Career Preparation Guide

Career & Technical Education
A Strong Foundation to Build a Successful Life

The world of work is changing. From technical careers to advanced engineering, workers are expected to have a solid academic foundation, a commitment to life-long learning, and a drive to improve. At Quincy High School, we promote intellectual curiosity so that all students can be life-long learners. From preschoolers to graduating seniors, we are dedicated to providing a nurturing and academically challenging environment which gives all students the opportunity to be the very best they can be.

To help every student be their best, we offer a wide range of courses. Is your daughter interested in learning a technical skill? We have highly-regarded programs in Electrical Technology and Auto Technology. Is your son interested in a creative career? He could learn Broadcasting, Graphics/Visual Design or become a chef or baker through our Culinary program. Does your daughter wonder how things work? Maybe Engineering or computers are for her. We have 15 career areas which give students the academic and hands-on skills they need to turn their passion into a career. Whether entering a demanding college program to continue their training or beginning an apprenticeship for immediate employment, we prepare every student for a well-paying career - and not just a job!

Please use this catalog as a guide to the wide range of career training and college opportunities available to our students. We also have multiple in-school resources including our Career Center, seminars, clubs, academic advisors, internships, job-shadowing, community volunteer professionals, and work experiences which are available to all students. These resources can open doors to careers, colleges, and the future.

The teachers and staff at Quincy High School are dedicated to one thing: building a strong foundation for the long-term success of our students. If you have questions, contact your child’s teachers, the guidance department, the Career Center, or the principal at Quincy High School.

It is never too early to plan to succeed!

Dr. Richard DeCristofaro  Lawrence R, Taglieri  Keith Segalla
Superintendent  Principal  Executive Director
Quincy Public Schools  Quincy High School  Career & Technical Education

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Who Can Enroll

All Quincy high-school age residents are eligible to enroll in Career & Technical Education (CTE) programs. Current QPS students, private or parochial school students, and home-schooled students may apply for admission to CTE programs. Students not residing in Quincy may also be accepted on a space-available basis, with the student's home district paying tuition to the City of Quincy.

Students in grade 9, 10, and 11 apply for the program of their choice. Admission is granted based on scholastic achievement, attendance, conduct, recommendations, and an interview. Students with limited English proficiency may receive assistance with the application. Students with disabilities may request reasonable accommodations and/or assistance with the application process.

Quincy Public Schools do not discriminate based on race, color, sex, religion, national origin, sexual orientation, homeless status, or disability.

To read the QPS Career & Technical Education admissions policy or download an application form, please visit our website at: quincypublicschools.com/careers/admissions-policy/

How to Use This Guide

There are many great careers available to Quincy High School graduates with specialty training such as technical school, apprenticeships, or 1- or 2- or 4-year college programs.

As your child begins or progresses through high school, many parents and guardians wonder what careers might be a good fit for their student. Please take time to review this guide and talk with your student about their future. It is never too early to plan to succeed!

Parents / Guardians

Review this guide with your student. Take the time to talk together about what your student is interested in and might want to pursue after graduation.

Look at the Recommended Course of Study for each career preparation major with your student. Review Recommended Elective Courses so that you can help your student choose courses to best meet their career goals.

Make an appointment with your student's guidance counselor to review course selections.

Talk with your student's teachers at the annual Open House or make an appointment if you have concerns or questions.

Talk with your student to make sure that they are on track.

Attend college fairs or make appointments to visit any schools which fit your student's educational goals. QHS guidance counselors can help you identify colleges and training programs. Start this process in your student's sophomore or junior year of high school.

If your student can earn certificates which will be important to their career, talk with your student's teacher or guidance counselor to make sure that they are on track to meet any requirements or pass any tests.

Depending on the course and program, your student can earn college credit for classes at Quincy High School. Read more about this on page 6 and in each individual career preparation major.

Students

Do you want to do something you love - and earn a great living? It's all possible! As a Quincy High School graduate, there are many career options available to you.

Want to go to a 4-year college? We can help you get the foundation you need to succeed in college.

Don't think a 4-year college is right for you? There are many post-high school training programs which can get you in a great career. Computers, medical, culinary, technical - it's all available to you with only a year or two of specialty training.

Ready to start work right after high school? You can get on-the-job training or enter an apprenticeship program that can lead to a great-paying career.

Whatever you want to accomplish, the first step is to complete your high school education. Use this guide to help you plan to succeed!

