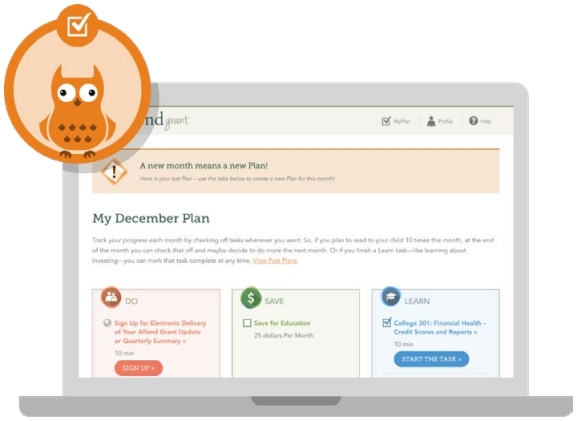


# Welcome to the Middle School MyPlan Teacher Guide!

**JUMP TO SECTION:** What is Middle School MyPlan? | How to Get Started
How to Use Middle School MyPlan | More about Middle School MyPlan
Does Middle School MyPlan align with Maine's Learning Results? | More Resources

## What is Middle School MyPlan?




Middle School MyPlan is an online tool that helps Maine students in grades 6-8 start thinking about and aspiring to bright futures. The Middle School MyPlan tool and related resources encourage middle school students to complete tasks in the categories of DO, SAVE and LEARN that get them thinking and learning about future education and career paths.

Content for the site was developed with input from many experts (Alfond Scholarship Foundation, Maine DOE, JMG, University of Maine System, Maine Community College System, 4H) — and with an eye on alignment with Maine's Learning Results. As students complete the various tasks encouraged by the tools, they build a foundation of knowledge and experience that supports their future success. Watch this short video to learn more about Middle School MyPlan.

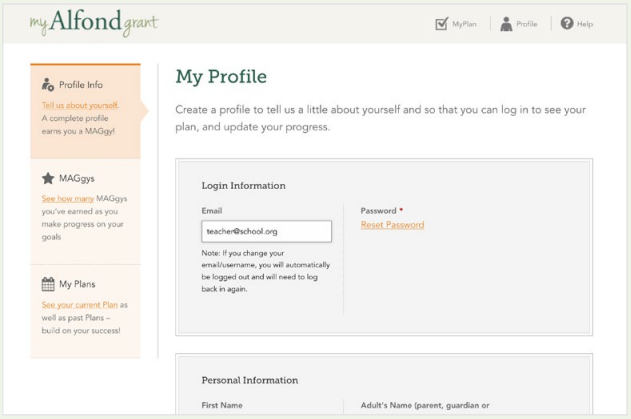
### Here's why we need you

At its core, the Middle School MyPlan tool is a learning opportunity for students—and an opportunity for the adults around them to support their aspirations. A central feature of the tool is continual communication with adults and encouragement for students.

As a teacher, you'll be asked to support the student by verifying they've engaged in various activities – and, more importantly, by encouraging their exploration of future opportunities and engaging them in conversations about what the future holds. (This is also true for any other adult the student may add).

GET READY

# How to Get Started




## Step 1

The Alfond Scholarship Foundation (ASF) will send you a link to Middle School MyPlan, so you can share it with your students. (By doing this, you're giving permission for students to create an online account and profile. Don't worry, ASF won't share any information).

## Step 2

Each student creates an account and profile and provides contact information for the adult in their life who will help them with Middle School MyPlan. If you are using this at school, you as the teacher will probably be the adult, but the student may also add a parent or other adult that wants to help them. The adult will verify that some of the activities have been completed.

## Step 3

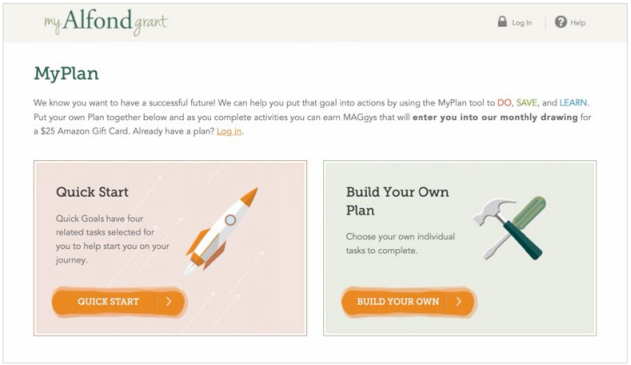
Students are ready to explore and make their first plan!

