 003775
The Evergreen State College Olympia, WA evergreen.edu/admissions 360.867.6170	December 1	\$50	4292	4457	February 1 Code: 008155
University of Washington Seattle, WA https://admit.washington.edu/ 206.543.9686	November 15	\$80 (\$90 for International)	Not Required	Not Required	See: https://www.washington.edu/financialaid/applying-for-aid/key-dates/ Code: 003798
University of Washington Bothell Bothell, WA www.uwb.edu/admissions 425.352.5000 uwbinfo@uw.edu	Early Action: Nov 15 Regular Decision: Jan 15	\$60 (\$75 for International)	4467	4497	January 15 Code: 003798
University of Washington Tacoma Tacoma, WA tacoma.uw.edu/apply 253.692.4742	Early Action: Nov 15 Regular Decision: Jan 15	\$60 (\$75 for International)	4445	4493	January 15 Code: 003798
Washington State University Pullman, WA admissions.wsu.edu admissions@wsu.edu 888.468.6978	March 31 (priority date)	\$70	Not Required	Not Required	March 31 Code: 003800
Washington State U. Tri-Cities Richland, Washington tricities.wsu.edu/admissions/ tricities.admissions@wsu.edu 509.372.7250	March 31 (priority date)	\$70	Not Required	Not Required	March 31 Code: 003800
Washington State U. Vancouver Vancouver, WA van.admissions@wsu.edu Vancouver.wsu.edu/apply 360.546.9779	January 31 (priority date)	\$70	Not Required	Not Required	March 31 Code: 003800
Western Washington University Bellingham, WA admissions.wvu.edu admissions.wvu.edu/apply (360) 650-3440	Early Action: November 1 Regular: January 31	\$70	4947	4490	January 31 Code: 003802

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Admission Fees and Deadlines to PRIVATE Baccalaureates for Freshman applicants for the Fall 2024 term

College/University Admissions Contact	Application Deadline	Application Fee	SAT Code	ACT Code	FAFSA Priority, School Code
Bastyr University Kirkland, WA admissions@bastyr.edu bastyr.edu 425.602.3332	November 1 February 1	\$60 (UG)	N/A	N/A	March 15 Code: 016059
City University of Seattle Seattle, WA Tanishia Norman normantanishia@cityu.edu	Rolling Admissions Four start dates per year (January, April, July, and October)	\$0 Application fee waiver: N/A	Not Required	Not Required	
Cornish College of the Arts Seattle, WA cornish.edu 800.726.ARTS	Dec 1 Early Action Feb 15 Priority Deadline After Feb 15 Rolling	\$60	0058	4501	February 15 Code: 012315
Gonzaga University Spokane, WA gonzaga.edu 509.313.6572	December 1	\$50	4330	4458	Priority Deadline: December 1 Code: 003778
Heritage University Toppenish, WA heritage.edu/admissions heritage.edu/apply 509.865.8508	None (Rolling)	FREE	4344	4462	Rolling Deadline Code: 003777
Northwest University Kirkland, WA northwestu.edu 866.327.0264	November 15	\$30	4541	4466	February 15 (Priority) Code: 003783
Pacific Lutheran University Tacoma, WA www.plu.edu 253.535.7151 admission@plu.edu	4 Priority Dates - Oct. 15, Nov. 15, Dec. 15, Jan. 15 After Jan. 15 Rolling	FREE	4597	4470	February 1 Code: 003785
Saint Martin's University Lacey, WA stmartin.edu 360-688-2113	Priority deadlines: Oct 15, Nov 1, Dec 1, Feb 1, Mar 1, Apr 1	FREE	4674	4474	January 1 (priority deadline) Code:003794
Seattle University Seattle, WA seattleu.edu/admissions Seattleu.edu/undergraduate-admissions/contact/ 206.220.8040	Early Action: Nov 15 Regular: Jan 15	\$60	4695	4478	February 1 Code: 003790
Seattle Pacific University Seattle, WA spu.edu 206.281.2021	Early Action: Nov. 1 Regular: Jan. 15	\$50 (Contact admissions for waiver options)	4694	4476	See: website Code: 003788
University of Puget Sound Tacoma, WA pugetsound.edu 253.879.3211	Early Action/Decision: Nov 1; Regular: Jan 15	\$65	4067	4450	January 15 Code: 003797
Walla Walla University College Place, WA wallawalla.edu 800.541.8900	Rolling, Early Bird Deadline: April 30	\$0	4940	4486	Rolling, Priority deadline: April 30 Code: 003799
Whitman College Walla Walla, WA whitman.edu 509.527.5176	Nov 15 for ED I Jan 10 for ED II Jan 15 for Regular	\$50 (waived for Regular if submitted by December 1)	4951	4492	See: website Code: 003803
Whitworth University Spokane, WA whitworth.edu 509.777.4786	Nov 15 (Early Action I) Jan 15 (Early Action II) March 1 (Regular)	\$0	4953	4494	See: whitworth.edu/undergraduate-aid Code: 003804