Review this guide and think about what you enjoy doing. Talk with your parent or guardian about posthigh school education.

Talk to your guidance counselor or teachers about your career options. Check in with them once or twice a year to make sure that you are on track.

Stop by the Career Center. They have lots of information about seminars, training opportunities and more.

Take Recommended Elective Courses which will strengthen your training - or step outside your career path and take a course that might broaden your skills.
Freshman Seminar:  
Career Exploration Program

This course is designed to give students the opportunity to explore careers in Career and Technical Education, while reinforcing academic knowledge and employing it in real-world applications.

Planning for a Successful Future

The Freshmen Seminar Career Exploration Program allows ninth grade students to explore all technical programs offered at Quincy High School. Students enhance their educational foundation in core subjects and apply it in real world situations. Academic reinforcement in reading and writing is included. Activities introduce students to career options, academic requirements, and technical programs. Students use technology, tools, and systems in real-world applications. This is a valuable opportunity for students to spend time immersed in each major and gain insight into career options available.

The Career Majors

Students will have the opportunity to explore career options and experience the knowledge of core skills in the following areas:

- Automotive
- Broadcasting
- Business
- Career Planning
- Carpentry
- Culinary Arts
- Early Education and Care
- Electrical
- Engineering
- Fashion
- Graphic Arts
- Health Care
- Information Technology
- Leadership
- Metal Fabrication
- Plumbing
- Protective Services

Grading Criteria

Freshman Seminar is offered at Honors and Standard levels. Students are graded in each Career Major course. Grades are averaged for the year. Grading is based on attendance, effort, project completion, attitude, and writing assignments. Students receive 5 points for successful completion of the Freshman Seminar program.
At Quincy Public Schools, we believe every student should have a strong academic foundation to prepare for success in life. Every student must acquire a minimum number of courses in the subjects listed below. Students also take courses to prepare them for their chosen career or professional track. In many academic areas, we offer courses which can enhance the student’s chosen career track, such as a math course which focuses on Engineering or an English course which teaches journalism. All students must also pass the Massachusetts Comprehensive Assessment System (MCAS) exam. To learn more about current graduation requirements, talk to your guidance counselor or go online http://quincypublicschools.com/qhs/guidance/.

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<tr>
<th>Subject</th>
<th>Must Take to Graduate</th>
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<td>English</td>
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<td>Foreign language</td>
<td>2 years</td>
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<tr>
<td>Mathematics</td>
<td>3 years</td>
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<tr>
<td>Science</td>
<td>3 years</td>
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<tr>
<td>Social studies</td>
<td>4 years</td>
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<tr>
<td>Physical Education</td>
<td>4 years</td>
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This course of studies should be considered minimum college application requirements. Many colleges require additional courses including computer, math, or science courses. Accelerated and/or Advanced Placement (AP) courses are offered for students who wish to take advanced course work in English, mathematics, science, engineering, or social studies. It is possible to elect a technology or a technical major and achieve entrance requirements for college.
Quincy Public Schools is committed to the success of our graduates. We not only help you plan your high school courses but identify post-high school training that can mean achieving your career goals! Every Freshman receives career testing and assessments to help identify proposed careers, identify learning styles, and guidance on course selection. Each student has an academic plan of required and elective courses every year. Depending on the number of points, students take up to 7 courses and physical education every semester. The learning does not stop with high school. Every graduate leaves with a solid plan to continue with their education. Please review the sample plan below.

Grade 9

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<tr>
<th>Required Course Name</th>
<th>Level</th>
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<td>English 9</td>
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<tr>
<td>Mathematics</td>
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<td>Social Studies</td>
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<td>Foreign Language</td>
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<tr>
<td>Science</td>
<td>S H A</td>
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<tr>
<td>Pathways</td>
<td>S H A</td>
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<tr>
<td>Physical Education</td>
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<tr>
<td>Optional/Elective Courses</td>
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<td>Elective</td>
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Grade 10

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<td>S H A</td>
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<td>Social Studies</td>
<td>S H A</td>
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<td>Foreign Language</td>
<td>S H A</td>
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<td>Science</td>
<td>S H A</td>
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<tr>
<td>Physical Education</td>
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<tr>
<td>Optional/Elective Courses</td>
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<tr>
<td>Career Major / Elective</td>
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Grade 11