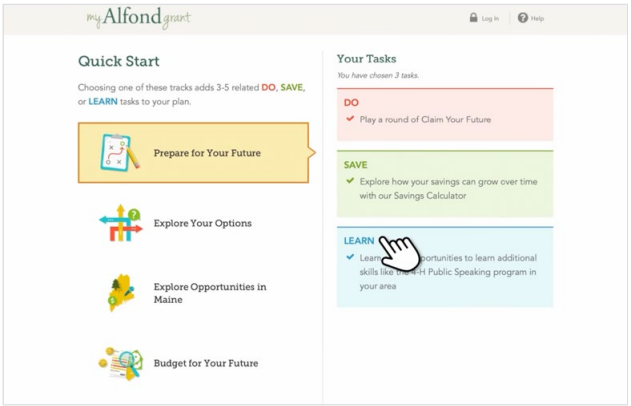
LET'S GO!

# How to Use Middle School MyPlan

## Step 1: Choose Quick Start or Build Your Own Plans

Students begin by choosing between Quick Start or Build Your Own plans. Quick Start automatically selects tasks and creates the first plan for the student. Build Your Own allows students to choose the activities they would like to complete. Activities are divided into three categories (Do, Save, and Learn) and support student aspirations and future planning. Each task should take between 10-20 minutes, although some (like helping a neighbor with chores) may require time outside of school.



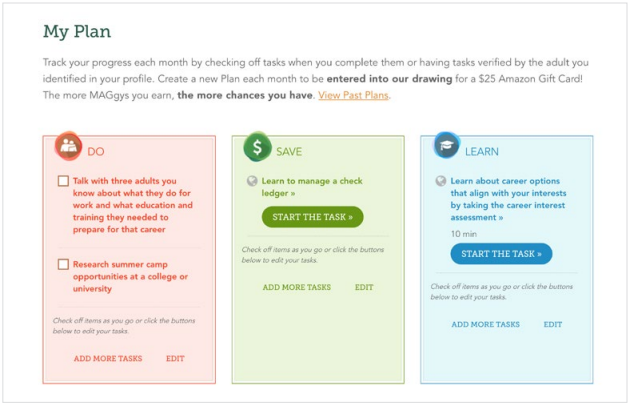
## Step 2: Check off completed tasks

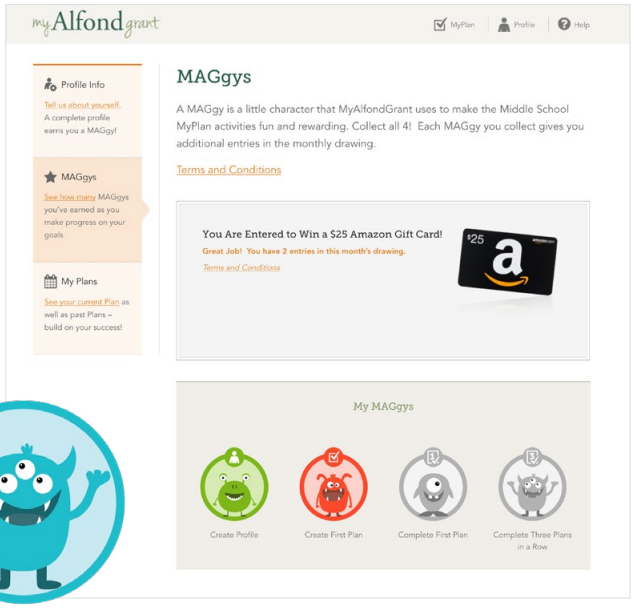
Once a student has completed a task, they check it off on their MyPlan.

**Adult Verification**

Some tasks need adult verification. (We have noted in the task description if the task needs an adult).

When a student checks off a task requiring an adult to verify, an email will be sent to the adult the student identified when they created their profile. A pop-up window will let the student know we've sent an email to the adult. Once the adult receives the email and "Agrees" that the student has completed the task, the task will be checked off.




## Step 3: Get a reward!

When a student completes a task, they earn **Monster MAGgys** and are automatically entered in a drawing to win a **$25 Amazon Gift Card**. Most tasks earn one entry, but some tasks earn more. (Talk about a great way to encourage students to interact with the program more frequently)!



Watch this brief video to see Middle School MyPlan in action.

GET TO KNOW US

# More about Middle School MyPlan

## Why was Middle School MyPlan created and who's involved?

Maine historically has a high rate of high school graduation, but a lower rate of students continuing education after high school. Most areas of job growth in today's and tomorrow's economy require some education or training beyond a high school diploma. Maine students, like students everywhere, would benefit from engaging in early thinking and exploration about what kind of future they want for themselves. Enter Middle School MyPlan.

Working with the Maine Department of Education and other partners, the Alfond Scholarship Foundation (ASF) used its parent-focused "MyPlan'' platform to develop Middle School MyPlan, a new tool with new content aimed at middle school students themselves. In addition to ASF and the Maine DOE, other partners involved include JMG, University of Maine System, Maine Community College System, and 4H.

# Does Middle School MyPlan align with Maine's Learning Results?

Middle School MyPlan aligns with a variety of Maine's Learning Results. Just take a look below for how we do it.

