



Middle School Activity Book



INSTRUCTOR'S GUIDE

Online Edition



PHEAA Middle School Activity # 1

WORD DECRYPT – A Message about Homework

Decrypt the puzzle below for an important message about homework.
(Hint: 1 = A, 2 = B, 3 = C, etc.)

$\overline{8}$ $\overline{15}$ $\overline{13}$ $\overline{5}$ $\overline{23}$ $\overline{15}$ $\overline{18}$ $\overline{11}$ $\overline{9}$ $\overline{19}$ $\overline{16}$ $\overline{18}$ $\overline{1}$ $\overline{3}$ $\overline{20}$ $\overline{9}$ $\overline{3}$ $\overline{5}$.

$\overline{25}$ $\overline{15}$ $\overline{21}$ $\overline{19}$ $\overline{8}$ $\overline{15}$ $\overline{21}$ $\overline{12}$ $\overline{4}$ $\overline{16}$ $\overline{18}$ $\overline{1}$ $\overline{3}$ $\overline{20}$ $\overline{9}$ $\overline{3}$ $\overline{5}$ $\overline{1}$ $\overline{20}$

$\overline{12}$ $\overline{5}$ $\overline{1}$ $\overline{19}$ $\overline{20}$ $\overline{20}$ $\overline{8}$ $\overline{9}$ $\overline{18}$ $\overline{20}$ $\overline{25}$ $\overline{13}$ $\overline{9}$ $\overline{14}$ $\overline{21}$ $\overline{20}$ $\overline{5}$ $\overline{19}$

$\overline{5}$ $\overline{1}$ $\overline{3}$ $\overline{8}$ $\overline{4}$ $\overline{1}$ $\overline{25}$.

Think of homework as practice, not work. You know that you don't get better at things like sports or music or cheerleading unless you practice.

Well, the same goes for school. You won't get better unless you practice, and homework is just practice. So practice well and practice often, and you'll do better in school.

PHEAA Middle School Activity #3

BECOMING A GOOD STUDENT

Unscramble these ten words that have to do with school and becoming a good student (the first letter of each word has been given to you).

- | | |
|----------------|---------------------------|
| Depicnilis | D _ _ _ _ _ _ _ _ _ _ |
| Adtttue | A _ _ _ _ _ _ _ _ |
| Ntookobe | N _ _ _ _ _ _ _ _ |
| Ttses | T _ _ _ _ |
| Inerpintrutois | I _ _ _ _ _ _ _ _ _ _ _ _ |
| Udnatsredn | U _ _ _ _ _ _ _ _ _ _ |
| Fadahcrsls | F _ _ _ _ _ _ _ _ _ _ |
| Ozedangri | O _ _ _ _ _ _ _ _ _ |
| Oneiltu | O _ _ _ _ _ _ _ |
| Netso | N _ _ _ _ |

Now, write down the first letter of each word:

_____.

Then, unscramble these letters to form the keyword:

(Clue – A solid one in 6th grade will help you do well in 7th grade.)

PHEAA Middle School Activity #4

WORD SEARCH – Becoming a Good Student

Hidden below are 32 words that have to do with becoming a good student. See if you can find them all.

A N U F A A Z B S W E I V E R C
L E I R V N Q W W O R K Z D L X
B E H A V E C M O Y E J F I G F
T P A O R H N S E B S X F G U T
I S B R J B A C T Y T I L A U Q
D U I O N M C H I J K E A K F I
L I T L O M U O R B D I S W O H
E O S N B K R O W E M O H U L T
V L E C Z D S L Y S K X C V D E
E T T E O I L W D D G R A D E S
I Q O P K V O N C V U P R L R T
H S N R R X E Q Q P K T D A E R
C N E T S I L R T G N U S G V R
A A X S R F H S L L I K S D W F
N L Y F M E L U D E H C S H Y A
R P R A C T I C E B T Z Y A Z E

Achieve

Ask

Behave

Books

Brain

Discover

Flashcards

Folder

Friends

Fun

Grades

Habits

Homework

Learn

Listen

Notes

Plan

Practice

Quality

Quiz

Read

Relax

Rest

Review

Schedule

School

Skills

Study

Test

Think

Work

Write

PHEAA Middle School Activity #5

GOAL SETTING

Setting goals is a good way to keep track of things you need to accomplish. There are two types of goals. Short-term goals are things that you want to happen soon, like learning new soccer skills or passing next week's math test. Long-term goals are things you want to happen over a period of years, like going to college or being a professional singer.

It's important that you set both short-term AND long-term goals. But it's also important that you take steps toward reaching your goals. Things won't happen just because you WANT them to – you have to work hard and stay focused if you want to achieve your goals.

List a few of your short-term and long-term goals, and explain what steps you are going to take to reach these goals.

SHORT-TERM GOALS:

1. _____

2. _____

LONG-TERM GOALS:

1. _____

2. _____

PHEAA Middle School Activity #6

MAKE A WORD – Homework is Practice

You may get tired of doing homework, but it really is important. You should think of homework as practice, not work. By doing your homework every night, you are really practicing in different subjects, and you need to practice in order to get good at things.

Here is a chance to turn “homework” into an activity that’s a little more fun.

Using the letters in the phrase “H O M E W O R K I S P R A C T I C E”, see how many words you can make. You have 40 spaces – can you fill them all? If you run out of spaces, add some more at the bottom of the page!

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Remember, to get good at anything (including school), you have to practice, and **HOMework IS PRACTICE!**

PHEAA Middle School Activity #7

HOW MUCH ARE YOU STUDYING??

It is important that you get in the habit of studying EVERY DAY, even on days when you don't have any homework. Even if you just spend thirty minutes each day reviewing notes or new material, this will help you remember things you'll need to know later.

For each day this week, write down how much time you spend studying, what you were doing (homework, studying for a quiz, working on a paper, etc.) and what subject or subjects you focused on.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Are you studying at least thirty minutes each day??

PHEAA Middle School Activity #8

WORD DECRYPT – Learning and Earning

Decrypt this phrase to see why doing well in school is so important.
(Hint: 1=A, 2=B, 3=C)

20 8 5 13 15 18 5 25 15 21 12 5 1 18 14'
20 8 5 13 15 18 5 25 15 21 5 1 18 14'

Studies show that people who have more education earn more money. For example:

A high school dropout earns about \$23,500 per year.

A high school graduate earns about \$32,500 per year.

College graduates often earn more than \$53,000 per year.

When you grow up, you're going to want your own place, a car, clothes, a cell phone and internet access. And don't forget things like heat, electricity, water...and food! These things cost money. To make money you need a job. And to get a good job you need a good education.

So you see school really IS important, and it all starts now. Doing well in middle school will help you do well in high school. And that will lead you down whatever path you choose after that. But it all starts with your education, because the more you learn the more you earn!

PHEAA Middle School Activity #9

LET'S GET ORGANIZED

Being organized is an important part of being a good student. Sometimes, getting organized is simply a matter of making outlines, charts, or lists. Here is a simple exercise on making an organized list. All you have to do is look around your bedroom!

Using the categories below, make a list of things you find in your bedroom.

FURNITURE

SCHOOL ITEMS

ENTERTAINMENT

CLOTHING

PERSONAL ITEMS

OTHER "STUFF"

See how easy it is to get organized? Sometimes all you have to do is look around and make lists! Now try to use this system to get yourself organized in each of your school subjects.

PHEAA Middle School Activity #10

MATCHING CAREERS WITH SCHOOL SUBJECTS

Draw a line between the careers and the school subjects they best relate to. Then see if you can think of another career that would fit that same subject, and put it in the space (_____) under the career already listed.

CHOREOGRAPHER

MATH (_____)

FASHION DESIGNER

SCIENCE (_____)

RECREATIONAL THERAPIST

MUSIC (_____)

EDITOR

ART (_____)

LAWYER

PHYSICAL EDUCATION (_____)

ACCOUNTANT

LANGUAGE ARTS (_____)

MARINE BIOLOGIST

SOCIAL STUDIES (_____)

PHEAA Middle School Activity # 11

WORD DECRYPT - Preparation

Decrypt the phrase below for a tip on how to do better in school, in sports, in music, and in everything you do. (Hint: A = B; B = C; C = D)

Q N O D Q O Q D O Z Q Z S H N M

O Q D U D M S R

O N N Q O D Q E N Q L Z M B D

What are some ways that you can prove this phrase is true?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

PHEAA Middle School Activity #12

SOME STUDY TIPS

How is your studying coming along? Using the word bank, fill in the blanks below to get some tips that will help you study better.

COMFORTABLE / DIFFICULT / DON'T / HARDER / LEARNING

LISTENING / MUSIC / PRACTICE / QUIET / RESPONSIBILITY

1. Find your own _____ place to study.
2. Sit in a _____ chair when you are studying.
3. Quiet background _____ might help you stay focused.
4. Know what your _____ style is.
5. Start with the most _____ tasks, and then move on to easier ones.
6. Think of homework as _____, not work.
7. You should be _____ 80% of the time and talking 20% of the time.
8. The only stupid question is the one you _____ ask.
9. Spend more time on subjects that are _____ for you.
10. Take _____ for your own education.

Use these tips to get better at studying.

PHEAA Middle School Activity #13

WORD SEARCH FOR STUDY HABITS

Twenty words are hidden below. They all play an important role in developing good study habits. See if you can find all twenty.

R E N N A L P G K O O B T X E T
E A O H Y E Y A K I F S G J Z H
S X T B U A K E R R I N Q G J P
P C E U Z R A F O E L O H M K A
O L B I O N S D W C N I N M K K
N C O W D I E F E I H T O I P B
S V O W V N T S M T R S S O Q S
I B K U T G T Z O C V E A J C R
B K V J E W A X H A G U T Y M E
I X V C B T U B W R A Q T N Z H
L L O O H C S D R P E E I K D C
I C U W S H R E I G F F T N L A
T Q Z S I N O I T A D N U O F E
Y D U T S J Q K I P Q L D M M T
D Q T I R P R G N I D A E R O N
Y T D E Z I N A G R O O T O N P

Attitude

Organized

Quiz

Teachers

Foundation

Parents

Reading

Test

Homework

Planner

Responsibility

Textbook

Learning

Practice

School

Work

Notebook

Questions

Study

Writing

PHEAA Middle School Activity #14

THE NEED TO READ

Everywhere you look you see words. If you're going to survive in this world of words, you'll need to be able to read well.

In the spaces below, list all the things you come across in your daily routine that require reading. Don't limit your answers to the obvious things like books and newspapers. Look around, and open your mind. Then think about how hard your life will be if you can't read the things you put on your list!

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Reading may be the most important skill you will develop in school. So take it seriously, and take advantage of EVERY opportunity to improve your reading skills.

PHEAA Middle School Activity #15

TIME MANAGEMENT

Managing your time is a VERY important part of becoming a good student. For each study period, you should decide what you want to accomplish and how long you are going to spend on each subject or assignment. You should also set some deadlines and stick to them. And don't forget to schedule in some "rewards" – short breaks during your study period and a fun activity for when you're finished.

