



SE MN POST-SECONDARY GUIDE

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TABLE OF CONTENTS

Page 3 Purpose of This Guide & Who Should Use It

Page 4 What is in This Guide & How to Use It

Page 5 Students & Parents: Preparing for College Activities

Page 6 How Do I Use FutureForward™ ?

Page 8 Exploring Post-Secondary Colleges & Universities in FutureForward™
Parent Resources

Page 13 Students: Build Your College Application Content with These Great Resources & Experiences

Page 14 Students & Parents: Financial Aid, Grants, & Scholarships

Page 15 Upcoming College Fairs
Counselor Resources



THE STEPPING STONES TO YOUR FUTURE

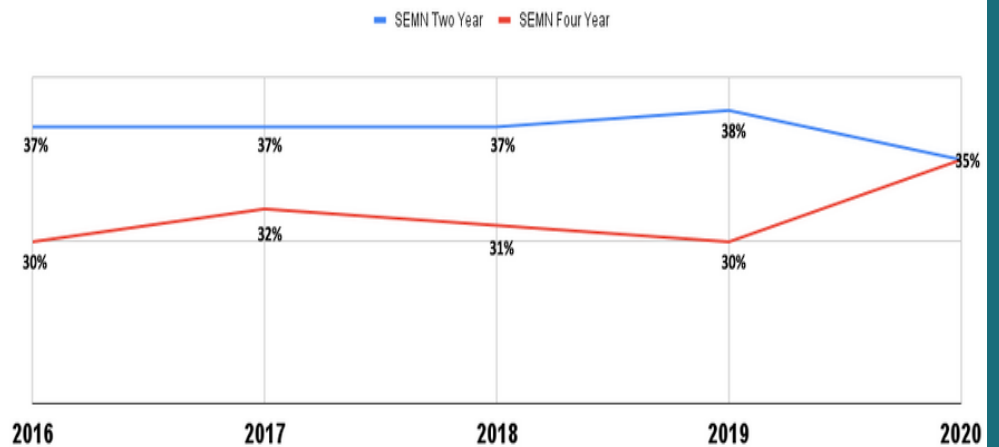
Learn more about many of the top-attended colleges and universities of southeast Minnesota students. Learn about support resources for college-bound students and their families, training options available locally, and everything in between!

WHO SHOULD TAKE A LOOK?

This guide is available to connect students, parents/guardians, educators, and counselors to resources and people for training options after high school.

DID YOU KNOW...

SE MN Two Year vs SE MN Four Year College Attendance



WHAT IS THIS GUIDE AND HOW TO USE IT?

Look. Whether you are a counselor, educator, parent, or student, we understand there's a lot to consider when planning the next steps post-high school.

This is the season of big decisions, and we want to help you as much as possible. Which is why we created this helpful guide.

FIRST, WHAT EXACTLY IS THIS THING?

This guide will assist you through exercises and utilize tools to guide your exploration and planning for in-demand and high-wage careers that align with your interests and skills.

The exercises will lead you on a journey that includes self-exploration, interest identification, hands-on learning to validate interests, and maps your next steps for life after high school graduation.

In addition to planning, this guide is full of resources for you, your parents, and educators to connect with regional colleges, attend local college fairs, and find information about the tools that local colleges use to easily schedule college visits,

SECOND, WHY ARE THERE LINKS TO FUTUREFORWARD™, WHAT IS IT, AND HOW DO I USE IT?

FutureForward™ (www.FutureForward.org) is a FREE online tool that helps connect employers with students, parents, educators, and counselors.

FutureForward™ will connect you with colleges to learn about their training programs and campus life. You can also view videos that help you tackle the tasks you need to take your next steps to get into great careers - like filling out a FAFSA and completing a college application.

STUDENTS/PARENTS:

PREPARING FOR COLLEGE ACTIVITIES

REVIEW THESE RESOURCES

- **Classes to Take in High School** | <https://www.ohe.state.mn.us/mPg.cfm?pageID=1836>
- **Earn College Credit in High School** | <https://www.ohe.state.mn.us/gPg.cfm?pageID=1907>
- **College Prep Timeline** | <https://www.ohe.state.mn.us/gPg.cfm?pageID=1176>

EXPLORE YOUR INTERESTS AND POTENTIAL CAREERS

- **Explore Your Interests** | <https://www.ohe.state.mn.us/rsPg.cfm?pageID=1871>

Read each statement. If you agree, select the corresponding checkboxes. This tool will provide you with insights into potential career clusters that align with your interests. Visit the resources below to do hands-on learning to confirm your interests and discover training pathways to confirmed career options.

