|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Fasalka Sideedaad | Daabacaadda Xagaaga | | | | | | |  | |
|  | | | | | | | | | | |
|  | NUQULKA WARARKAHigh School & Beyond Planning (Dugsiga Sare & Qorsheynta Ka baxsan) - Wararka & Macluumaadka | | | | | | | | |  |
|  | | | | | | | | | | |
| *Replace with School Contact Info* | | | | | | | | | | |
|  | | | | | | | | | | |
| U GUURKA DUGSIGA SARE  Dhammaadka sannad dugsiyeedka waxay ardayda u noqon kartaa waqti dareen, gaar ahaan kuwa u gudbaya dugsiga sare dayrta soo socota. Fasalka sagaalaad wuxuu muhiim u yahay guusha ardayda ee dugsiga sare.  Marka ay dhalinyaradu qaangaarka u gudbaan dugsiga sare, arday badan ayaa la kulma hoos u dhac ku yimaada darajooyinka. Dugsiga sare waxa uu dareemi karaa jawi aad u ballaadhan, mararka qaarna u muuqda mid ka daryeel yar marka loo eego dugsiga fasalka ama dugsiga sare. Asxaabtu waxay leeyihiin saamayn xoog badan (labadaba mid togan iyo mid xunba). Awoodda horumarinta caadooyinka xunxun sida ka-boodista fasalka ayaa sidoo kale kordheysa, gaar ahaan marka ardaygu la halgamayo.  Si kastaba ha ahaatee, cilmi-baaristu waxay xaqiijisay in marka dhallinta la weydiiyo cidda ugu saameynta badan falalkooda, waxay si weyn ugu jawaabaan: waalidiinteena. In kasta oo isha-rogid, inta badan-muujin (iyo dabiici ah) riixitaanka madax-bannaanida, dhallinta dugsiga dhexe iyo sare waxay u baahan yihiin dad waaweyn oo daryeela. Yaa si fiican u bixin kara hanuuninta, jihaynta, daryeelka, jacaylka, iyo allabari si ay ugu hagto qaangaarnimada? Qoysasku waa inay ka qaybqaataan sannadaha dugsiga sare oo dhan.  Kala hadal ilmahaaga waxa aadka kaaga welwelaya ee ku saabsan dugsiga dhexe/sanadaha dugsiga sare. Waydii dhallintaada welwelkooda ugu weyn.  Ka fikir nooca dugsiga dhexe/sare waayo-aragnimada aad soo martay. Sidee bay caqabadaha isu beddeleen? Sidee isku mid yihiin? intee la hadashay waalidkaa? | | |  |  | *Insert Local Summer Programs and Opportunities Here* | *Insert Local Summer Programs and Opportunities Here* | | | | |
|  |  |  |  | | |
| DHACDOOYINKA SOO SOCDA  Halkan riix si aad qoraalka u geliso. |  |  | Graduation cap with solid fill  MA OGTAHAY?  Waa maxay xirfad shaqo oo kulul?  Ciidanka, NYPD, iyo Waaxda Gobolka ma heli karaan shaqaale ku filan xirfaddan shaqo. Sidoo kale Fortune 500 shirkadood, isbitaallo, maxkamadaha maxalliga ah, iyo dugsiyada ma awoodaan. Waa maxay?  Faseexnimada luqad qalaad. | | |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| High School & Beyond Planning (Dugsiga Sare & Qorsheynta Ka baxsan)  Fasalka Sideedaad | Daabacaadda Xagaaga | gearup.wa.gov | | | | | |
|  | | | | | |
| TAKHASUSKA IYO XIRFADAHA: SAHAMINTA XISAABTAADA |  | Kuleejyada intooda badan, uma baahnid inaad doorato takhasus ilaa dhamaadka sanadkaaga labaad, xitaa markaa, wali waad bedeli kartaa maskaxdaada.  Ka caawi dhallintaada inay sahamiyaan fursadaha adiga oo weydiiya:   * Maxay yihiin waxyaabaha qaar oo aad dareento inaad si fiican u qabato? * Maxaa caqabad ku ah? * Maxaad jeceshahay inaad madadaalo u samayso? * Waa maxay shay aad had iyo jeer rabtay inaad isku daydo? * Maxaa ku xiiseeya? * Waa maxay fasalka aad ugu jeceshahay? * Haddii aad qaban karto wax shaqo ah maalin, maxay noqon lahayd?   Sidoo kale, xasuusnoow ku biirista naadiyada, shaqada, iskaa wax u qabso - iyo xitaa la hadalka dadka - waxay ka caawin kartaa dhallintaada inay ogaadaan waxa ay xiiseynayaan. Weligaa ma ogid; hawlahani waxay u horseedi karaan shaqada riyada ee ilmahaaga. | | | |
| Takhasuska waa maaddo gaar ah oo ardaydu ku takhasusaan xilliga kuleejka. Ardaydu waa inay doortaan takhasus oo ay ku qaataan koorasyo meelaha xiisaynaya oo dhiirigeliya. Takhasusyaad badan ayaa ardayda u diyaariya inay galaan shaqooyin kala duwan markay qalin jabiyaan.  Ardayda badan, doorashada takhasuska kuleejka lama mid aha doorashada shaqada. Waxay ku xirnaan doontaa iyaga inay doortaan dariiqa shaqo ee ay jecel yihiin. Tusaale ahaan, shahaadada suugaanta Ingiriisiga waxay kuu horseedi kartaa shaqo daabacaadda, baridda, xayaysiinta, xiriirka dadweynaha, ama sharciga, iyo qaybo kale. |
| LIISKA HUBINTA ARDAYDA   * Fir fircoon oo caafimaad qab. * Akhriso! Booqo maktabadda xaafaddaada. * Ogow haddii dugsigaagu bixiyo buundada xagaaga ama barnaamijka kala guurka. Haddii ay sameeyaan, hubi inaad ka qayb qaadato. | | |  |  | KHURAFAAD BURBURIN  **KHURAFAAD:** Dhalinyaradu uma baahna hurdo.  **XAQIIQADA:** Dhallintu waxay u baahan yihiin hurdo badan ama in ka badan intii ay carruur ahaan heli jireen—sagaal ilaa toban saacadood ayaa ugu fiican.  Inta badan dhalinyaradu waa hurdo la'aan joogto ah, celcelis ahaan lix ilaa todoba saacadood habeenkii. Part of the blame can be placed on early school starting times and many teens’ 11 p.m. and midnight bedtimes, resulting in a considerable sleep deficit.  A black background with a black square  Description automatically generated with medium confidenceHurdo la'aantu waxay saamaysaa awoodda dhallinta si ay u bartaan oo ay u haystaan walxo cusub, gaar ahaan maadooyinka aan la taaban karin sida fiisigiska, falsafada, xisaabta, iyo xisaabinta. |
|  |  |  |
| LIISKA HUBINTA QOYSKA   * Ku dhiiri geli wax akhriska xagaaga oo dhan. * Fiiri kaamamka maalinlaha ah ee kuu dhow oo laga yaabo inuu ilmahaagu tago. * Ku dhiiri geli dhallintaada inay firfircoonaadaan. Ka faa'iidayso cimilada kulul oo dhalinyarada ku dadaal dibadda. * Soo ogow haddii dugsiga sare ee ilmahaagu bixin doono buundada xagaaga ama barnaamijka kala guurka. Barnaamijyadani waxay ka caawiyaan ardayda  fasalka sagaalaad inay ka boodaan dugsiga dhexe ilaa dugsiga sare. Ku dhiiri geli ilmahaaga inuu ka qaybqaato haddii la bixiyo. | | |