Pick a night when you have a lot of studying to do, and use this chart to help you manage your time:

Subject: _____ Time frame: From _____ to _____
Task: _____
Break at: _____ (No more than five minutes, then back at it!!!)
=====

Subject: _____ Time frame: From _____ to _____
Task: _____
Break at: _____ (No more than five minutes, then back at it!!!)
=====

Subject: _____ Time frame: From _____ to _____
Task: _____
Break at: _____ (No more than five minutes, then back at it!!!)
=====

Subject: _____ Time frame: From _____ to _____
Task: _____
Break at: _____ (No more than five minutes, then back at it!!!)
=====

Subject: _____ Time frame: From _____ to _____
Task: _____

Time's up! Did you do a good job of managing your time and sticking to your schedule?
Was this an effective study session? If so, treat yourself to a little reward!

MY REWARD IS: _____

PHEAA Middle School Activity #16

TIPS FOR GETTING ORGANIZED

Getting organized, managing your time, and doing well on tests are all part of being a good student. Using the word bank, fill in the blanks below to get some tips that will help you do better in school.

CRAM / DISTRACT / FOLDER / HOMEWORK / MANAGABLE

ORGANIZE / PLANNER / PROCRASTINATE / RESTED / REVIEWING

1. Use outlines, charts, or flashcards to help you _____ and learn more _____ material.
2. Write in your _____ every day so it becomes a habit.
3. Keep a notebook or _____ for all your notes and homework _____ assignments to keep things organized.
4. Break your workload down into _____ chunks.
5. Don't _____ (a big word that means putting things off).
6. Be aware of things that _____ you or waste your time.
7. Be well _____ before taking tests.
8. Don't _____ for tests
9. Begin _____ your notes and other material several days before a test.
10. Test questions will probably be similar to _____ you have done.

Use these tips to get yourself better organized and do better on your tests.

PHEAA Middle School Activity #17

WHEN IS YOUR BEST STUDY TIME?

One thing you can do to become a better student is to find the best time for you to study. Maybe it's right after school, maybe it's after dinner when you have a full stomach, or maybe you study best later in the evening.

On the chart below, put an X in the timeframe where you spend time studying this week. Then go back over the chart and see if you can figure out which block of time seems to work best for you.

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3:00 – 4:00	_____	_____	_____	_____	_____
4:00 – 5:00	_____	_____	_____	_____	_____
5:00 – 6:00	_____	_____	_____	_____	_____
6:00 – 7:00	_____	_____	_____	_____	_____
7:00 – 8:00	_____	_____	_____	_____	_____
8:00 – 9:00	_____	_____	_____	_____	_____
9:00 – 10:00	_____	_____	_____	_____	_____
10:00 – 11:00	_____	_____	_____	_____	_____

So, when is YOUR best time to study? Find the time that works best for you, and try to study at that time EACH DAY.

Studying on the weekends is very important, too. Make up your own chart on the back of this page to include times for the morning, afternoon, and evening on Saturday and Sunday.

PHEAA Middle School Activity #18

WHAT KIND OF STUDENT ARE YOU?

Put a checkmark under the column that best describes your study habits.

	<u>Always</u>	<u>Sometimes</u>	<u>Never</u>
1. I do my homework.	___	___	___
2. I take good notes in class.	___	___	___
3. I understand things that I have read.	___	___	___
4. I get started on my homework in class.	___	___	___
5. I have what I need for class with me.	___	___	___
6. I get along well with my teachers.	___	___	___
7. I use tricks to memorize information.	___	___	___
8. I am good at taking tests.	___	___	___
9. I ask and answer questions in class.	___	___	___
10. I am happy with my grades.	___	___	___

Scoring: Give two points for each “always” answer, one point for each “sometimes” and no points for each “never”. Put your point total here: ____

15 - 20 Points: You are a very good student. Keep up the good work!

10 - 14 Points: You are doing pretty well, but could be doing a bit better.

5 - 9 Points: You are probably not getting very good grades. Talk to your teachers about ways you can improve.

0 - 4 Points: Your grades must be a mess. You need to start RIGHT NOW to improve your study habits. Talk to your teachers about things you can do to get better grades.

PHEAA Middle School Activity # 19

WHERE DO YOU STUDY?

When you are studying at home, it's important that your surroundings make it easy for you to study. Let's take a look at where you study at home.

What room do you study in most of the time? _____

How quiet is this room while you are studying?

Very quiet Sort of quiet Not quiet at all

How is the lighting in your study area?

Too dim Too bright Just about right

What do you sit on while studying?

Chair Couch Bed Floor Other _____

Which of these things distract you while you are studying?

TV/Music Phone calls Family Members Other _____

To study effectively, you should have a place that is quiet, well lit, and comfortable. And, you should avoid things that can distract you.

Take another look at your study area. If any changes need to be made, ask your parents to help you create a better place to study. Maybe this will help you learn more and become a better student.

PHEAA Middle School Activity #20

WHY IS SCHOOL SO IMPORTANT?

Maybe you love school – and maybe you hate it. But one thing's for sure – you have to go to school! Using the word bank, fill in the blanks below for some reasons why school is so important.

STUDY / FOUNDATION / NOTES / CONNECTION / ATTITUDE

SPRINGBOARD / ORGANIZED / SUCCESSFUL / TOOLS / WORK

1. Having a positive _____ makes things turn out better – even school!
2. Sometimes kids your age don't make a _____ between what they do in school and what they want to do with their life.
3. Middle school is when you develop the _____ that will help make you _____ in high school and in your job.
4. Now is when you develop good _____ skills, learn how to take _____, get _____, and learn how to be a really good student.
5. It's going to take a lot of hard _____ to make this happen.
6. Middle school is when you lay the _____ for high school.
7. High school is your _____ to college and your chosen career.

So you see, school really IS important! So take it seriously, and work hard to be the best student you can be!

PHEAA Middle School Activity #21

A CAREER RIDDLE (11 CAREERS)

Unscramble these mixed up words to find eleven careers, and then solve the riddle at the end.

- ticelath reintar _ _ _ _ _ _ _ _ _ _ _ _ _ _
- galel sisnatats _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
- trecniaciel _ _ _ _ _ _ _ _ _ _ _ _ _ _
- lensoucro _ _ _ _ _ _ _ _ _ _ _ _
- stiranocot _ _ _ _ _ _ _ _ _ _ _ _
- gassame tripshate _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
- tiwerr _ _ _ _ _ _ _ _
- derilos _ _ _ _ _ _ _ _ _ _ _ _
- adenitici _ _ _ _ _ _ _ _ _ _ _ _
- ayrx cnicniaeth _ _ _ _ _ _ _ _ _ _ _ _ _ _ _
- tolip _ _ _ _ _ _

Now, list the letters from the shaded boxes and unscramble the key word. Here's a clue – you need to do some of this to find out about careers.

PHEAA Middle School Activity #22

A CAREER RIDDLE (9 careers)

Unscramble these mixed up words to find nine careers, and then solve the riddle at the end.

latned yitsneghi

hretace

ritecahtc

towresfa dienesgr

fech

iclope firecof

ootdrc

laspsrseeno

runes

Now, list the letters from the shaded boxes, and then unscramble the key word. Here's a clue – to be any of these things, you'll need this!!

PHEAA Middle School Activity #23

ARE YOU A “PEOPLE PERSON”?

Do you get along well with other people? Do you like to help others with their problems? Are you good at showing people how to do things? Has anyone ever called you a “people person”? If so, you might want to consider a career in which you work with people every day. There are SO many careers like this to choose from, and we come in contact with people in these careers every day.

List as many careers as you can that involve working with people.

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

If you are a “people person”, give some thought to going into one of the careers you put on your list.

PHEAA Middle School Activity #24

ARE YOU A FAN OF MATH AND SCIENCE?

So, how are you doing in math and science? Are these two of your favorite subjects? If so, you might want to consider careers in which math and science are very important. But even if you do NOT like math or science very well, many careers require that you have a good background in these two subjects.

List as many careers as you can that require good math and science skills.

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

Even if you are NOT a big fan of math and science, remember that these two subjects are very important for many of the careers you will consider.

PHEAA Middle School Activity #26

CREATE A CAREER

List any three careers that interest you. Then use the letters in those careers to make new careers – see how many you can come up with.

Three careers I am interested in are:

Here are more careers, using the letters in the three careers above:

For the careers you created, list any here that might interest you.

PHEAA Middle School Activity #28

FOCUS ON HEALTH SCIENCES

There are hundreds of careers out there for you to consider. They are often grouped together into what are called career clusters. One of those clusters is called Health Sciences.

In the future, there will be lots of careers in the health field. This doesn't mean just doctors and nurses. It also includes careers such as dietitians, physical therapists, dental hygienists, x-ray technicians, home health aides, and massage therapists.

Let's see if Health Services would be a good career cluster for you. Put a check next to any statement that applies to you:

- I enjoy helping people feel better.
- I am interested in medicine or dentistry.
- I enjoy school, especially science class.
- I would enjoy teaching people how to enjoy a healthy lifestyle.
- I would like working in a hospital or other medical setting.
- I would enjoy helping people who are in need.

If you have a lot of check marks, you might want to consider a career in a health field. We will always need people to take care of other people, so these careers will be around for a long time!

PHEAA Middle School Activity #29

FOCUS ON HOSPITALITY AND TOURISM

Let's take a look at a career cluster called Hospitality and Tourism.

Hop in a car and ride around, and you'll see signs of Hospitality and Tourism everywhere you look. Hotels, restaurants, museums, and amusement parks are all examples of businesses that make up this industry. Careers include chefs, waiters and waitresses, travel agents, hotel managers and staff, bus and limo drivers, cruise directors, event planners, and more.

Let's see if Hospitality and Tourism would be a good career cluster for you. Put a check next to any statement that applies to you:

- I like to travel.
- I like to eat out at restaurants.
- I like to cook.
- I would like to help other people enjoy themselves.
- I am friendly and outgoing.
- I would like to work in a hotel, or in a restaurant, or on a cruise ship.

If most of these apply to you, you might want to think about a career in Hospitality and Tourism. There are plenty of careers to choose from, and it's always fun to help other people have a good time!

PHEAA Middle School Activity #30

FOCUS ON INFORMATION TECHNOLOGY

Let's take a look at a career cluster called Information Technology.

Information Technology is all around us; in schools and in businesses. And, it's a field that's always growing. Let's see if Information Technology would be a good career cluster for you.

Put a check next to any statement that applies to you:

- I enjoy working with computers.
- I am into technology.
- I am a logical and mathematical learner.
- I am the person people rely on to fix or set up their computer.
- I would enjoy creating computer programs or video games.
- I learn new computer programs pretty quickly.
- I have good keyboarding skills.

If most of these apply to you, then you might want to think about a career in Information Technology. Careers in Info Tech include software development, data base management, web designers, desktop publishing (like computer artwork), data entry, sales, and much more.

So, if you're interested in computers and technology, think about Information Technology as a career field. There are plenty of jobs out there, the pay is good, and computers are going to be around for a long time!

PHEAA Middle School Activity #31

FOCUS ON LAW AND PUBLIC SAFETY

Let's take a look at the career cluster called Law and Public Safety.

Turn on the TV and you'll see cops and lawyers everywhere. These are the most visible careers in the Law and Public Safety cluster, but there are many others. Firefighters, court officers, game wardens, lifeguards, animal control workers, security guards, court reporters, and paralegals are just some of the other careers that fall into this career cluster.

Let's see if the Law and Public Safety cluster would be a good career choice for you. Put a check next to any statements that apply to you.

- I would enjoy being a police officer or a firefighter.
- I respect the law and the rule of law.
- I like to help people.
- I think it would be exciting to work in a courtroom.
- I am good at debating and winning arguments.
- I would enjoy being responsible for other people's safety.