The **"DO"** activities align with the following **Life and Career Ready Standards**:

### A.1 Self-knowledge

Students demonstrate and reflect on personal characteristics, attitudes, and interests that develop life skills and lead to career readiness, emphasizing national and global awareness.

### A.2 Life Skills

Students demonstrate and reflect on skills that influence interpersonal relationships in positive ways in school, work, and the regional and national community.



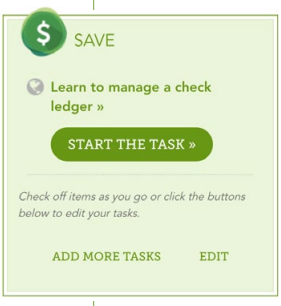

The **"SAVE"** activities align with the following **Personal Finance & Economics Standards**:

### F.2 Personal Finance

Identifying factors that contribute to spending or saving decisions.

### D.1 Personal Finance

Using a process for making spending and savings decisions based on work, wages, income, expenses, and budgets as they relate to the study of individual financial choices.




The **"Learn"** activities align with the following **Life and Career Ready Standards**:

### B.1 Exploring Opportunities

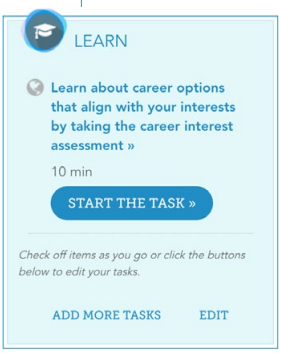
Students use and analyze resources to purposely and creatively explore a variety of post high school options.

### C.1 Planning

Students develop, implement, and adjust goals as they relate to future paths.

### C.2 Career Awareness and Adaptability

Students consider personal aptitudes, evolving personal interests, and current employment trends, locally and globally, as they develop future plans.

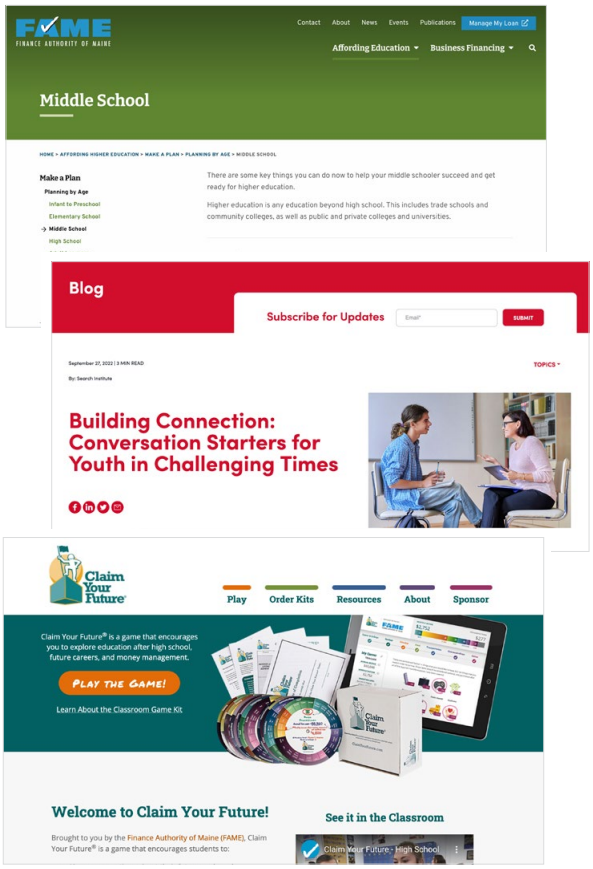


MORE RESOURCES

## Are there additional resources available?

Yes! Here are some additional resources that will help your students and their families get thinking about their future:

- A Middle School Student's Guide to College Savings from the Alfond Scholarship Foundation
- Middle School Parent Resources from FAME Maine
- Claim Your Future – An interactive game that lets you try out future careers and make decisions about how you'd spend your money
- Tips and Resources for Parents of Middle School Students from the Alfond Scholarship Foundation
- Career Aspirations Conversation Starters
- SEL4ME Educator resources
- Middle School MyPlan Teacher Resources – more information is available on the Alfond Scholarship Foundation website about how to get started with Middle School MyPlan




## About the Alfond Scholarship Foundation

The Alfond Scholarship Foundation (ASF) is a non-profit organization created by Maine businessman and philanthropist, Harold Alfond, to invest a $500 Alfond Grant at birth for every Maine resident baby for their future education. The Alfond Scholarship Foundation invests these funds until the child is ready to use them. The funds can be used for education after high school at eligible colleges, universities, certificate programs and trade schools, in Maine or out of state. Children awarded the Alfond Grant have until age 28 to use it.

LEARN MORE ABOUT ASF

For questions or feedback, please contact the Alfond Scholarship Foundation info@myalfondgrant.org or (207) 347-8638.

Alfond
Scholarship Foundation