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SAT and ACT TESTING

EHS contact: Ms. Venegas
venegast@eastmont206.org
509-888-4753

EHS Testing Options

<https://www.eastmont206.org/ehs/ehs-testing>

Test	Test Date	Registration Deadline
PSAT/NMSQT (Grades 10 & 11)	Not Available	
SAT (Grade 11 & 12)	March 20	March 1
SAT (Grade 12 only)	October 26	Limited Seating
ASVAB	October 11 & March 13	Limited Seating

SAT

collegeboard.org

Cost \$55

Test Dates	Registration Deadline	Late Registration Deadline
November 4	October 5	October 24
December 2	November 2	November 21
March 9	February 23	February 27
May 4	April 19	April 23

ACT

actstudent.org

Cost \$60

w/writing \$85

Test Dates	Registration Deadline	Late Registration Deadline
December 9	November 3	November 17
February 10	January 5	January 19
April 13	March 8	March 22

***Check the SAT/ACT websites for additional testing dates.

WASHINGTON STATE COMMUNITY AND UNIVERSITY COSTS

SCHOOL	TUITION	ROOM & BOARD	BOOKS	TOTAL (per year)	FRESHMEN ADMISSION**
Wenatchee Valley College	\$4,623	Varies	\$702	\$5,325	No GPA or SAT/ACT score requirement

Central Washington University	\$8,845	\$13,645	\$900	\$23,390	GPA: 3.0 SAT: Not Required ACT: Not Required
Eastern Washington University	\$8,139	\$13,740	\$800	\$22,679	GPA: 3.30 SAT: Optional ACT: Optional
Evergreen State College	\$8,496	\$13,149	\$900	\$22,545	GPA: 2.65 - 3.49 SAT: Not Required ACT: Not required
Western Washington University	\$9,267	\$18,822	\$1,086	\$21,175	GPA: 3.46 - 3.84 SAT: Optional ACT: Optional
WSU Pullman	\$12,701	\$12,396	\$960	\$26,057	GPA: 3.33 - 3.85 SAT: Not Required ACT: Not required
UW Seattle	\$12,242	\$16,068	\$900	\$29,210	GPA: 3.75 SAT: Not Required ACT: Not Required

***College pricing and information came from The Washington Council: [2023-24 Higher Education Handbook](#)

Compare your top 3 college choices at [College Navigator](#)

	College #1	College #2	College #3
Location			
Type			
Campus Life			
Admissions			
Cost & Aid			

Financial Aid

LEVEL 1- FAFSA: Free Application for Federal Student Aid

STEP 1

Create an FSA Id#; it's your electronic signature. Student & parent each need one. To create an FSA ID, go to <https://studentaid.gov/fsa-id/sign-in/landing>.

STEP 2

Gather required documents (Tax returns and W2 forms) for both student & parent.

STEP 3

Go to www.fafsa.gov to complete the FAFSA every year.
Application coming December.

For FAFSA questions or help:

Call the Federal Student Aid Information Center at 1-800-433-3243

For video help, visit:

[How To Fill Out The FAFSA](#)

LEVEL 2- Scholarships

Never pay for a scholarship search, it's likely a scam if you are asked to do so. The following online resources are well-established as leaders in the scholarship industry.

Tips for scholarship success:

1. Commit time
2. Research
3. Plan ahead with getting documents needed.
4. Set an application completion goal; submit one a week/month.
5. Stay organized.