If you have a lot of check marks, you might want to consider a career in law or public safety. Keeping people safe is a VERY important job. We need lots of good people working in these careers!

PHEAA Middle School Activity #32

WORD SEARCH – Health Careers

There are many careers in the Health field. Nineteen of them are hidden in the puzzle below. Which ones might interest you?

A C S A Y L R E D R O P T T O W
U T V U Q V D R U X P M N S E S
N P O D I A T R I S T A U I V N
A P B I J B H R E N I X R T N P
I U S O P F E T K L C U S N K S
C O R L I H R K C L I Z E O M Y
I G T O N Q A P A R A M E D I C
T R N G A A P R N L N Y J D S H
E H A I V J I Z M O Y D W H X I
I M D S F E S C T A E P M T O A
D E N T I S T E I A C G I R B T
L H E A I F W Y L S R I R O F R
Q G T T S I N E I G Y H S U C I
Z N T J P G I E H D D H Q T S S
K N A I C I N H C E T H P B W T
P S Y C H O L O G I S T O C N G

Aide

Dietician

Orthodontist

Psychiatrist

Attendant

Hygienist

Paramedic

Psychologist

Audiologist

Nurse

Pharmacist

Surgeon

Dentist

Optician

Physician

Technician

Orderly

Podiatrist

Therapist

PHEAA Middle School Activity #33

LET'S PLAY "RATE A JOB"

Let's take a look at stress on the job. Listed below are a number of careers. Rate each job from 1 (low) to 10 (high) in terms of the amount of stress that YOU think goes along with it.

- | | | |
|-----------------------------|--------------------|-----------------|
| ___ Middle School Teacher | ___ Auto Mechanic | ___ Hairdresser |
| ___ Middle School Counselor | ___ Football Coach | ___ Nurse |
| ___ Middle School Principal | ___ Electrician | ___ Minister |
| ___ Bus Driver | ___ Pilot | ___ Chef |
| ___ Air Traffic Controller | ___ Police Officer | ___ Secretary |
| ___ College Professor | ___ Actor | ___ Doctor |
| ___ Athlete | ___ Salesman | ___ Manager |
| ___ Nuclear Engineer | ___ Checkout Clerk | ___ Waitress |

Now let's think about YOUR job, which right now is being a student. Rate the amount of stress you feel in each of your subjects:

- | | |
|--------------------|-----------------|
| ___ Math | ___ Gym |
| ___ English | ___ LUNCH! |
| ___ Science | ___ Other _____ |
| ___ Social Studies | ___ Other _____ |

PHEAA Middle School Activity #34

MATCHING CAREERS WITH MAJOR SUBJECTS

Four of your most important subjects in school are Math, English, Science, and Social Studies. See if you can match some careers with the subject they best relate to. Just list the careers under each subject area.

Math	_____	_____	_____
English	_____	_____	_____
Science	_____	_____	_____
Social Studies	_____	_____	_____

Here are twelve careers to put on the list:

Lawyer	Mayor	Pharmacist	Accountant
Reporter	Nurse	Police Officer	Writer
Paralegal	Engineer	Bank Manager	Veterinarian

Go back and circle the careers that might interest you. Do these match your favorite school subjects? Can you think of more careers for each subject?

Math	_____	_____	_____
English	_____	_____	_____
Science	_____	_____	_____
Social Studies	_____	_____	_____

PHEAA Middle School Activity #35

WORD SEARCH – Occupational Clusters

See if you can find ten occupational “clusters” hidden in the puzzle below. Then find a career for each cluster. (Use the first letter of the career to get you started.)

Q B E F S R E T U P M O C L R S
E T S Y R U R Z M Y F R P U A L
N D R A E Q U P R N O F G F H M
G R U C Y S T N E M N R E V O G
I D N C W B L E R O K T L M S M
N F Q J A B U N B C Y L E H P U
E I N J L T C F S O D C P T I I
E R A P F Y I M S C H S J K T J
R E M R A F R O E A L E P T A V
I F S H E D G Y N R W E A H L N
N I E C Z G A I I P E G X L I T
G G L H P Z C Y S E Q H I W T J
F H A A C Z X T U N H K C B Y H
K T S A D B G C B T L O I A U V
W E B M A S T E R E W M V N E O
E R Q N O I T C U R T S N O C T

Agriculture (f _ _ _ _ _)

Engineering (m _ _ _ _ _)

Business (s _ _ _ _ _)

Government (l _ _ _ _ _)

Computers (w _ _ _ _ _)

Health (n _ _ _ _)

Construction (c _ _ _ _ _)

Hospitality (c _ _ _)

Education (t _ _ _ _ _)

Safety (f _ _ _ _ _)

PHEAA Middle School Activity #36

PARTS OF THE BODY

Put on your thinking cap and see how many parts of the body you can think of. Make three lists – one list for three letter words, one for four letter words (not counting plurals!), and one for five letter words.

Three letters

Four letters

Five letters

Did you think of more than fifteen for each? If you did well at this, you might want to think about a career in a health field. Understanding human anatomy (the parts of the body) is very important if you want to enter a health-related career.

PHEAA Middle School Activity #37

SCRAMBLED NAMES

You don't know these people, but you've heard of their careers. In fact, when you unscramble the letters in their names, you can spell their career! For example, Chet Rae is a teacher. Get it? Pretty cool, huh!

See if you can figure out the careers of each of these other characters. Here's a hint – once you unscramble the names, the careers will be listed in alphabetic order. Give it a try.

<u>Name</u>	<u>Career</u>	<u>Does this career interest you?</u>
Peter Carn	_____	Yes / No
Rose Lunco	_____	Yes / No
Lance I. Trice	_____	Yes / No
Gene Rein	_____	Yes / No
Grier F. Thief	_____	Yes / No
Mac Chine	_____	Yes / No
Demi Capra	_____	Yes / No
Leo McPain	_____	Yes / No
Gus Rone	_____	Yes / No
Tess Wair	_____	Yes / No

Now, try to come up with some characters of your own. Be creative!

<u>Name</u>	<u>Career</u>
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

PHEAA Middle School Activity #38

TAKE A LOOK AROUND

Careers are everywhere. Take a look around your community, and you'll see all kinds of people doing all kinds of jobs. Let's take a look at who is hiring all of these people and what they are doing in their careers.

List one of the biggest employers in your community (it could be a hospital, a school, a construction company, etc.) _____

What careers are involved in working for that employer?

_____	_____	_____
_____	_____	_____
_____	_____	_____

Who do you know that works for this employer, and what are their careers?

<u>Name</u>	<u>Career</u>		<u>Name</u>	<u>Career</u>
_____	_____		_____	_____
_____	_____		_____	_____
_____	_____		_____	_____

Do you think you would you like to work for this company? _____

If so, what career is looking good to you? _____

Why do you think this would be a good company to work for? _____

PHEAA Middle School Activity #39

TALK TO YOUR FRIENDS!

For real? All I have to do is talk to my friends? SWEET!

Yep – it’s for real. All you have to do is talk to ten of your friends. But there’s a catch. You have to find out what their favorite subject is and also find out two careers that they think would be good for them. Make of list of everything below:

<u>Name</u>	<u>Favorite Subject</u>	<u>Career #1</u>	<u>Career #2</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Now, circle the names of the friends whose interests are similar to yours. Do you see any patterns here? Are the people who share your interests also some of your best friends?

PHEAA Middle School Activity #40

TALKING ABOUT CAREERS

One of the best ways you can learn about careers is to talk to people who are in them. When you do this, you can find out what they do, how much they like it, and how much education they had to have to go into that field.

The people who are the easiest to talk to are your relatives, friends, and neighbors. So talk with five people you know, and ask them about their career. List their name, their career, how long they have been in that career, and how much education they have (high school, college, etc.)

<u>Name</u>	<u>Career</u>	<u># Yrs.</u>	<u>Education</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Do any of these careers sound interesting to you? List which one(s), and explain why:

PHEAA Middle School Activity #41

THINK YOU'RE GOING PRO?

Lots of kids your age dream of being a professional athlete – football, basketball, NASCAR, skateboarding. But the fact is you have a one-in-a-million chance of making it in pro sports. So you need to have a back-up plan just in case your pro career doesn't work out. And your career could still involve sports in some way.

List as many careers as you can that involve sports. You have "professional athlete" to get you started – can you think of others? Be creative!

- | | |
|--------------------------------|-----------|
| 1. <u>Professional Athlete</u> | 10. _____ |
| 2. _____ | 11. _____ |
| 3. _____ | 12. _____ |
| 4. _____ | 13. _____ |
| 5. _____ | 14. _____ |
| 6. _____ | 15. _____ |
| 7. _____ | 16. _____ |
| 8. _____ | 17. _____ |
| 9. _____ | 18. _____ |

This activity focused on professional sports, but the same idea holds true for kids who want to be professional singers, dancers, or actors. It's great to dream and to shoot for the stars, but be sure you have a back up plan in case your dream of going pro doesn't work out.

PHEAA Middle School Activity #43

WANT TO WORK OUTDOORS?

Are you tired of being stuck inside? Do you get “cabin fever” every winter? Are you one of those people who just LOVES to be outside? If so, you may want to consider a career in which you work outdoors. There are many to choose from. Some are year-round, while others are more seasonal.

List as many careers as you can that involve working mostly outdoors.

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

Knowing what you like and dislike is a big part of career exploration. If you like being outdoors, you might want to consider one of the careers you put on your list!

PHEAA Middle School Activity #44

A WEEKLY EXPENSE REPORT

Do you think you know where your money is going each week? Let's find out. In this exercise, keep track of EVERY PENNY you spend this week. Just make a note of how much you spend and what you spend it on.

Monday:	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
Tuesday:	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
Wednesday:	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
Thursday:	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
Friday:	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
Saturday:	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
Sunday:	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____
	\$ _____ on _____	\$ _____ on _____

What is the total you spent this week? \$ _____. Did you buy some things you really didn't need? Did you have any money left over at the end of the week? If so, what will you do with it – put it in the bank, celebrate this weekend, spend more next week? The choice is yours.

PHEAA Middle School Activity #45

DO I REALLY NEED THAT?

You probably see lots of stuff that you would like to have. It's easy to bug your parents to buy those things for you. But what if you had to buy them for yourself? You would want to give a little more thought to how you spend YOUR money.

For this exercise, think of an item that you would like to have – it could be clothing, new running shoes, a video game system, an I-pod, or anything at all. Then imagine that YOU have to pay for it, and answer these questions:

What is the item I want? _____

Why do I want it? _____

Do I really need it? _____

How long will it last? _____

How much does it cost? _____

Can I afford it? _____

How will I pay for it? _____

Can I wait for it to go on sale? _____

Is it really worth it? _____

Now, the big question – should I buy it, or not buy it? _____

Money doesn't grow on trees. You will work hard for the money you will earn, so you'll need to take care of it and spend it wisely. Think about these questions and make good financial decisions before you spend your hard-earned money on things that you may or may NOT need.

PHEAA Middle School Activity #46

EASY MONEY

Would you like to make some money the easy way? Of course you would! One of the easiest ways to make money is to put it in the bank and collect interest. The bank will pay you money for doing nothing! This exercise will show you how much money can be made by putting it in the bank and collecting interest. You have to do some math, but when you see how much interest your money can earn it will be worth the trouble!

Assume you put \$25 every month (\$300 each year) into a savings account that pays 5% interest on your balance at the end of each year (5% of the Sub-Total column below). Do the math and see how much you would have in just a few years. The first few years have been calculated for you so you can see how the equation works.