- **Explore & Experience Training Programs & Careers** | <https://futureforward.org>

Clear the cloud of uncertainty and explore careers that align with your interests. Take your results from the Explore Your Interests task above and search the hundreds of employers and post-secondary training partners in FutureForward™. Search by career cluster, keyword, or the name of an organization (see pages 8-12 of this guide for a quick start). Whether it's touring a business that has been on your list of places to work, job shadowing someone in a position that interests you, or meeting a professional for questions over coffee, FutureForward™ offers 16 Career Cluster paths in which all careers fall. While some careers are well-known, it may be surprising to know that there are a greater number of less-familiar, but equally rewarding opportunities available. By pursuing opportunities presented through FutureForward™, you can explore careers offering great happiness and job satisfaction that align with your passions!

- **Find a College that is Right for You** | <https://myhighered.mn.gov/>

Now that you've identified your interests and sampled the work of your interest area, now it is time to map your next steps to land a job in your chosen career. After watching the videos outlined on pages 8-12 of this guide, visit MyHigherEd.mn.gov to compare and contrast different training programs that meet your preferences. You can search by areas of study, campus setting, student-to-faculty ratio, and much more!

HOW DO I USE FUTUREFORWARD™?

I AM AN EDUCATOR OR COUNSELOR:

- Include FutureForward™ in your curriculum to teach students how to best use it.
- Guide students toward experiential learning that best meets their learning style.
- Invite local professionals to be classroom speakers.
- Schedule tours for your students.
- Use business mentors registered in the directory to offer suggestions for elective classes.

To put it simply, FutureForward™ is a resource you can utilize to have students complete self-directed learning about topics that matter to them. That could be directing them to check out colleges on the tool and request information, or to do research on careers that are of interest to find out what kind of education or training they need to get their dream job. The site has great tools to make your job as a teacher easier. You can check them out here: futureforward.org/about/educators/

I AM A STUDENT OR A PARENT.

- Talk about your interests, and look for careers to explore and find out what type of training is required.
- Search local education partners to determine where you can get the necessary training.
- Connect with your school counselor to talk about career pathways, taking career aptitude assessments, and other ways you can use FutureForward™.
- Contact the colleges and universities and utilize resources in this guide.
- Watch some of the hundreds of videos you can find on FutureForward™ to see firsthand what the future careers that interest you entail:

futureforward.org/about/students/

YOU KEEP REFERENCING THESE VIDEOS. WHERE DO I FIND THEM AND WHAT CAN I USE THEM FOR?

Finding on-demand videos is as easy as finding the company or organization you would like to find out more about. There are more than 300 videos on FutureForward™ added by the companies and organizations who want you to find out more about them. Click on an organization's profile to view videos and other recordings.

Some videos are interviews, some are facility tours, and some just let you know a bit more about the organization. If you're a student or parent, these videos are a great way to get to know more about an organization; if you're an educator, the videos are a great way to give your students a project that is informative, shows real-world application of what students are learning, and provide conversation-starters about careers for the next generation.



**Seamlessly connecting students, educators, and
employers in experiential and work-based learning
opportunities that bridge classrooms to career paths.**

www.futureforward.org

SOUTHEAST MINNESOTA'S TOP 5

In 2020 the top five colleges with the highest attendance from students from southeast Minnesota the year after high school graduation were:

- 1 Rochester Community and Technical College
- 2 Riverland Community College
- 3 University of Minnesota-Twin Cities
- 4 Minnesota State University-Mankato
- 5 Winona State University

Find out the Top 5 for graduates of your school. Contact Mike Schnell, SE MN SLEDS Regional Data Coach, at mschnell@ssc.coop or 507.281.6683.

sleds.mn.gov

SCHOOLS CURRENTLY IN FUTUREFORWARD™

ALEXANDRIA COMMUNITY AND TECHNICAL COLLEGE

Jenna Houser

Jenna.Houser@alextech.edu

FutureForward™ Page:

<https://futureforward.org/search-directory/alexandria-technical-community-college/>

Featured Videos:

- Student Campus Life & Programs
- Transportation & Mechanics Overview
- Liberal Arts & Sciences/Transfer Pathways Overview
- Business & Information Technology Overview
- Manufacturing & Construction Overview
- Law Enforcement & Constructions Division Overview
- Health & Education Overview
- Design Overview

IOWA STATE UNIVERSITY COLLEGE OF AGRICULTURE AND LIFE SCIENCES

FutureForward™ Page:

<https://futureforward.org/search-directory/iowa-state-university-college-of-agriculture-and-life-sciences/>

LAKE SUPERIOR COLLEGE

Kayti Stolp

kayti.stolp@lsc.edu

FutureForward™ page:

<https://futureforward.org/search-directory/lake-superior-college/>

Featured Videos:

- Overview of Programs, Student Supports, Financial Aid, Community Impact & Student Life
- Meet Kennedy, Duluth Easy High School
- Meet Misael, Media Students & Production Student
- Meet Jay, CNC Programming Student
- Meet Kailyn, Nursing Student

**PARENTS,
THIS SECTION IS FOR YOU!**



Kat Klima
kathleen.klima@state.mn.us

FutureForward™ page:

<https://futureforward.org/search-directory/mn-office-of-higher-education/>

Featured Videos:

- Supporting Underrepresented Students in the College Admissions Process
- FAFSA Training & Line by Line Demo
- DREAM Act Training
- Financial Aid What Happens Now?
- Paying for College
- Un Resumen Sobre La Ley Dream De Minnesota
- Financial Aid for Minnesota Undocumented Students
- Myths and Truths about Financial Aid
- College Knowledge: Awareness & Preparation

Students and Parents:

- **Direct link to: How to Fill Out the Free Application for Federal Student Aid (FAFSA®) Form**
 - <https://www.youtube.com/watch?v=w9HWaQpuNSk>

LUTHER COLLEGE

Mark Faldet
faldetma@luther.edu

FutureForward™ page:

<https://futureforward.org/search-directory/luther-college/>

MINNEAPOLIS COLLEGE

Beverly Wadsworth
beverly.wadsworth@minneapolis.edu

FutureForward™ page:

<https://futureforward.org/search-directory/minneapolis-college/>

Featured Videos:

- HVACR Program
- Computer Software Development

**MINNESOTA STATE COLLEGE
SOUTHEAST**

Joanne Thompson
jthompson@southeastmn.edu

FutureForward™ page:

<https://futureforward.org/search-directory/minnesota-state-college-southeast/>

Featured Videos:

- MSC Southeast Campus Tour
- MSC Southeast Transportation Career Program
- MSC Southeast Health Science Careers
- MSC Southeast Engineering, Manufacturing, and Trades

MINNESOTA STATE UNIVERSITY MANKATO

Ask for Admissions
admissions@mnsu.edu

FutureForward™ page:

<https://futureforward.org/search-directory/minnesota-state-university-mankato/>

Featured Videos:

- Student Stories | Brady
- We are Minnesota
- Welcome to Our University
- FlexSync How Technology Can Help Us Safely
- Big Ideas. Real World Thinking.

NORTH DAKOTA STATE UNIVERSITY

Matthew Henry
matthew.j.henry@ndsu.edu

FutureForward™ page:

<https://futureforward.org/search-directory/north-dakota-state-university/>

Featured Videos:

- Experience North Dakota State University
- We Stay in Fargo
- The Res Life Experience - Upper Division Living
- NDSU Dining | Feeding the Herd

RIVERLAND COMMUNITY COLLEGE

Nel Zellar
nel.zellar@riverland.edu

FutureForward™ page:

<https://futureforward.org/search-directory/riverland-community-college/>

ROCHESTER COMMUNITY AND TECHNICAL COLLEGE

Tiffany Betcher
tiffany.betcher@rctc.edu

FutureForward™ page:

<https://futureforward.org/search-directory/rochester-community-and-technical-college/>

Featured Videos:

- Careers In Law Enforcement
- Careers in Child Care

SAINT MARY'S UNIVERSITY OF MINNESOTA (WINONA)

Contact Admissions
admission@smumn.edu

FutureForward™ page:

<https://futureforward.org/search-directory/saint-marys-university-of-minnesota-winona/>

Featured Videos:

- Experiences Saint Mary's University of Winona
- SMU Vlog: Justine Schultz
- Why Visit Saint Mary's University of Minnesota

ST. CLOUD STATE UNIVERSITY

John Brown

scsu4u@stcloudstate.edu

FutureForward™ page:

<https://futureforward.org/search-directory/st-cloud-state-university/>

Featured Videos:

- Welcome to SCSU
- Facility, Technology, & Simulation Lab Tours
- Campus View

UNIVERSITY OF MINNESOTA

DULUTH

David Hammer

umdadmis@d.umn.edu

FutureForward™ page:

<https://futureforward.org/search-directory/university-of-minnesota-duluth/>

Featured Videos:

- University of Minnesota Duluth: Take a Tour!
- UMD - Real Connections

UNIVERSITY OF WISCONSIN EAU

CLAIRE

Susan Vang

vangsusa@uwec.edu

FutureForward™ page:

<https://futureforward.org/search-directory/university-of-wisconsin-eau-claire/>

UNIVERSITY OF WISCONSIN

LA CROSSE

Sam Pierce

spierce@uwlax.edu

FutureForward™ page:

<https://futureforward.org/search-directory/university-of-wisconsin-la-crosse/>

Featured Videos:

- Student Support Services
- University of Wisconsin System - Admissions Criteria

DID YOU KNOW...

You can research and connect with these colleges and employers that recruit from these training programs on FutureForward™?



Stand out on your college application while building your transcript and resume. Coordinate job shadows, internships, and more on FutureForward™.

www.FutureForward.org

UNIVERSITY OF WISCONSIN STOUT

Lacey Seefeldt
seefeldtl@uwstout.edu

FutureForward™ page:
<https://futureforward.org/search-directory/university-of-wisconsin-stout/>

UNIVERSITY OF WISCONSIN SUPERIOR

Contact Admissions
admissions@uwsuper.edu

FutureForward™ page:
<https://futureforward.org/search-directory/university-of-wisconsin-superior/>

VITERBO UNIVERSITY

Contact Admissions
admission@viterbo.edu

FutureForward™ page:
<https://futureforward.org/search-directory/viterbo-university/>

WARTBURG COLLEGE

Tara Winter
tara.winter@wartburg.edu

FutureForward™ page:
<https://futureforward.org/search-directory/wartburg-college/>

WESTERN TECHNICAL COLLEGE

Caitlin Locy
locyc@westernnc.edu

FutureForward™ page:
<https://futureforward.org/search-directory/western-technical-college/>

Featured Videos:

- Western Technical College - New Horizons
- Apprenticeship and Industry Training Center
- Western Technical College - Admissions Coach
- Preparing for an Online Course
- La Crosse Main Campus Tour
- Careers in IT

WINONA STATE UNIVERSITY

Elizabeth Schwanke
elizabeth.schwanke@winona.edu

FutureForward™ page:
<https://futureforward.org/search-directory/winona-state-university/>

Featured Videos:

- Counseling Services at Winona State

WINONA STATE UNIVERSITY ROCHESTER

Samantha Eckerson
sdeckerson@winona.edu

FutureForward™ page:
<https://futureforward.org/search-directory/winona-state-university-rochester/>

DID YOU KNOW...

1 : 2 : 7

For every **one** job that requires a masters degree or more, there are **two** jobs that require a four-year degree, and **seven** jobs that require a two-year degree or certificate.

BUILD YOUR COLLEGE APPLICATION CONTENT WITH THESE GREAT RESOURCES + EXPERIENCES

If you would like to learn even more, Minnesota State hosts a number of Centers of Excellence that serve a major industry that faces serious workforce challenges. The centers collaborate with industry and education to attract and prepare students for success in high-demand careers.