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<td>S H A</td>
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<td>Science</td>
<td>S H A</td>
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<td>Physical Education</td>
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<tr>
<td>Optional/Elective Courses</td>
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<td>Foreign Language</td>
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<tr>
<td>Career Major / Elective</td>
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Grade 12

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<td>English 12</td>
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<tr>
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<td>S H A</td>
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<tr>
<td>Physical Education</td>
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<tr>
<td>Optional/Elective Courses</td>
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</tr>
<tr>
<td>Foreign Language</td>
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<tr>
<td>Mathematics</td>
<td>S H A</td>
</tr>
<tr>
<td>Science</td>
<td>S H A</td>
</tr>
<tr>
<td>Career Major / Elective</td>
<td>S H A</td>
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</tbody>
</table>

Career Planning Questions

We meet with students in Grade 9, 10, 11, and 12 and ask them the following questions - and track the answers to help students prepare for life after high school.

- What are your career goals? What courses do you need to achieve your goals?
- Have you changed your career goals?
- Have you changed your post-high school graduation plans?
- Do you need to change any course work plans to meet your new goals?
- Will your current course work plans and grades satisfy admission requirements for colleges and universities you may want to attend?
College Credit for High School Courses

Articulation Agreements

Want to earn college credit while taking high school courses? Quincy High School has articulation agreements with Boston- and New England-area colleges which allow you to jump-start earning college credits. What is an articulation agreement? An articulation agreement is an agreement between a high school and a college stating that course work completed in high school is equal to college credit. You can earn credit for Automotive Technology, Business Technology, Culinary Arts and many more! Students receiving a grade of 80% or better in the Quincy High School program will receive credit for the articulated college course(s). Please review this page with listings of the many articulation agreements Quincy High School has established with area colleges. For details of college credit available, turn to the individual career majors - or talk to your guidance counselor to learn more about how you can get a jump start on earning college credit!

Current Participating Colleges:

Baran Institute of Technology
Benjamin Franklin Institute of Technology
Boston University Center for Digital Imaging Arts
Bunker Hill Community College
Connecticut Culinary Institute
ITT Technical Institute
Mass Bay Community College
Massasoit Community College
Mount Ida College
New England Institute of Art
New England Institute of Technology
Newbury College
Quincy College
Rochester Institute of Technology
Universal Technical Institute

Students must be enrolled in one of the following high school career majors:

Automotive Technology
Broadcasting Technology
Business Technology
Carpentry Technology
Culinary Arts
Early Education and Care
Electrical Technology
Engineering Technology
Fashion Technology
Graphic Arts/Visual Design
Health Care Technology
Information Technology
Metal Fabrication/Welding
### Certifications Available to Quincy High School Students

<table>
<thead>
<tr>
<th>Field</th>
<th>Certifications</th>
</tr>
</thead>
<tbody>
<tr>
<td>Automotive Technology</td>
<td>Automotive Technology Program Certificate&lt;br&gt;Student ASE (Automotive Service Excellence)&lt;br&gt;Motor Oil Basic Training Certificate&lt;br&gt;10-Hour OSHA Safety Training</td>
</tr>
<tr>
<td>Broadcasting Technology</td>
<td>Broadcasting Program Certificate</td>
</tr>
<tr>
<td>Business Technology</td>
<td>Business Technology Program Certificate</td>
</tr>
<tr>
<td>Carpentry Technology</td>
<td>Carpentry Technology Program Certificate&lt;br&gt;10-Hour OSHA Construction Safety Training</td>
</tr>
<tr>
<td>Culinary Arts</td>
<td>Culinary Arts Program Certificate&lt;br&gt;ServSafe Food Safety and Sanitation Certificate&lt;br&gt;American Culinary Federation Certificate</td>
</tr>
<tr>
<td>Early Education and Care</td>
<td>Early Education and Care License (High School Diploma)&lt;br&gt;Adult, Infant, and Child CPR&lt;br&gt;AED (Automated External Defibrillator)&lt;br&gt;Pediatric First Aid</td>
</tr>
<tr>
<td>Electrical Technology</td>
<td>Electrical Technology Program Certificate&lt;br&gt;10-Hour OSHA Construction Safety Training</td>
</tr>
<tr>
<td>Engineering Technology</td>
<td>Project Lead the Way Certificate&lt;br&gt;10-Hour OSHA Construction Safety Training</td>
</tr>
<tr>
<td>Fashion Design</td>
<td>Fashion Design Program Certificate</td>
</tr>
<tr>
<td>Graphic Arts/Visual Design</td>
<td>Visual Design Program Certificate</td>
</tr>
<tr>
<td>Health Care Technology</td>
<td>Health Care Technology Program Certificate&lt;br&gt;Certified Nursing Assistant&lt;br&gt;Home Health Aide&lt;br&gt;Basic Life Support for Health Care Providers&lt;br&gt;Adult, Infant, and Child CPR&lt;br&gt;AED (Automated External Defibrillator)&lt;br&gt;Adult and Pediatric First Aid</td>
</tr>
<tr>
<td>Information Technology</td>
<td>Information Technology Program Certificate&lt;br&gt;Internet and Computing Core Certification (IC³)&lt;br&gt;CompTIA A+® Certification&lt;br&gt;CompTIA Network+® Certification&lt;br&gt;Microsoft Certified Professional (MCP)</td>
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<tr>
<td>Metal Fabrication/Welding Technology</td>
<td>Metal Fabrication/Welding Technology Program Certificate&lt;br&gt;American Welding Society Entry Level To level II certified welder&lt;br&gt;10-Hour OSHA Construction Safety Training&lt;br&gt;Massachusetts Bridge Certified Welder</td>
</tr>
<tr>
<td>Plumbing Technology</td>
<td>Plumbing Program Certificate&lt;br&gt;10-Hour OSHA Construction Safety Training&lt;br&gt;Corrugated Stainless Steel Tubing Installer Certification</td>
</tr>
<tr>
<td>Protective Services</td>
<td>Protective Services Program Certificate&lt;br&gt;National Academies Emergency Dispatch 911 Certification&lt;br&gt;Adult, Infant, and Child CPR</td>
</tr>
</tbody>
</table>
What About College or Training After High School?