Year	Beginning Balance	Annual Contribution	Sub-Total	Earn 5% Interest	Year End Balance
1	\$ 0.00	\$ 300.00	\$ 300.00	+ \$ 15.00 =	\$ 315.00
2	\$ 315.00	+ \$ 300.00 =	\$ 615.00	+ \$ 30.75 =	\$ 645.75
3	\$ 645.75	+ \$ 300.00 =	\$ _____	+ \$ _____ =	\$ _____
4	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____
5	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____
6	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____
7	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____
8	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____
9	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____
10	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____
11	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____
12	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____
13	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____
14	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____
15	\$ _____	+ \$ _____ =	\$ _____	+ \$ _____ =	\$ _____

Look how much you can save by putting away just \$25 a month. After fifteen years, you would have put in \$4,500 and you would have almost \$6,800. The difference (\$2,300) is interest – and that's FREE MONEY! Think about this the next time you have a financial decision to make.

PHEAA Middle School Activity #47

FUN WAYS TO MAKE MONEY

Even though you are only in middle school, there are lots of ways you can make money. After all, you can't bum money off your parents forever!

See how many ways you can think of to make money after school, on weekends, or over the summer. There are no right or wrong answers – just open your mind and be creative.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now make a list of the ways to make money that you might want to try, and think about when you might be able to do it. Put an "A" for after school, a "W" for weekend, or an "S" for summer.

() _____	() _____
() _____	() _____
() _____	() _____

PHEAA Middle School Activity #48

HOW MUCH DOES THAT COST?

Once you're grown up and on your own, your parents won't be paying for everything any more. You'll need to decide what things you really need, and how much you're going to pay for those things.

For each item below, indicate if it would be (1) Very important to have; (2) Somewhat important to have, or (3) Not very important. Then list how much you think each of these items would cost each month. (Ask your parents if you need help with some of these amounts.)

___ Apartment	\$ _____	___ Food	\$ _____
___ Cable TV	\$ _____	___ Gasoline	\$ _____
___ Car Payment	\$ _____	___ Heat	\$ _____
___ Car Insurance	\$ _____	___ Internet	\$ _____
___ Cell Phone	\$ _____	___ Newspaper	\$ _____
___ Clothes	\$ _____	___ Personal	\$ _____
___ Electricity	\$ _____	___ Savings	\$ _____
___ Entertainment	\$ _____	___ Water	\$ _____

Add it up – your total each month: \$ _____ X 12 = \$ _____ per year! This will give you an idea of how much you'll need to make each year to be able to have all the stuff you'll want.

To make money, you need a job. To get a good job, you'll need a good education. So keep working hard in school and exploring careers that interest you!

PHEAA Middle School Activity #49

LET'S TALK ABOUT MONEY

As you get older, you will need to become pretty good at managing your money. Even now, if you get an allowance or get money for doing chores at home, knowing how to handle your money will come in handy. Let's see how much you already know. Use these words to fill in the blanks:

budget/checking/credit/debt/interest/loan/paycheck/salary/savings/taxes

1. You might get paid by the hour, or you might have an annual _____.
2. Your employer will pay you in the form of a _____.
3. Income _____ are taken out of your paycheck before you get it.
4. Build a monthly _____ to help keep track of your expenses.
5. A _____ account is something you can use to pay your bills.
6. Try to put some money each month into a _____ account.
7. The bank will pay you _____ on money in a savings account.
8. When you borrow money, you are going into _____.
9. Money you borrow and pay back later is called a _____.
10. One way to buy things is to use a _____ card.

There's a lot more you'll need to learn about money, like smart shopping, borrowing money for the right things, and using credit cards wisely. But for now, just think about saving a little of the money that comes your way, and you'll be off to a good start!

PHEAA Middle School Activity #50

WORD SEARCH – Money, Money, Money

As you become familiar with money and how to manage it, there are many financial terms you will need to know. Thirty of these terms are hidden below. See if you can find them all.

I A I F E E S D E B I T B Q W E
 N R N I R P T E Y U I I A C O P
 T E C N A L A B A D S D F X G H
 E D O A J A E T E K D L Z X E C
 R N M N C S V R B S G N I V A S
 E E E C B T C O M P O U N D N A
 S L L E N I K F C M Q W T E R L
 T E T O J C Y C H U H I N O P A
 A D S F A H T G E J S K U L Z R
 K X C N S N V H C H A M O N E Y
 B E N M E Q I W K E C R C T K Y
 U G I M G P O P I A S Y C N D Y
 F R Y G A H X J N K L Z A X A C
 C A V B W N T E G D U B M P Q W
 P H W O R R O B I L L S E E R T
 Y C U I O P T N E M E R I T E R

Account	Cash	Debt	Lender	Repay
Balance	Charge	Expenses	Loan	Retirement
Bank	Checking	Fees	Money	Salary
Bills	Compound	Finance	Paycheck	Savings
Borrow	Credit	Income	Payment	Taxes
Budget	Debit	Interest	Plastic	Wages

PHEAA Middle School Activity #51

WHAT HAPPENED TO MY PAYCHECK?

There's an old saying that only two things are certain in life – death and taxes. Taxes are a fact of life. When you work, your employer will take income taxes right out of your paycheck. So the amount you take home will not be the same as the amount you earned. Based on the number of hours worked, the hourly pay rate, and the income tax deductions listed, calculate what your take home pay would be in each of these examples:

EXAMPLE #1

PAY: 20 hours X \$5.15 per hour = \$ _____

TAXES: Social Security Tax (7.65%) \$ _____
 Federal Income Tax (10%) + \$ _____
 State Income Tax (2%) + \$ _____
 Local Income Tax (1%) + \$ _____
 TOTAL TAXES: = \$ _____

PAY MINUS TAXES \$ _____ (“Take Home Pay”)

EXAMPLE #2

PAY: 40 hours X \$12.00 per hour = \$ _____

TAXES: Social Security Tax (7.65%) \$ _____
 Federal Income Tax (10%) + \$ _____
 State Income Tax (2%) + \$ _____
 Local Income Tax (1%) + \$ _____
 TOTAL TAXES: = \$ _____

PAY MINUS TAXES \$ _____ (“Take Home Pay”)

As you look forward to your first payday, don't forget that your employer will take income taxes right out of your check. And more importantly, as you think about things you want to buy with that paycheck, remember that it might take you a little longer than you thought to have all the money you'll need.

PHEAA Middle School Activity #52

CLUSTERS, CAREERS, AND MAJORS

During the middle school years you spend a lot of time exploring careers. In eighth grade you need to think a lot about your high school coursework. At some point you need to pull it all together, and decide what you want to take in college. That's what this activity is designed to do.

From the lists below, match the occupation and the college major to the career clusters given (simply put the matching letter on the lines). Linking clusters and careers to academic areas lets you lay out a path that can help you through your high school years and with college selection.

<u>CLUSTERS</u>	<u>CAREERS</u>	<u>MAJORS</u>
A. Arts and Design	___ Teacher	___ Culinary Arts
B. Business	___ Chef	___ Finance
C. Construction	___ Counselor	___ Civil Technology
D. Education	___ Police Officer	___ Psychology
E. Engineering	___ Stock Broker	___ Fitness Management
F. Health Care	___ Creative Writer	___ Criminal Justice
G. Hospitality	___ Block mason	___ English
H. Personal Care	___ Pharmacist	___ Masonry
I. Protective Service	___ Surveyor	___ Elementary Ed.
J. Social Services	___ Aerobics Instructor	___ Chemistry

Now try to come up with your own cluster, career, and major based on things you are interested in doing.

<u>CLUSTERS</u>	<u>CAREERS</u>	<u>MAJORS</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

PHEAA Middle School Activity #53

WORD SEARCH – College Majors

In college, what you decide to study is called your “major”. Your major should be based on your career choice. See if you can find the thirty majors hidden in the puzzle below.

A Y E P Y G O L O H C Y S P K B
F Z N L W N J B M H I C R H G I
V I G G N I D L E W I S E O E O
W A L K B Y A Z U E E C T T C L
J B I M K E A I N I V I U O A O
C I S U M V M C D D I N P G R G
R L H F J R E Y R H T O M R P Y
I C P O I U T G A S O R O A E R
M O Q R N S N N M S M T C P N T
I D I E E U H O A E O C W H T S
N F E N R M P E I N T E F Y R I
O D P S H O E A R T U L C V Y T
L Q I I I E G D S I A E F N C N
O N S C N G R O M F E I T L A E
G E R S E C N A N I F S V D X D
Y T I L A T I P S O H H T A M U

Art	Criminology	English	History	Photography
Automotive	Dance	Film	Hospitality	Pre-Med
Aviation	Dentistry	Finance	Law	Psychology
Biology	Design	Fisheries	Math	Science
Carpentry	Drama	Fitness	Music	Surveying
Computers	Electronics	Forensics	Nursing	Welding

PHEAA Middle School Activity #54

WORD SEARCH – High School Courses

In high school you will have many courses from which to choose. Your course selection should be based very heavily on the careers you are considering. Hidden below are twenty-five courses that you might be able to take once you are in high school.

Q W Y R T S I M E H C E B R T Y
Y H H G E O M E T R Y I U I O P
A S C S C D F G E H O J Y K L E
Z I N X H C V B C L N M G M N Q
T N E M N R E V O G W E O G R W
R A R E O M R G N T Y U L I S O
I P F O L P Y A O S D I O F C G
G S H J O Y H G M J S C I V I C
O K H C G H I K I H L A C Z S O
N X T I Y P S Y C H O L O G Y M
O C L S T A T I S T I C S V H P
M B A U N R O M Q W E U R T P U
E R E M Y G R U I O P L A S D T
T F H G H O Y J K L Z U X C V E
R B A L G E B R A B N S M Q W R
Y H P A R G O T O H P E R T Y S

Algebra	Civics	Geometry	History	Sociology
Art	Computers	Geography	Music	Spanish
Biology	Economics	Government	Photography	Statistics
Calculus	English	Gym	Physics	Technology
Chemistry	French	Health	Psychology	Trigonometry

PHEAA Middle School Activity #55

HIGHER EDUCATION OPTIONS

When you hear the word “college”, how many years do you think it means? Most people say “four”. Well, that’s one option, but there are a lot more.

But when you hear the word “college” you need to think about higher education in general. This includes just about anything that happens after high school, and you have LOTS of options. The option you choose should be based on the career you want to go into.

There are several different kinds of degrees:

Certificates can be for training that takes as little as 6-8 weeks, or as long as two years.

An Associate’s Degree is usually a two-year degree.

A Bachelor’s Degree is a four-year degree.

A Master’s Degree usually takes two more years after a Bachelor’s Degree has been earned, for a total of six years.

A Doctoral or Law degree usually takes four more years after a Bachelor’s Degree has been earned, for a total of eight years.

Try to think of careers that might require each kind of degree:

<u>Certificate</u>	<u>Associate’s</u>	<u>Bachelor’s</u>	<u>Master’s</u>	<u>Doctoral</u>
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

PHEAA Middle School Activity #56

HOT JOBS

There are several different kinds of degrees that you can get when you go off to college. Certificates and Associate's degrees can be earned at technical schools and community colleges. Bachelor's, Master's, and Doctoral degrees must be earned at colleges and universities. The degree you should go for will depend on the career field you choose.

