

Post-Secondary Worksheet (Handout)

Name: _____

1. Identify an education and career/life goal:

2. Identify the post-secondary school or training institute, program, and location that will help you achieve your education and career/life goal:

3. Identify the specific requirements to enter the program (ie. courses, averages, etc):

4. Identify challenges that you may encounter while attending post-secondary school relating to the Four Directions (minimum one per direction):

I. Physical: _____

II. Intellectual: _____

III.Emotional: _____

IV.Spiritual: _____

4. Provide three supports that will help you overcome the challenges identified? (Can include support programs offered at post-secondary school or within the community or within your personal life).

Physical:

1. _____

2. _____

3. _____

Intellectual:

1. _____

2. _____

3. _____

Emotional:

1. _____

2. _____

3. _____