The training QHS students receive prepares them for great careers. Depending on the program, students can begin their career right out of high school or enter college or technical programs to enhance their career training - and opportunities! We are proud of the students who are accepted into some of the most competitive and prestigious universities, colleges and training programs throughout the United States. Take a look at some of the colleges and technical programs our students attend!

<table>
<thead>
<tr>
<th>Automotive Technology</th>
<th>Business Technology</th>
<th>Early Education and Care</th>
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<tr>
<td>Benjamin Franklin Institute of Technology</td>
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<td>Mass Bay Community College</td>
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<td>Bridgewater State College</td>
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<td>Emerson College</td>
<td>Bunker Hill Community College</td>
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<td>Ohio Institute of Technology</td>
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<td>Fisher College</td>
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<td>Universal Technical Institute</td>
<td>Fitchburg State College</td>
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<td>Broadcasting Technology</td>
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<td>Boston College</td>
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University of Tennessee
Texas University
West Virginia University
Wichita State University
Worcester Polytechnic University

**Fashion Design**
Art Institute
Fashion Institute of Technology
Fisher College
Massachusetts College of Art
Mount Ida College
New England Institute of Art
Parsons New School of Design

**Graphic Arts/Visual Design**
Art Institute Of Boston At Lesley University
Bay State College
Becker College
Boston University Center of Digital and Imaging Arts
Bridgewater State College
Butera School Of Art
Endicott College
Greenfield Community College
Hallmark Institute of Photography
Holyoke Community College
Massachusetts College of Art
Massasoit Community College
Middlesex Community College
Mount Ida College
New England Institute of Art
Newbury College
North Shore Community College
Northeastern University
Northern Essex Community College
Quinsigamond Community College
Simmons College
Springfield Technical Community College
Stonehill College
Suffolk University
University of Massachusetts

**Health Care Technology**
Bay State Community College
Becker College
Benjamin Franklin Institute of Technology
Boston College
Bunker Hill Community College
Curry College
Fisher College
Fitchburg State College
Johnson and Wales University
Massachusetts College of Pharmacy
Massachusetts Community College
Norwich University
Quincy College
Rochester Institute of Technology
Saint Anselm’s College
Salem State College
Salve Regina
Simmons College
University of Massachusetts

**Information Technology**
Benjamin Franklin Institute of Technology
Bunker Hill Community College
Johnson and Wales University
Massachusetts Community College
Rochester Institute of Technology
University of Massachusetts
Wentworth Institute of Technology

**Metal Fabrication/Welding Technology**
Baran Institute of Technology
New Hampshire Vocational Technical Institute
Union-affiliated apprentice programs
Wentworth Institute of Technology