Here are some of the fastest growing occupations – the ones where the most jobs will be. Can you guess how much education each job needs? Answer (1) if you think it will take two years or less, (2) if you think it requires a Bachelor's degree, or (3) if it will take a Master's or Doctorate.

1. Computer Support Specialist _____
2. Home Health Aide _____
3. Computer Software Engineer _____
4. Computer Systems Analyst _____
5. Personal/Home Care Aide _____
6. Medical Assistant _____
7. Computer Systems Manager _____
8. Human Service Assistant _____
9. Computer Network Manager _____
10. Dental Assistant _____
11. Pharmacy Technician _____
12. Fitness/Aerobics Instructor _____

As you can see, you don't need to go to college forever to get a good job. But you DO need to stay focused and work hard. So think about your career, follow your heart, come up with a plan, and then make it happen!

PHEAA Middle School Activity #58

PAYING FOR COLLEGE

Is college expensive or inexpensive? Is the cost going up or going down? Is it going up a little or going up a lot? Can your parents afford to send you to college? Yes? No? Not sure?

You probably got the first part right. College IS expensive, and the cost is going up every year. Many kids your age think that their parents cannot afford to send them to college, so they give up on the idea of being able to go. But students can get money to help them pay for college. It's called *FINANCIAL AID*, and this matching game will help you learn about it.

See if you can match these financial aid terms with their meanings:

- | | |
|--|---|
| <input type="checkbox"/> 1. Grants | a. Part time jobs for college students |
| <input type="checkbox"/> 2. Scholarships | b. Provides financial aid to college students |
| <input type="checkbox"/> 3. Loans | c. Based on your family income |
| <input type="checkbox"/> 4. Work Study | d. Free money based on financial need |
| <input type="checkbox"/> 5. Financial need | e. Boy Scouts, Lions Club, individuals |
| <input type="checkbox"/> 6. Merit awards | f. Money you have to pay back |
| <input type="checkbox"/> 7. Government | g. They give money to their own students |
| <input type="checkbox"/> 8. Colleges | h. You need good grades to get these |
| <input type="checkbox"/> 9. Private awards | i. Money that is not based on financial need |

Each year, college students get over \$120 BILLION in financial aid to help them pay for college. To help your PARENTS learn more about financial aid, visit our EducationPlanner.org web site.

PHEAA Middle School Activity #59

THE MORE YOU LEARN, THE MORE YOU EARN

Studies have shown that the more education people have, the more they are likely to earn during their working lives. That's why it is so important for you to do well in middle school and high school AND to consider going on for additional education after you graduate.

Put these levels of education in order from shortest to longest, and then match the annual earnings with the education level.

Bachelor's degree / Doctoral degree / High school graduate / Associate's degree / High school dropout / Master's degree / Some college

\$23,500 / \$32,500 / \$36,000 / \$39,500 / \$53,000 / \$65,000 / \$79,500

<u>Educational Level</u>	<u>Earnings</u>
1 _____	\$ _____
2 _____	\$ _____
3 _____	\$ _____
4 _____	\$ _____
5 _____	\$ _____
6 _____	\$ _____
7 _____	\$ _____

So as you can see, the more you learn the more you earn! Stay in school, do as well as you possibly can, and think of education as being a lifelong process.

PHEAA Middle School Activity #60

WHAT TO LOOK FOR IN A SCHOOL

When you begin to think about your education beyond high school, there are many things you need to take into account. The scrambled words below are characteristics which you should consider when looking for a college. Use the clues under each scrambled word to help you figure it out. You also have the first letter of each word to make it a little easier.

L I F A T N O I F A I A _ _ _ _ _
(Are they public or private, for-profit or non-profit, related to a particular religious group?)

R O M L E T N E L N E _ _ _ _ _
(How many students do they have? Are they a small, medium, or large school?)

T I N S T E G S _ _ _ _ _
(Where are they located? How far away are they? Are they in a big city or small town?)

U N G H O I S H _ _ _ _ _
(Where do their students live – on campus, off campus, or with their parents?)

N E D T U S T D O B Y S _ _ _ _ _ B _ _ _ _ _
(Are they all male, all female, or co-ed? Full time or part? Residents or commuters?)

D A C S M E A C I A _ _ _ _ _
(What majors do they offer? What are they known for? How large is their faculty?)

N A F I L C I A N I D A F _ _ _ _ _ A _ _ _ _ _
(Can you get money like grants, loans, and scholarships to help pay for college expenses?)

V I C T A S I T I E A _ _ _ _ _
(Are there things to do on campus, like clubs, organizations, fraternities, and sports?)

When looking at colleges, be sure to consider all of these characteristics. It's important for your college to like you, but it's even more important for you to like your college.

PHEAA Middle School Activity #61

A CHARACTER QUIZ

See if you can match these character traits with their definitions.

- ___ 1. A show of respect and consideration for others.
- ___ 2. Self-control, and taking control of your own actions.
- ___ 3. The way you feel about particular events or situations.
- ___ 4. An agreement or pledge to do something in the future.
- ___ 5. People can count on you.
- ___ 6. The ability to face your fears.
- ___ 7. The sum of all the qualities that make you who you are.
- ___ 8. Sticking to a task until it is completed (stick-to-it-ive-ness).
- ___ 9. Awareness of other people's problems and a desire to help.
- ___ 10. The way you conduct yourself within a community.
- ___ 11. Your willingness to try.
- ___ 12. Knowing what is going on around you.

A) Courage

E) Discipline

I) Courtesy

B) Dependability

F) Diligence

J) Character

C) Citizenship

G) Commitment

K) Effort

D) Attitude

H) Awareness

L) Compassion

PHEAA Middle School Activity #62

ARE YOU A LEADER?

Leadership is a very important character trait. Good leaders are responsible, decisive, confident, and hard working. Some people are “born” leaders, while others have to work very hard to develop leadership skills.

Everyone has the potential to be a leader, so let’s see what leadership skills you already have. Rate yourself on each of the statements listed below.

	<u>Always</u>	<u>Sometimes</u>	<u>Never</u>
I take responsibility for my own actions.	___	___	___
I understand how things should be done.	___	___	___
I like to make sure things are done right.	___	___	___
I give directions without being bossy.	___	___	___
I show people how things should be done.	___	___	___
I am good at making decisions.	___	___	___
I come up with solutions to problems.	___	___	___
I like to be in charge of things.	___	___	___
People think I am a hard worker.	___	___	___
People look to me for help or guidance.	___	___	___

Scoring: Give two points for each “always” answer, one point for each “sometimes” and no points for each “never”. Put your point total here: ____

15 - 20 Points: Outstanding! You have very good leadership skills. Keep up the good work, and look for opportunities to let your leadership skills shine.

10 - 14 Points: You are becoming a good leader. Keep working at building your leadership skills.

5 – 9 Points: You’re doing OK, but not great. It looks like you’ve got some work to do to improve your leadership skills.

0 – 4 Points: You are a follower, and that’s OK. But it couldn’t hurt to develop some leadership skills.

PHEAA Middle School Activity #63

ARE YOU STRESSED OUT?

We've all used the phrase "stressed out" at some time. But what exactly does it mean?

Another word for stress is pressure. And having a certain amount of stress (or pressure) in your life can actually be good for you. It can keep you focused on the task at hand and motivate you to do your best.

But having too much stress in your life can be bad. And not being able to handle stress can lead to physical, mental, and emotional problems. So you must be able to recognize good and bad stress, know where it comes from, and learn how to manage it.

One of the best ways to relieve stress is to do things that take your mind off of whatever is bothering or pressuring you. These can be physical activities (like jogging) or relaxation activities (like reading). What are some of the things you do to relieve stress and relax?

PHYSICAL ACTIVITIES

RELAXATION ACTIVITIES

PHEAA Middle School Activity #64

WORD SEARCH – Character Traits

See if you can find eighteen character traits hidden in the puzzle below.

B D F N O I T A C I N U M M O C
G A S O V Y S A W Z W D C F T O
Z U C U C B V S O O K N O Y N N
Y S E T R U O C E C E Y O L E S
T T F A M T S R N N J J P Z M I
I G F I E C H E W I R M E K T D
L W O L C X I A P B D I R E I E
I A R C N E N T H U S I A S M R
B B T H E G A I I D L F T F M A
A K H T G E N V S Z C V I M O T
D I S C I P L I N E E N O L C I
N R V P L T O T R U Q N N U T O
E Q I R I G U Y G A H E S D P N
P A B I D Z J D K S C R T H Y M
E C H A R A C T E R O R N S I Q
D C J E C N E D I F N O C P Q P

Attitude

Commitment

Cooperation

Discipline

Caring

Communication

Courtesy

Effort

Character

Confidence

Creativity

Enthusiasm

Citizenship

Consideration

Dependability

Fairness

Diligence

Focus

PHEAA Middle School Activity #65

COMMUNICATION SKILLS

One of the most important skills for you to have is communication skills. The people who get ahead in life are the ones who can communicate well.

There are two forms of communication – incoming and outgoing. Let’s see if you can come up with examples of how you use communication skills. List the ways in which you communicate with others:

INCOMING

Listening

OUTGOING

Speaking

Notice that some forms of communication are verbal, while others are non-verbal. Now go back through your lists and put a “V” (for verbal) or an “N” (for non-verbal) next to each skill. Since communication can be incoming and outgoing, plus verbal and non-verbal, it’s important to develop all of your communication skills so that you can better relate to the people around you. Communicate well and you will get ahead in life!

PHEAA Middle School Activity #66

EIGHTH GRADE IS TOUGH

Use the word bank below to fill in the blanks in this short article.

accepted / adulthood / attitude / changes / childhood / compassion / confidence
courage / effort / grown-up / homework / independent / parents / schoolwork

Eighth grade is a tough year. You're not a little kid any more, but you're not yet an adult either. You're what's called a "tweener" – you're stuck right in the middle between _____ and _____. Sometimes you're expected to act like a _____ even though you're not being treated like one.

What makes it even tougher is that lots of things are happening to you right now:

You're going through physical and emotional _____.

You're getting tougher _____ and more _____.

You're trying to break free from your _____.

You're trying to become more _____, and

You're trying VERY hard to be liked and _____ by your friends.

Character development is necessary to help you deal with everything that is going on in your life this year. It is important for you to:

have a good _____ about things.

show _____ toward others.

have _____ in yourself.

have the _____ to face all the challenges that this year will throw at you.

put forth the _____ to always do your best.

Yes, eighth grade can be tough. But with great challenge comes great reward. Work hard this year, and focus on becoming the best YOU that you can possibly be.

PHEAA Middle School Activity #67

HOW ARE YOUR COMPUTER SKILLS?

Computers are everywhere, and technology is changing everything very quickly. The jobs of the future will require you to have well developed computer skills.

Let's see how your computer skills stack up so far. Put a check next to any skills that you have or software packages you are familiar with:

- | | |
|---|--|
| <input type="checkbox"/> Basic keyboarding | <input type="checkbox"/> Saving files to disks or CDs |
| <input type="checkbox"/> Word Processing (Word) | <input type="checkbox"/> Loading software from a CD |
| <input type="checkbox"/> Spreadsheets (Excel) | <input type="checkbox"/> Downloading free software |
| <input type="checkbox"/> Database (Access) | <input type="checkbox"/> Website design or maintenance |
| <input type="checkbox"/> PowerPoint | <input type="checkbox"/> Accessing the Internet |
| <input type="checkbox"/> E-mail | <input type="checkbox"/> Navigating web sites |
| <input type="checkbox"/> Instant Messenger | <input type="checkbox"/> Using search engines |
| <input type="checkbox"/> Burning CDs | <input type="checkbox"/> Using a laptop |

As you go through school and get ready for college and work, you will need to keep improving your computer skills. This means more than just being good at computer games, "chatting" on-line with your friends, or sending text messages on a cell phone. Being good on a computer won't turn you into a computer geek – but it WILL help get you ready for the jobs of the 21st Century!