HEALTHFORCE MINNESOTA

FutureForward™ page:

<https://futureforward.org/search-directory/healthforce-minnesota/>

Learn More About:

- SCRUBS Camp
- Career Exploration
- Nursing Assistant Careers
- Curriculum & Resources for K-12 Schools & Colleges

MINNESOTA STATE SOUTHERN AGRICULTURAL CENTER OF EXCELLENCE

FutureForward™ page:

<https://futureforward.org/search-directory/minnesota-state-southern-agricultural-center-of-excellence/>

Learn More About:

- Career Pathways
- Scholarships
- National Pork Board Professional Swing Manager Program
- Agriculture Opportunities Analysis
- Events
- GreenSEAM State of Ag

MINNESOTA MANUFACTURED

FutureForward™ page:

<https://futureforward.org/search-directory/minnesota-state-advanced-manufacturing-center-of-excellence/>

Learn More About:

- Career Sectors
- Manufacturing Career Tools
- Badge Pathway
- Women in Manufacturing

MINNESOTA STATE TRANSPORTATION CENTER OF EXCELLENCE

FutureForward™ page:

<https://futureforward.org/search-directory/minnesota-state-transportation-center-of-excellence/>

Learn More About:

- Events
- Career Exploration
- Financial Aid
- Scholarships
- Veterans & Active Military
- Nitro-X
- Summer Camps

STUDENTS + PARENTS:

FINANCIAL AID, GRANTS, + SCHOLARSHIPS

START HERE:

How to Fill out the FAFSA

<https://www.youtube.com/watch?v=w9HWaQpuNSk>

FINANCIAL AID DEADLINES

Federal Deadlines

• 2023–24 Academic Year

- The FAFSA form must be submitted by 11:59 p.m. CT on June 30, 2024. Any corrections or updates must be submitted by 11:59 p.m. CT on Sept. 14, 2024.

• 2022–23 Academic Year

- The FAFSA form must be submitted by 11:59 p.m. Central time (CT) on June 30, 2023. Any corrections or updates must be submitted by 11:59 p.m. CT on Sept. 9, 2023.

College Deadlines

Each college may have its own deadline. Check with the college(s) you're interested in attending. You may also want to ask colleges about their definition of an application deadline. Is it the date your FAFSA form is processed or the date the college receives your processed FAFSA data?

State Deadline

Varies from state to state. Check below for an overview.

<https://studentaid.gov/apply-for-aid/fafsa/fafsa-deadlines#state>

RESOURCES FROM STATE OF MINNESOTA OFFICE OF HIGHER EDUCATION

- How to Apply for Financial Aid | <https://www.ohe.state.mn.us/mPg.cfm?pageID=130>
- Financial Aid Estimator | <http://www.ohe.state.mn.us/Estimator/firstQuestions.cfm>
- Grants and Scholarships | https://www.ohe.state.mn.us/pdf/grants_scholarships.pdf
- Student Loan Options | https://www.ohe.state.mn.us/pdf/student_loans.pdf

RESOURCES FROM MINNESOTA STATE COLLEGES AND UNIVERSITIES

- Explore Campuses & Programs | <https://www.minnstate.edu/campusesprograms/>
- Explore Careers | <https://www.minnstate.edu/careerexploration/>
- Workforce Development Scholarships | <https://www.minnstate.edu/stories/wds/>

UPCOMING COLLEGE FAIRS FALL 2022

WISCONSIN EDUCATION FAIR LA CROSSE, WI

Date: September 26

Time: 9:00 am - 1:30 pm

Location: La Crosse Center
300 Harborview Plaza, La Crosse, WI
FREE Registration Here:
wefs.swoogo.com/registration/begin

SOUTHEAST MN EDUCATION FAIR ROCHESTER, MN

Date: October 14

Time: 9:00 - 10:30 am

Location: RCTC
851 30th Ave SE, Rochester, MN
FREE Registration Here:
www.StriveFair.com

SOUTHEAST MN EDUCATION FAIR ALBERT LEA, MN

Date: October 14

Time: 1:30 - 3:00 pm

Location: Albert Lea High School
2000 Tiger Ln, Albert Lea, MN
FREE Registration Here:
www.StriveFair.com

COUNSELORS, THIS RESOURCE IS FOR YOU!

Post-secondary institutions from both Minnesota and Wisconsin suggest that K-12 schools utilize RepVisits at www.CounselorCommunity.com to schedule visits and college fairs.

Benefits (according to post-secondary partners):

- The tool is FREE
- Faster communication
- High schools create their own schedules

Start saving yourself time and make scheduling easier starting today by creating an account at www.CounselorCommunity.com

This Post-Secondary Guide was Sponsored by:



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