**Plumbing Technology**
Northeastern University
Union-affiliated apprentice programs
University of Massachusetts
Wentworth Institute of Technology

**Protective Services**
Bridgewater State College
Curry College
Lincoln Technical College
 Nichols College
Northeastern University
Quincy College
Salem State College
University of Massachusetts
Westfield State College
The Student Support Services Department is dedicated to the academic, emotional, social, and educational well-being of our students. From the time a student enters QHS as a freshman, through to their graduation, we provide the counseling services, college and career evaluations, graduation guidance, and crisis intervention needed to assure each student's success. We measure our success by graduates who can effectively set goals, meet the demands of a changing workplace and maintain a positive outlook and healthy lifestyle. We urge parents and guardians to contact us with any questions or concerns regarding their student. Want to talk to someone about Student Support Services available to your student? We're here to help! Call the Guidance Department at 617-984-8757 or visit the department online at http://quincypublicschools.com/qhs/guidance/

Counseling Services

We support our students in a number of ways. We create individual academic plans which help students progress toward graduation and succeed after high school. Resources for students include information and services for training and jobs. At-risk students receive individual and group counseling to assure that they have the emotional and social support they need to succeed. We urge students and parents to contact us if they have questions or concerns.

- College evaluations
- Financial aid information
- Career exploration
- Graduation guidance
- Progress report assistance
- Individual counseling
- Crisis-intervention counseling
- Psycho-educational groups
- Task-focused groups

ABCs of Testing

Throughout high school, students take many tests. Some are required for graduation, some are required or advised for college admission. If you have questions, please contact your student’s counselor.

- **PSAT** (Preliminary Scholastic Aptitude Test) is a shorter version of the College Board SAT. This test is recommended for most juniors who plan to continue their education. Many scholarships are based on PSAT scores. Some sophomores, especially those in Advanced Placement Math and Advanced Placement English classes should also take this test.

- **SAT Reasoning Test** (Scholastic Aptitude Test) measures verbal, mathematical, and writing skills and is required for admission to many colleges. QHS is a test center for the October, November, December, March, May, June tests. NQHS is a test center for the November, January, and June tests. Recommended for Grade 11 and 12. Formerly called the SAT 1.

- **SAT Subject Test** (Scholastic Aptitude Test) Each one-hour test measures knowledge in a single subject and is administered at the same time as the SAT Reasoning Test. Formerly called the SAT 2.

- **ACT** (American College Test) This test measures English, mathematics, reading, writing, and science reasoning. This may be taken instead of or in addition to the SAT Reasoning Test.

- **AP** (Advanced Placement) These exams are administered in May to students taking accelerated college-level courses in high school. Students who achieve a high enough score may be able to waive college courses, earn college credit or both. Every college sets their own standards for what is considered a credit-worthy score.

- **MCAS** (Massachusetts Comprehensive Assessment System). Students must pass this exam to graduate from high school.

- **ASVAB** (Armed Services Vocational Aptitude Battery) measures four areas: math reasoning, math knowledge, word knowledge, and paragraph comprehension. Scores determine eligibility for certain types of training. Each branch of the Armed Services sets their own admission score standards.

- **TOEFL** (Test of English as a Foreign Language). Students whose primary language is not English may need to take this test to prove their English language skills for college admissions and scholarships.
# Academic Support Planning Calendar

We work with every student at QHS to assure that they have the academic and career tools they need to succeed. Throughout their high school career, we hold meetings with students, present seminars, monitor academic testing, and advise on course schedules. Career success begins with planning!

## GRADE 9

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td><strong>August</strong></td>
<td><strong>Parent meeting</strong></td>
</tr>
<tr>
<td><strong>September</strong></td>
<td><strong>Seminar: Transition to High School</strong></td>
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<tr>
<td><strong>September</strong></td>
<td><strong>Orientation: QHS</strong></td>
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<tr>
<td><strong>September</strong></td>
<td><strong>Seminar: Making High School Count</strong></td>
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<tr>
<td><strong>October</strong></td>
<td><strong>Individual conferences</strong></td>
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<tr>
<td><strong>October</strong></td>
<td><strong>Career/Interest assessments</strong></td>
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<tr>
<td><strong>October</strong></td>
<td><strong>College information night</strong></td>
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<tr>
<td><strong>November</strong></td>
<td><strong>Orientation: First Term report card</strong></td>
</tr>
<tr>
<td><strong>February</strong></td>
<td><strong>Program selections for Grade 10</strong></td>
</tr>
<tr>
<td><strong>June</strong></td>
<td><strong>Orientation: Final Exams</strong></td>
</tr>
<tr>
<td><strong>June</strong></td>
<td><strong>Schedule Summer Programs</strong></td>
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</tbody>
</table>