PHEAA Middle School Activity #68

HOW ARE YOUR WORK HABITS?

As you've researched careers, hopefully you have found some that really interest you. Some day, you will be going off to work in your chosen career, and it is very important that you have good work habits. Let's take a look at how you might do if you went to work TODAY.

Rate yourself on each of the statements listed below. Put a checkmark under the column that best describes your work habits.

	Always	Sometimes	Never
I get up on time in the morning.	___	___	___
I get along with other people.	___	___	___
I go to school each day.	___	___	___
I keep my room neat and clean.	___	___	___
I listen to directions.	___	___	___
I get homework done on time.	___	___	___
I do what I am told to do.	___	___	___
I get my chores done at home.	___	___	___
I follow rules at home and at school.	___	___	___
I do things without being asked.	___	___	___

Scoring: Give two points for each "always" answer, one point for each "sometimes" and no points for each "never". Put your point total here: ___

15 - 20 Points: Outstanding! You have very good work habits. Keep it up!

10 - 14 Points: You are doing well but could be doing a little bit better.

5 - 9 Points: Looks like you've got some work to do to improve your work habits.

0 - 4 Points: You would not last very long at a job. Start improving your work habits NOW.

PHEAA Middle School Activity #70

MIS-COMMUNICATION

Some careers rely very heavily on the ability to write and speak well. For example, people who write for the newspaper must write very clearly so their meaning is not misunderstood. But sometimes things go wrong!

Check out these actual headlines taken from newspapers. Do you see how a reader could take them the wrong way? How would you re-write the headline to make the meaning a little clearer?

“Something Went Wrong in Jet Crash, Experts Say”

“Eye Drops Off Shelf”

“Two Sisters Reunited After 18 Years in Checkout Line”

“Kids Make Nutritious Snacks”

“Hospitals are Sued by 7 Foot Doctors”

“Typhoon Rips Through Cemetery, Hundreds Dead”

So when it comes to improving your writing skills, don't get discouraged. Even the “experts” get it wrong sometimes. Just keep working at it!

PHEAA Middle School Activity #71

WORD DECRYPT – Motivational Quotes

Middle school can be hard. These years prepare you for high school and beyond, and it's not supposed to be easy! You will work harder this year than ever before, and there is a very good reason for that. Decrypt the two messages below to learn why it is important for you to work hard this year.

(Hint: The letters of the alphabet have been converted into even numbers – A = 2, B = 4, C = 6, etc.)

$\overline{40} \overline{16} \overline{10} \quad \overline{30} \overline{28} \overline{24} \overline{50} \quad \overline{40} \overline{18} \overline{26} \overline{10} \quad \overline{38} \overline{42} \overline{6} \overline{6} \overline{10} \overline{38} \overline{38}$
 $\overline{6} \overline{30} \overline{26} \overline{10} \overline{38} \quad \overline{4} \overline{10} \overline{12} \overline{30} \overline{36} \overline{10} \quad \overline{46} \overline{30} \overline{36} \overline{22} \quad \overline{18} \overline{38} \quad \overline{18} \overline{28}$
 $\overline{40} \overline{16} \overline{10} \quad \overline{8} \overline{18} \overline{6} \overline{40} \overline{18} \overline{30} \overline{28} \overline{2} \overline{36} \overline{50}$

$\overline{40} \overline{16} \overline{10} \quad \overline{16} \overline{2} \overline{36} \overline{8} \overline{10} \overline{38} \overline{40} \quad \overline{6} \overline{16} \overline{2} \overline{24} \overline{24} \overline{10} \overline{28} \overline{14} \overline{10} \overline{38}$
 $\overline{36} \overline{10} \overline{38} \overline{42} \overline{24} \overline{40} \quad \overline{18} \overline{28} \quad \overline{40} \overline{16} \overline{10} \quad \overline{14} \overline{36} \overline{10} \overline{2} \overline{40} \overline{10} \overline{38} \overline{40}$
 $\overline{36} \overline{10} \overline{46} \overline{2} \overline{36} \overline{8} \overline{38}$

Do well this year, and you will be well prepared to move on to your high school years!

1. The only time success comes before work is in the dictionary.
2. The hardest challenges result in the greatest rewards.

PHEAA Middle School Activity #72

WORD DECRYPT – Motivational Quotes

A big part of learning involves making mistakes. Nobody is perfect, and sometimes being wrong and learning from our mistakes is even more valuable than being right. Decrypt the phrases below for some encouraging words about dealing with failure.

(Hint – The letters of the alphabet have been converted into even numbers: A = 2, B = 4, C = 6, etc.)

$\overline{18} \overline{40} \overline{38}$ $\overline{16} \overline{30} \overline{46}$ $\overline{50} \overline{30} \overline{42}$ $\overline{8} \overline{10} \overline{2} \overline{24}$ $\overline{46} \overline{18} \overline{40} \overline{16}$
 $\overline{12} \overline{2} \overline{18} \overline{24} \overline{42} \overline{36} \overline{10}$ $\overline{40} \overline{16} \overline{2} \overline{40}$ $\overline{8} \overline{10} \overline{40} \overline{10} \overline{36} \overline{26} \overline{18} \overline{28} \overline{10} \overline{38}$
 $\overline{16} \overline{30} \overline{46}$ $\overline{50} \overline{30} \overline{42}$ $\overline{2} \overline{6} \overline{16} \overline{18} \overline{10} \overline{44} \overline{10}$ $\overline{38} \overline{42} \overline{6} \overline{6} \overline{10} \overline{38} \overline{38}$

$\overline{12} \overline{2} \overline{18} \overline{24} \overline{42} \overline{36} \overline{10}$ $\overline{18} \overline{38}$ $\overline{40} \overline{16} \overline{10}$ $\overline{30} \overline{32} \overline{32} \overline{30} \overline{36} \overline{40} \overline{42} \overline{28} \overline{18} \overline{40} \overline{50}$
 $\overline{40} \overline{30}$ $\overline{4} \overline{10} \overline{14} \overline{18} \overline{28}$ $\overline{2} \overline{14} \overline{2} \overline{18} \overline{28}$ $\overline{26} \overline{30} \overline{36} \overline{10}$
 $\overline{18} \overline{28} \overline{40} \overline{10} \overline{24} \overline{24} \overline{18} \overline{14} \overline{10} \overline{28} \overline{40} \overline{24} \overline{50}$

If at first you don't succeed, you're running about average! Keep trying, and NEVER GIVE UP!

1. It's how you deal with failure that determines how you achieve success.
2. Failure is the opportunity to begin again more intelligently.

PHEAA Middle School Activity #73

WORD DECRYPT – Motivational Quotes

It is very important for you to use the middle school years to prepare for high school and beyond. If you fail to plan, then you might as well plan to fail. It won't be easy, but it's something that you **MUST** do. Decrypt the phrases below for some messages that can keep you on track.

(Hint: The letters of the alphabet have been converted into odd numbers: A = 1, B = 3, C = 5, etc.)

$\overline{17}$ $\overline{45}$ $\overline{17}$ $\overline{23}$ $\overline{23}$ $\overline{31}$ $\overline{35}$ $\overline{9}$ $\overline{31}$ $\overline{1}$ $\overline{35}$ $\overline{9}$, $\overline{1}$ $\overline{27}$ $\overline{7}$

$\overline{37}$ $\overline{29}$ $\overline{25}$ $\overline{9}$ $\overline{7}$ $\overline{1}$ $\overline{49}$ $\overline{25}$ $\overline{49}$ $\overline{5}$ $\overline{15}$ $\overline{1}$ $\overline{27}$ $\overline{5}$ $\overline{9}$ $\overline{45}$ $\overline{17}$ $\overline{23}$ $\overline{23}$

$\overline{5}$ $\overline{29}$ $\overline{25}$ $\overline{9}$

$\overline{17}$ $\overline{27}$ $\overline{39}$ $\overline{15}$ $\overline{9}$ $\overline{25}$ $\overline{17}$ $\overline{7}$ $\overline{7}$ $\overline{23}$ $\overline{9}$ $\overline{29}$ $\overline{11}$ $\overline{7}$ $\overline{17}$ $\overline{11}$ $\overline{11}$ $\overline{17}$ $\overline{5}$ $\overline{41}$ $\overline{23}$ $\overline{39}$ $\overline{49}$

$\overline{23}$ $\overline{17}$ $\overline{9}$ $\overline{37}$ $\overline{29}$ $\overline{31}$ $\overline{31}$ $\overline{29}$ $\overline{35}$ $\overline{39}$ $\overline{41}$ $\overline{27}$ $\overline{17}$ $\overline{39}$ $\overline{49}$

If you work hard to become a good student, achieve your goals, and prepare for your future, good things will come your way in high school, in college, and in your chosen career. It won't be easy, but it **WILL** be worth the effort.

1. I will prepare, and someday my chance will come.
2. In the middle of difficulty lies opportunity.

PHEAA Middle School Activity #74

WORD DECRYPT – Motivational Quotes

A lot of kids your age don't even think about going to college because they are afraid it will be too hard. But if you prepare well during middle school and in high school, you'll be ready for the challenge. Decrypt the phrases below for some encouraging words about dealing with difficulty.

(Hint: The letters of the alphabet have been converted into odd numbers: A = 1, B = 3, C = 5, etc.)

$\overline{1}$ $\overline{23}$ $\overline{23}$ $\overline{39}$ $\overline{15}$ $\overline{17}$ $\overline{27}$ $\overline{13}$ $\overline{37}$ $\overline{1}$ $\overline{35}$ $\overline{9}$ $\overline{7}$ $\overline{17}$ $\overline{11}$ $\overline{17}$ $\overline{5}$ $\overline{41}$ $\overline{23}$ $\overline{39}$

$\overline{3}$ $\overline{9}$ $\overline{11}$ $\overline{29}$ $\overline{35}$ $\overline{9}$ $\overline{39}$ $\overline{15}$ $\overline{9}$ $\overline{49}$ $\overline{1}$ $\overline{35}$ $\overline{9}$ $\overline{9}$ $\overline{1}$ $\overline{37}$ $\overline{49}$

$\overline{9}$ $\overline{11}$ $\overline{11}$ $\overline{29}$ $\overline{35}$ $\overline{39}$ $\overline{17}$ $\overline{37}$ $\overline{1}$ $\overline{37}$ $\overline{29}$ $\overline{23}$ $\overline{29}$ $\overline{31}$ $\overline{9}$ $\overline{35}$ $\overline{11}$ $\overline{29}$ $\overline{35}$ $\overline{25}$ $\overline{1}$ $\overline{27}$ $\overline{5}$ $\overline{9}$

$\overline{39}$ $\overline{15}$ $\overline{1}$ $\overline{39}$ $\overline{29}$ $\overline{27}$ $\overline{23}$ $\overline{49}$ $\overline{49}$ $\overline{29}$ $\overline{41}$ $\overline{5}$ $\overline{1}$ $\overline{27}$ $\overline{5}$ $\overline{29}$ $\overline{27}$ $\overline{39}$ $\overline{35}$ $\overline{29}$ $\overline{23}$

It's up to you to decide how much effort you put into your own education. But know this – hard work has its rewards. The effort you put forth over the next few years will be well worth it.

