



WEEKLY STUDENT PLANNER FOR PEAK READINESS

Peak Readiness is useful in a group setting or self-guided, or a combination. Instructions on how to use the program, where to find help, and how to solve problems are contained in each Activity. The following planner provides a brief guide for planning your time each week. For complete details on how to use the PM system, see the online student resources.

Peak Readiness is grouped into “Sections” on major topics such as “Find and Furnish Your Apartment”. Each Section has several individual “Activities”, such as “Create Your Budget for your Kitchen”.

Week 1: Students complete the “Welcome to Peak Readiness” Activity. This is also a good time for students to review with their parents, mentors, or teachers the purpose of the program and to answer any questions about how it works.

Week 2: Complete the three Activities in the “Introduction to Independent Life” Section: Learn the relationships between education, career, money, and lifestyle

- Explore the True Life Chart
- Discover minimum wage and why it won't support you
- Learn about blue collar, white collar, and professional-level careers
- Explore income levels, education levels, and lifestyles
- Discover the importance of physical and mental health
- Learn the value of personal and financial commitments
- Journal on your discoveries

Week 3: Start the “Find and Furnish Your Apartment” Section: Envision your future and discover the cost of having your own apartment

- Find an apartment in your neighborhood
- Locate utility deposits and costs
- Furnish and create your budget for your kitchen and living room

Week 4: Complete the “Find and Furnish Your Apartment” Section:

- Furnish and create your budget for your bedroom and bathroom
- Discover online resources for managing your life
- Discover start-up costs of having your own place
- Journal on your discoveries

Week 5: Start Section on “Create Your Life, Learn the Costs”: Envision your future and chosen lifestyle and discover your total cost of living

- Explore the costs of eating
- Determine your clothing costs
- Investigate interest rates
- Shop online for a car
- Discover the ongoing costs of owning a car

Week 6: Complete Section on “Create Your Life, Learn the Costs”

- Research insurance rates
- Decide your leisure activities and costs
- Compute your taxes
- Compute your total cost of living
- Compute your required yearly / hourly expense and take-home pay
- Journal on your discoveries

Week 7: Start Section on “Jobs, Income, and Education”: Find out what education, jobs, and careers will support your chosen lifestyle

- Choose and explore various jobs and careers
- Complete interest surveys and personality profiles
- Learn how many jobs are available for your chosen careers
- Research starting and average salaries

Week 8: Continue Section on “Jobs, Income, and Education”

- Explore the Occupational Outlook Handbook
- Discover working conditions for your chosen careers
- Find out if your chosen career will support your lifestyle
- Re-examine your assumptions if your income doesn't meet expenses
- Research education, colleges, and costs
- Learn academic admission requirements for colleges

Week 9: Complete Section on “Jobs, Income, and Education”

- Interview a professional in your chosen career
- Journal on your discoveries

Week 10: Complete Section on “Discover the Business World”

- Take a self-assessment on being an entrepreneur
- Write a simple business plan
- Interview a business owner
- Journal on your discoveries

Week 11: Complete Section on “Goals and Commitments”

- Contemplate your definition of a balanced lifestyle
- Decide your preferred future lifestyle
- Identify goals that will help you get there
- Make a commitment to yourself
- Decide what to do today to reach your goals
- Journal on your discoveries
- Print and sign your Certificate of Completion and Self Commitment

Week 12: Complete Section on “Volunteering and Service”

- Learn what service work means
- Identify possible community or volunteering efforts that interest you
- Take a self-assessment on your possible service contributions
- Interview a volunteer or service worker

Complete optional sections:

- Balancing your checkbook
- Writing a resume
- Doing a job interview
- ...and other optional Activities assigned by your sponsor.