National Databases of Scholarships

Anthonyoneal	Fastweb	Scholarships.com
Big Future	Going Merry	Scholly
Cappex	Niche Scholarships	Student Scholarship Search
Chegg	Scholarship Junkies	Unigo
College Xpress	Scholarship Monkey	Weird Scholarships

State

Washboard.org	Washington Award for Vocational Excellence (WAVE)
College Success Foundation	Washington State Fair Foundation
College Scholarships -Washington	Website of the school/program

Local

EHS Counseling: Scholarship Resources	WA Apple Education Foundation
Parents'/Student's Employer	Community Foundation of NCW
Church/Club organization	Website of the school/program

LEVEL 3- Employment

If a job is in your future, consider one that may transfer wherever you move.

Scholarship Tracking Sheet

	Scholarship	Due	Sent	Letter of Rec	Transcript	Essay	Other Info
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							
13							
14							
15							
16							
17							
18							
19							
20							

USERNAME AND PASSWORD LOG

Website:
Username:
Password:

Website:
Username:
Password:

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Username:
Password:



CLUBS

Art
ASB
ASL Society
Book Club
Chess Club
Debate Team
Drama Club
Environmental Club
FBLA
FCA
FCCLA
FFA
Girls Who Code
Honor Society
Key Club
Link Crew
MECHa
QSA
Robotics
Scratching Post
Skills USA - Metal/Wood
SMASH Club
Sports Medicine

SPORTS

Fall
Cheer
Cross Country (Boys & Girls)
Diving (Boys & Girls)
Football
Soccer (Girls)
Slow Pitch Softball
Swimming (Boys & Girls)
Volleyball

Winter
Basketball (Boys & Girls)
Bowling (Girls)
Cheer
Wrestling (Boys & Girls)

Spring
Baseball
Golf (Boys & Girls)
Fastpitch Softball
Soccer (Boys)
Softball
Tennis (Boys & Girls)
Track & Field (Boys & Girls)

COMMUNITY CLUB SPORTS

Dance
Gymnastics
Hockey
Ice Skating
LaCrosse
Rugby

Activity List/Brag Sheet/Request for Letter of Recommendation

Name: _____

Grade: 12th

My ambitions, plans, and goals are:

In one paragraph share, what your ambitions, plans and goals are after you graduate from high school! Describe the major you are interested in studying once you get to college and why you are interested in pursuing that major/career?

My academic and personal strengths are:

School and community awards received:

<u>Grade</u>	<u>Award</u>	<u>Description</u>

Extracurricular Activities: (Sports, Drama, Music, etc.)

<u>Grade(s)</u>	<u>Activity</u>	<u>Description / Role</u>

Community Service / Organizations (Church group scouts, etc.)

<u>Grade(s)</u>	<u>Activity</u>	<u>Description/Role</u>

Work Experience:

<u>Employer</u>	<u>Dates</u>	<u>Hrs/Wk</u>	<u>Description</u>

Courses / subjects that I have *enjoyed*:

<u>Course / Subject</u>	<u>Why I liked it</u>

Other Interests:

My Current GPA:

What am I looking for in my ideal college, university or other option?

Is financial aid a factor? YES NO

A little bit about my home / family life:

Share anything that you believe is relevant for your recommender to know that would help you receive a scholarship; get into a certain program etc...

CAT TRACK SUMMARY INFORMATION

Counseling Office Contact Information

Eastmont High School
955 3rd Street NE
East Wenatchee, WA 98802

Counseling Office: 884-8734
Counseling Fax: 888-1297
EHS School Code: 480332

Registrar

Julihanna Cortes
cortesy@eastmont206.org

Secretary

Claudia Campos
camposc@eastmont206.org

School Counselors

A-E	Donna Zukowski	zukowskid@eastmont206.org
F-L	Victoria Hiatt	hiattv@eastmont206.org
M-Ri	Paula Ortiz	ortizp@eastmont206.org
Ro-Z	Scott Eaton	eatons@eastmont206.org

Student Follow-up

- _____
- _____
- _____

Parent Follow-up

- _____
- _____
- _____