1. All things are difficult before they are easy.
2. Effort is a solo performance that only you can control.

PHEAA Middle School Activity #75

WORD DECRYPT – Motivational Quotes

A big part of growing up and developing strong character traits will involve making good decisions. Decrypt the phrases below for two important messages about making decisions.

(Hint – You have to think in reverse: A = Z, B = Y, C = X, D = W, etc.)

G L W Z B R H G S V W Z B B L F N Z P V

B L F I X S L R X V H U L I G L N L I I L D

D V Z I V Z K I L W F X G L U G S V

W V X R H R L M H D V N Z P V , M L G G S V

X R I X F N H G Z M X V H D V U Z X V .

Develop strong character and make good decisions, and you will find yourself better prepared to handle anything that life throws your way.

1. Today is the day you make your choices for tomorrow.
2. We are a product of the decisions we make, not the circumstances we face.

PHEAA Middle School Activity #76

WORD DECRYPT – Motivational Quotes

As you are growing up, you will have lots of decisions to make every day. These decisions could affect you for the rest of your life. Decrypt these phrases for some guidance on decision making.

(Hint – You have to think in reverse: A = Z, B = Y, C = X, D = W, etc.)

R M B L F I N L N V M G H L U W V X R H R L M

B L F I W V H G R M B R H H S Z K V W

R U B L F W L D S Z G B L F E V Z O D Z B H

W L M V B L F O O T V G D S Z G B L F E V

Z O D Z B H T L G G V M

As you grow up, you will need to make more and more decisions that affect your life. Each year, the decisions get a little bigger and a little more complicated. But if you have strong character and stand firm in your beliefs, you can be confident that the decisions you make will be right for you.

1. In your moments of decision your destiny is shaped.
2. If you do what you've always done, you'll get what you've always gotten.

PHEAA Middle School Activity #77

WORD DECRYPT – Motivational Quotes

Why is character so important? And when is the right time to show good character traits? Decrypt these messages to find out.

(Hint – The letters of the alphabet have been converted to multiples of 3: A = 3, B = 6, C = 9, etc)

$\overline{24}$ $\overline{3}$ $\overline{66}$ $\overline{27}$ $\overline{42}$ $\overline{21}$ $\overline{9}$ $\overline{24}$ $\overline{3}$ $\overline{54}$ $\overline{3}$ $\overline{9}$ $\overline{60}$ $\overline{15}$ $\overline{54}$ $\overline{39}$ $\overline{15}$ $\overline{3}$ $\overline{42}$ $\overline{57}$

$\overline{12}$ $\overline{45}$ $\overline{27}$ $\overline{42}$ $\overline{21}$ $\overline{69}$ $\overline{24}$ $\overline{3}$ $\overline{60}$ $\overline{57}$ $\overline{54}$ $\overline{27}$ $\overline{21}$ $\overline{24}$ $\overline{60}$ $\overline{69}$ $\overline{24}$ $\overline{15}$ $\overline{42}$ $\overline{42}$ $\overline{45}$

$\overline{45}$ $\overline{42}$ $\overline{15}$ $\overline{27}$ $\overline{57}$ $\overline{36}$ $\overline{45}$ $\overline{45}$ $\overline{33}$ $\overline{27}$ $\overline{42}$ $\overline{21}$

$\overline{9}$ $\overline{24}$ $\overline{3}$ $\overline{54}$ $\overline{3}$ $\overline{9}$ $\overline{60}$ $\overline{15}$ $\overline{54}$ $\overline{6}$ $\overline{63}$ $\overline{27}$ $\overline{36}$ $\overline{12}$ $\overline{57}$ $\overline{57}$ $\overline{36}$ $\overline{45}$ $\overline{69}$ $\overline{36}$ $\overline{75}$, $\overline{6}$ $\overline{63}$ $\overline{60}$

$\overline{27}$ $\overline{60}$ $\overline{9}$ $\overline{3}$ $\overline{42}$ $\overline{6}$ $\overline{15}$ $\overline{60}$ $\overline{45}$ $\overline{54}$ $\overline{42}$ $\overline{12}$ $\overline{45}$ $\overline{69}$ $\overline{42}$ $\overline{69}$ $\overline{27}$ $\overline{60}$ $\overline{24}$

$\overline{27}$ $\overline{42}$ $\overline{9}$ $\overline{54}$ $\overline{15}$ $\overline{12}$ $\overline{27}$ $\overline{6}$ $\overline{36}$ $\overline{15}$ $\overline{57}$ $\overline{69}$ $\overline{27}$ $\overline{18}$ $\overline{60}$ $\overline{42}$ $\overline{15}$ $\overline{57}$ $\overline{57}$

Your character is the sum of all the qualities that make you who you are. And those qualities can be seen by others whether you want them to be seen or not. So be sure to make a GOOD impression on people – your teachers, principals, secretaries, bus drivers, coaches, neighbors, coaches, and others you meet every day.

1. Having character means doing what's right when no one is looking.
2. Character builds slowly, but it can be torn down with incredible swiftness.

PHEAA Middle School Activity #78

WORD DECRYPT – Motivational Quotes

As you go through your middle school years, you need to focus on getting ready for high school and what lies beyond that. As you move through your high school years and on to adulthood, your character will go a long way in helping you achieve success.

Decrypt the phrases below for some guidance on the importance of character. (Hint – The letters of the alphabet have been converted to multiples of 3: A = 3, B = 6, C = 9, etc)

$\overline{9} \overline{24} \overline{3} \overline{54} \overline{3} \overline{9} \overline{60} \overline{15} \overline{54} \quad \overline{9} \overline{45} \overline{42} \overline{57} \overline{27} \overline{57} \overline{60} \overline{57} \quad \overline{45} \overline{18} \quad \overline{69} \overline{24} \overline{3} \overline{60}$

$\overline{75} \overline{45} \overline{63} \quad \overline{12} \overline{45} \quad \overline{45} \overline{42} \quad \overline{60} \overline{24} \overline{15} \quad \overline{60} \overline{24} \overline{27} \overline{54} \overline{12} \quad \overline{3} \overline{42} \overline{12}$

$\overline{18} \overline{45} \overline{63} \overline{54} \overline{60} \overline{24} \quad \overline{60} \overline{54} \overline{27} \overline{15} \overline{57}$

$\overline{69} \overline{24} \overline{3} \overline{60} \overline{57} \quad \overline{54} \overline{27} \overline{21} \overline{24} \overline{60} \quad \overline{27} \overline{57} \overline{42} \overline{60} \quad \overline{3} \overline{36} \overline{69} \overline{3} \overline{75} \overline{57}$

$\overline{48} \overline{45} \overline{48} \overline{63} \overline{36} \overline{3} \overline{54} \quad \overline{3} \overline{42} \overline{12} \quad \overline{69} \overline{24} \overline{3} \overline{60} \overline{57} \quad \overline{48} \overline{45} \overline{48} \overline{63} \overline{36} \overline{3} \overline{54}$

$\overline{27} \overline{57} \overline{42} \overline{60} \quad \overline{3} \overline{36} \overline{69} \overline{3} \overline{75} \overline{57} \quad \overline{54} \overline{27} \overline{21} \overline{24} \overline{60}$

When things get tough, let your character help get you through – especially when it means doing things that you know are right.

1. Character consists of what you do on the third and fourth tries.
2. What's right isn't always popular, and what's popular isn't always right.

PHEAA Middle School Activity #80

WATCH YOUR WORDS

This is an activity that shows one of the ways your character is developed. It's called "Watch Your Words."

Using these six words, fill in the blanks to see how your words can eventually define your destiny.

HABITS//THOUGHTS//DESTINY//CHARACTER//WORDS//ACTIONS

Watch your A) WORDS, they become B) _____

Watch your B) _____, they become C) _____

Watch your C) _____, they become D) _____

Watch your D) _____, they become E) _____

Watch your E) _____, it becomes your F) _____

As you go through life, you will be making impressions on the people you meet. Those people – teachers, principals, secretaries, coaches, bus drivers, neighbors, and so on – will judge you based on the things they see and hear.

So your words and your actions – in essence, your character – will make an impression on people whether you know it or not. It's up to you to decide whether these impressions will be bad ones...or good ones.

PHEAA Middle School Activity #81

WHAT EMPLOYERS WANT

In middle school, it is very important that you learn about careers, become a better student, and develop strong character traits. There's a pretty good reason for all of this.

Here is a list of things that employers look for when they hire people. Put a check next to any of these things that you have learned about this year.

- | | | |
|--|--|--|
| <input type="checkbox"/> Integrity | <input type="checkbox"/> Responsibility | <input type="checkbox"/> Dedication |
| <input type="checkbox"/> Discipline | <input type="checkbox"/> Focus | <input type="checkbox"/> Awareness |
| <input type="checkbox"/> Commitment | <input type="checkbox"/> Initiative | <input type="checkbox"/> Positive Attitude |
| <input type="checkbox"/> Respect | <input type="checkbox"/> Leadership | <input type="checkbox"/> Communication |
| <input type="checkbox"/> Motivation | <input type="checkbox"/> Goal Setting | <input type="checkbox"/> Confidence |
| <input type="checkbox"/> Energy/Effort | <input type="checkbox"/> Teamwork | <input type="checkbox"/> Problem Solving |
| <input type="checkbox"/> Education | <input type="checkbox"/> Computer Skills | <input type="checkbox"/> Decision Making |

Employers want to hire good people. They want employees who are dependable, get along with others, and know their stuff. In short, they want educated people with good character traits. That's why it's so important to become the best student and best person you can possibly be.

PHEAA Middle School Activity #82

A LOGIC PUZZLE ABOUT CAREERS

Marie, Alex, Jose, and Angela want to someday have jobs which allow them to be able to use their talents in some way. One of them wants to be a teacher, one wants to be a journalist, one wants to be a mechanic, and one wants to be a cartoonist. From these clues, see if you can figure out who wants to be what:

- Angela and Alex live on the same block as the student who is good at giving speeches.
- Jose and Marie are not very artistic.
- Angela is an excellent writer.
- One of the boys is good at taking things apart and fixing things.

Now, what does each student want to be?

Marie _____

Alex _____

Jose _____

Angela _____

PHEAA Middle School Activity #83

A LOGIC PUZZLE ABOUT VACATIONS

Put your thinking cap on – it's time for a logic puzzle!

Last summer Steven and four of his friends each went on vacation with their families. Each family went to a different state (one was Alabama), and each kid enjoyed a different activity (one was whitewater rafting). From these clues, see if you can figure out each kid's name (one is Kadi), the state they visited, and the activity they enjoyed on their vacation.

Denise and her family vacationed in Virginia.

Jackie spent most of her time horseback riding.

Michael did not go to Texas, and he spent his vacation fishing.

The girl who went to Tennessee went hiking in the Smokey Mountains.

One family went water skiing in New York.

	<u>NAME</u>	<u>STATE VISITED</u>	<u>ACTIVITY</u>
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____

PHEAA Middle School Activity #84

CRITICAL THINKING

Are you good at critical thinking and problem solving? Are you good at looking at things and figuring them out? Here is a simple exercise that involves sequences.