## GRADE 10

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td><strong>October</strong></td>
<td><strong>PSAT Prep</strong></td>
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<tr>
<td><strong>November</strong></td>
<td><strong>College information night</strong></td>
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<tr>
<td><strong>February</strong></td>
<td><strong>Women in Technology sign-up</strong></td>
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<tr>
<td><strong>March</strong></td>
<td><strong>Course selection Grade 11</strong></td>
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<tr>
<td><strong>March</strong></td>
<td><strong>W inter School options</strong></td>
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<tr>
<td><strong>March</strong></td>
<td><strong>Individual conferences with counselor</strong></td>
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<tr>
<td><strong>March</strong></td>
<td><strong>Assessment review/update</strong></td>
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<tr>
<td><strong>June</strong></td>
<td><strong>6-year educational plan update</strong></td>
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<tr>
<td><strong>May</strong></td>
<td><strong>M CAS test</strong></td>
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<tr>
<td><strong>May</strong></td>
<td><strong>Classroom visits</strong></td>
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<tr>
<td><strong>June</strong></td>
<td><strong>Orientation: Final Exam process</strong></td>
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<td></td>
<td><strong>Summer Programs</strong></td>
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## GRADE 11

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td><strong>September</strong></td>
<td><strong>MCAS test monitoring</strong></td>
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<tr>
<td><strong>October</strong></td>
<td><strong>Classroom visits: PSAT, postsecondary education, SAT, TOEFL, college application process</strong></td>
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<tr>
<td><strong>December</strong></td>
<td><strong>College fair/information night</strong></td>
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<tr>
<td></td>
<td><strong>PSAT results meetings</strong></td>
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<td></td>
<td><strong>Monitor/retake M CAS</strong></td>
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<tr>
<td><strong>February</strong></td>
<td><strong>Seminar: Make College Search Count</strong></td>
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<tr>
<td><strong>March</strong></td>
<td><strong>Classroom presentation: Course selection, graduation requirements, W inter School options, Retake M CAS</strong></td>
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<tr>
<td><strong>May</strong></td>
<td><strong>Individual conferences</strong></td>
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<tr>
<td><strong>June</strong></td>
<td><strong>Senior Status form</strong></td>
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<td></td>
<td><strong>AP Exams</strong></td>
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<td></td>
<td><strong>SE Consortium College visit</strong></td>
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<td><strong>SAT, ACT, TOEFL Exams</strong></td>
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<td><strong>June</strong></td>
<td><strong>Individual conferences</strong></td>
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<td><strong>Information coffee hour</strong></td>
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<td><strong>Junior Book Awards</strong></td>
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## GRADE 12

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td><strong>September</strong></td>
<td><strong>Review Senior status and graduation requirements</strong></td>
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<tr>
<td><strong>October</strong></td>
<td><strong>Letters to parents of Seniors in danger of not graduating</strong></td>
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<tr>
<td><strong>October</strong></td>
<td><strong>Seminar: Post High School planning, graduation requirements</strong></td>
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<tr>
<td><strong>October</strong></td>
<td><strong>College fair/information night</strong></td>
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<tr>
<td><strong>November</strong></td>
<td><strong>Visits by College representatives</strong></td>
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<td><strong>November</strong></td>
<td><strong>College campus visits</strong></td>
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<td><strong>February</strong></td>
<td><strong>Individual conferences: Post High School</strong></td>
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<tr>
<td><strong>March</strong></td>
<td><strong>PSAT results meetings</strong></td>
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<tr>
<td><strong>March</strong></td>
<td><strong>Monitor/retake M CAS</strong></td>
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<tr>
<td><strong>April</strong></td>
<td><strong>QHS Scholarship Committee</strong></td>
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<tr>
<td><strong>May</strong></td>
<td><strong>Senior awards</strong></td>
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<td><strong>May</strong></td>
<td><strong>AP exams</strong></td>
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<td><strong>May</strong></td>
<td><strong>Scholarship ceremony</strong></td>
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<td><strong>June</strong></td>
<td><strong>Portfolios complete</strong></td>
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<tr>
<td><strong>June</strong></td>
<td><strong>Individual conferences: post high school planning, review transcript, graduation verification</strong></td>
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<td><strong>AP Exams</strong></td>
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<td><strong>SE Consortium College visit</strong></td>
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<td><strong>SAT, ACT, TOEFL Exams</strong></td>
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<td><strong>Junior Parent conferences</strong></td>
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<td><strong>June</strong></td>
<td><strong>Information coffee hour</strong></td>
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<td><strong>Junior Book Awards</strong></td>
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We work with every student at QHS to assure that they have the academic and career tools they need to succeed. Throughout their high school career, we hold meetings with students, present seminars, monitor academic testing, and advise on course schedules. Career success begins with planning!
Career Services