In each example, the letters or numbers given are part of a sequence. You need to figure out what that sequence is and fill in the blanks. For example, the missing numbers in this sequence (1, 3, __, 7, 9, __, __, 15, 17, __ 21) are 5, 11, 13, and 19 because the sequence is a series of odd numbers. Put on your thinking cap and see if you can figure these out:

S M T __ T F __

J F M A __ J J __ S O N __

1 4 7 __ 13 16 __ 22 25 28 __

O T T F __ S S __ N __

D D P __ C C D __ (and don't forget R!)

1 4 9 16 __ 36 __ 64 __ 100

Q W E R __ Y __ I O __

1 3 5 7 __ 13 17 __ 23 __

How did you do? Maybe you're better at critical thinking than you thought!

PHEAA Middle School Activity #85

FUN WITH NUMBERS

Do you like math class? If so, you like working with numbers. But even if you DON'T like math class, you can still have some fun with number games. Check this one out.

Each phrase below contains a number and some missing words (you have the first letter). You have to figure out the missing words. For example, 7 = D in a W would be "7 Days in a Week". See if you can figure out the rest. Be sure to open your mind and think creatively.

26 = L of the A _____

12 = M in a Y _____

365 = D in a Y _____

29 = D in F in a LY _____

24 = H in a D _____

100 = Y in a C _____

36 = I in a Y _____

4 = Q in a G _____

16 = O in a P _____

60 = S in a M _____

60 = M in a H _____

5,280 = F in a M _____

PHEAA Middle School Activity #86

MORE FUN WITH NUMBERS

Each phrase below contains a number and some missing words (you have the first letter). You have to figure out the missing words. For example, 7 = D in a W would be "7 Days in a Week". See if you can figure out the rest. Be sure to open your mind and "think outside the box."

12 = S of the Z

12 = E in a D

3 = B M (S H T R)

1 = W on a U

5 = D in a Z C

4 = Q in a D

50 = P in a H D

7 = D in a P N

18 = H on a G C

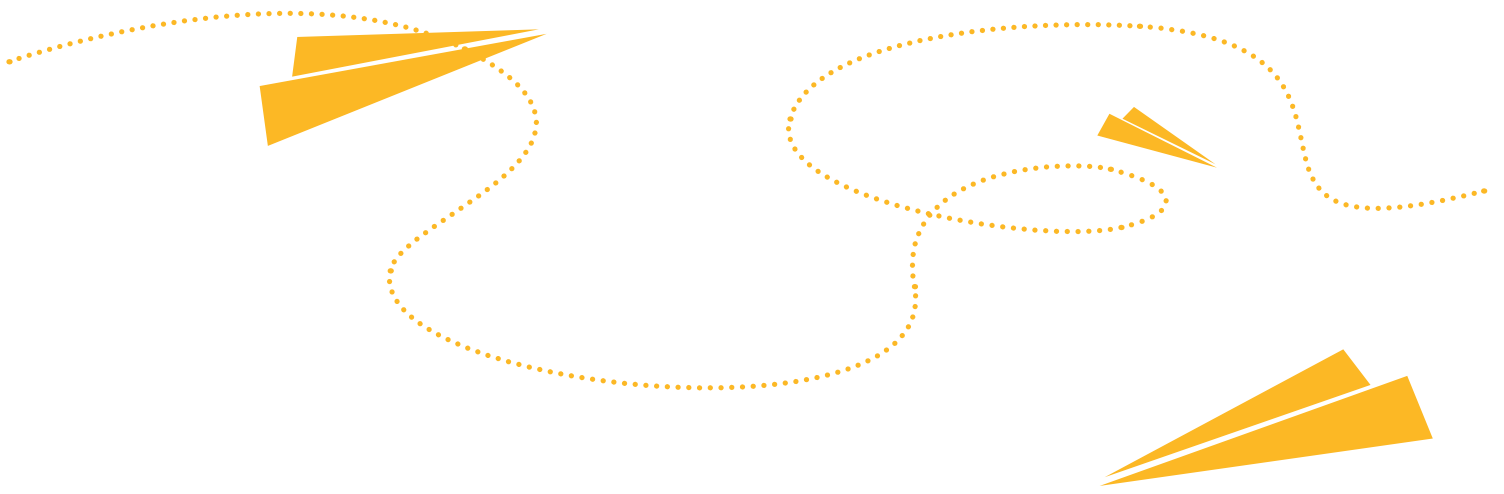
9 = I in a B G

11 = P on a F T

88 = K on a P

8 = S on a S S

13 = S on the A F



Created in 1963 by the Pennsylvania General Assembly, the Pennsylvania Higher Education Assistance Agency (PHEAA) has evolved into one of the nation's leading student aid organizations. Today, PHEAA is a national provider of student financial aid services, serving millions of students and thousands of schools through its loan guaranty, loan servicing, financial aid processing, outreach and other student aid programs.

PHEAA's earnings are used to support its public service mission and to pay its operating costs, including administration of the Pennsylvania State Grant and other state-funded student aid programs. PHEAA continues to devote its energy, resources and imagination to developing innovative ways to ease the financial burden of higher education for students, families, schools and taxpayers.

PHEAA conducts its student loan servicing activities nationally as American Education Services (AES) and FedLoan Servicing.



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ANSWERS TO ACTIVITIES

- #1:** Homework is practice. You should practice at least thirty minutes each day.
- #3:** Discipline, Attitude, Notebook, Tests, Interruptions, Understand, Flashcards, Organized, Outline, Notes. Key word is Foundation
- #8:** The more you learn, the more you earn.
- #10:** Choreographer – music; fashion designer – art; recreational therapist – physical education; editor – language arts; lawyer – social studies; accountant – math; marine biologist – science
- #11:** Proper preparation prevents poor performance
- #12:** 1) quiet; 2) comfortable; 3) music; 4) learning; 5) difficult; 6) practice; 7) listening; 8) don't; 9) harder; 10) responsibility
- #16:** 1) organize; 2) planner; 3) folder; 4) manageable; 5) procrastinate; 6) distract; 7) rested; 8) cram; 9) reviewing; 10) homework
- #20:** 1) attitude; 2) connection; 3) tools, successful; 4) study, notes, organized; 5) work; 6) foundation; 7) springboard
- #21:** 1) athletic trainer; 2) legal assistant; 3) electrician; 4) counselor; 5) cartoonist; 6) massage therapist; 7) writer; 8) soldier; 9) dietician; 10) x-ray technician; 11) pilot; key word – EXPLORATION
- #22:** 1) dental hygienist; 2) teacher; 3) architect; 4) software designer; 5) chef; 6) police officer; 7) doctor; 8) salesperson; 9) nurse; key word – EDUCATION
- #27:** To explore careers that interest you, use EducationPlanner.org
- #34:** Math – accountant, bank manager, and engineer; English – paralegal, reporter, and writer; Science – nurse, pharmacist, and veterinarian; Social Studies – lawyer, mayor, and police officer
- #35:** Additional words: Agriculture – farmer; Business – salesman; Computers – webmaster; Construction – carpenter; Education – teacher; Engineering – mechanic; Government – lawyer; Health – nurse; Hospitality – chef; Safety – firefighter
- #37:** Peter Carn – carpenter; Rose Lunco – counselor; Lance I. Trice – electrician; Gene Rein – engineer; Grier F. Thief – firefighter; Mac Chine – mechanic; Demi Capra – paramedic; Leo McPain – policeman; Gus Rone – surgeon; Tess Wair – waitress
- #46:** Year end balance after five years is \$1,740.57, after ten years is \$3,962.04, and after fifteen years is \$6,797.25. Total payments made over fifteen years are \$4,500, and total interest earned over fifteen years is \$2,297.25.

- #49:** 1) salary; 2) paycheck; 3) taxes; 4) budget; 5) checking; 6) savings; 7) interest; 8) debt; 9) loan; 10) credit
- #51:** In example one, pay is \$103.00, taxes total \$21.27, and take home pay is \$81.73. In example two, pay is \$480.00, taxes total \$99.12, and take home pay is \$380.88.
- #52:** Careers: D, G, J, I, B, A, C, F, E, H; Majors: G, B, E, J, H, I, A, C, D, F
- #56:** 1) Two years or less; 2) Two years or less; 3) Bachelors degree; 4) Bachelors degree; 5) Two years or less; 6) Two years or less; 7) Masters degree; 8) Two years or less; 9) Bachelors degree; 10) Two years or less; 11) Two years or less; 12) Two years or less
- #58:** 1) d; 2) h; 3) f; 4) a; 5) c; 6) i; 7) b; 8) g; 9) e
- #59:** 1) High school dropout \$23,500; 2) High school graduate \$32,500; 3) Some college \$36,000; 4) Associate's degree \$39,500; 5) Bachelor's degree \$53,000; 6) Master's degree \$65,000; 7) Doctoral degree \$79,500
- #60:** Affiliation, Enrollment, Setting, Housing, Student Body, Academics, Financial Aid, Activities
- #61:** 1-I; 2-E; 3-D; 4-G; 5-B; 6-A; 7-J; 8-F; 9-L; 10-C; 11-K; 12-H
- #66:** childhood, adulthood, grown-up, changes, schoolwork, homework, parents, independent, accepted, attitude, compassion, confidence, courage, effort
- #71:** The only time success comes before work is in the dictionary.
The hardest challenges result in the greatest rewards.
- #72:** It's how you deal with failure that determines how you achieve success.
Failure is the opportunity to begin again more intelligently.
- #73:** I will prepare, and someday my chance will come.
In the middle of difficulty lies opportunity.
- #74:** All things are difficult before they are easy.
Effort is a solo performance that only you can control.
- #75:** Today is the day you make your choices for tomorrow.
We are a product of the decisions we make, not the circumstances we face.
- #76:** In your moments of decision your destiny is shaped.
If you do what you've always done, you'll get what you've always gotten.
- #77:** Having character means doing what's right when no one is looking.
Character builds slowly, but it can be torn down with incredible swiftness.
- #78:** Character consists of what you do on the third and fourth tries.
What's right isn't always popular, and what's popular isn't always right.

- #80: B-Thoughts; C-Actions; D-Habits; E-Character; F-Destiny**
- #82: Marie – teacher; Alex – cartoonist; Jose – mechanic; Angela – journalist**
- #83: Denise went whitewater rafting in Virginia; Jackie went horseback riding in Texas; Michael went fishing in Alabama; Kadi went hiking in Tennessee; and Steven went water skiing in New York.**
- #84: 1) W, S (first letter of days of the week); 2) M, A, D (first letter of the months); 3) 10, 19, 31 (add three to the previous number); 4) F, E, T (first letters of the numbers 1-10); 5) V, B (first letters of Santa's reindeer); 6) 25, 49, 81 (squares of the numbers 1-10); 7) T, U, P (the top row of letters on a keyboard); 8) 11, 19, 29 (prime numbers)**
- #85: 26 letters of the alphabet; 12 months in a year; 365 days in a year; 29 days in February in a leap year; 24 hours in a day; 100 years in a century; 36 inches in a yard; 4 quarts in a gallon; 16 ounces in a pint; 60 seconds in a minute; 60 minutes in an hour; 5,280 feet in a mile**
- #86: 12 signs of the zodiac; 12 eggs in a dozen; 3 blind mice (see how they run); 1 wheel on a unicycle; 5 digits in a zip code; 4 quarters in a dollar; 50 pennies in a half-dollar; 7 digits in a phone number; 18 holes on a golf course; 9 innings in a baseball game; 11 players on a football team; 88 keys on a piano; 8 sides on a stop sign; 13 stripes on the American flag; 50 stars on the American flag**