Whatever your plans after graduation, Quincy High School has the career services which can make you a stronger candidate. For students who will continue their education at college or technical schools, we can help you with interview techniques, internships, and more which can give you an edge in getting accepted to your school of choice. If you want to begin working right away, we can help you with the certifications, work experience, and mock interviews which can make you a valued employee! Every student leaves QHS with a résumé, cover letter, certificates, letters of recommendation, awards, career competencies, and project CDs! Stop by today and see how we can help make you a success!

Career Center

Career Center Counselors

The Quincy High School Career Centers Counselors provide a wide variety of services available to all students. It's one-stop shopping for employment, career testing, internships and more! Counselors can work with students to help establish career goals and identify training needed to succeed. While drop-in services are available, we recommend that students make appointments to assure individual attention for testing, workshops and career guidance.

Career Testing

Unsure about what you want to do after high school? Still struggling to identify a career that might be a good fit? Career testing can help. We will take you through a series of tests which will help identify your strengths and areas of interest. We can help identify careers which might be a great fit. Even if you think you know what it is you're interested in, career testing can open your eyes to alternative careers - and hot jobs - that you might not have considered.

Resumé Workshops

Do you know what information is vital to your résumé? Your résumé is more than just a list of your academic and work life. How you craft your résumé can make the difference between getting called for an interview or getting overlooked. We will help you create a résumé that truly reflects who you are, your accomplishments, and clearly defines your goal. This is a critical part of every student's career path.

Interview Skills Seminars

Want to sharpen your skills for a college interview? Nervous about sitting in front of a potential employer? We can help! We will work with you to craft answers to standard interview questions that can make you stand out. You will review the basics, learn the common pitfalls (and how to avoid them) and be ready for any unexpected situations or questions. This seminar can make a real difference in getting you into the college or training program you want - or get started in that career you dream about!
Career Services Available for All Students

**Job Shadowing**
Students are paired with a professional to get an inside view of their chosen career. Job shadowing generally takes place during school hours, during a single day.
**Grades:** 11 - 12

**Internships**
Students apply classroom skills in a real-world situation. Internships are linked with a particular industry or occupation. An internship can occur during or outside the school day for an agreed upon period of time. Students may or may not be paid for this internship.
**Grades:** 11 - 12

**Clinical Placements**
Students are placed in a health care or educational facility to practice learned skills and attitudes working alongside a licensed professional. Quincy Public Schools has a strong network of community business partners through the QPS School-Community Partnership program. Partners offer clinical placements for our students which occur during part of the school day as part of the educational program. In lieu of financial compensation, credit for hours toward industry certification may be received.
**Grades:** 11 - 12

**Youth Apprenticeships**
Youth Apprenticeships allow vocational students to be employed in a trade specific area. This apprenticeship enhances school and shop experience. Apprenticeships generally occur outside the school day. Students are paid for their work. Offered to students who have completed one and a half years in their vocational major.
**Grades:** 11 - 12

**Student Employment**
Occurs outside the school day. Students are paid. The Career Center has a job board where employment options are posted.
**Grades:** 9 - 12

**Cooperative Education**
Students are employed in a technical or vocational career linked with a technical major curriculum to help students develop skills. Cooperative education occurs during part of the school day throughout the school year. Financial compensation and academic credit is received. Offered to students who have completed one and a half years in vocational major.
**Grades:** 11 - 12

**Mentoring**
Mentoring is offered through the Mass Mentoring Partnership. QHS offers a structured approach to bring interested adult members of our community into our high schools to work with students through scheduled interactions as a resource, a guide, and a role model.
**Grades:** 10 - 12

**School to Career Connections**
QPS has a network of community business partners through the QPS School-Community Partnership program. Partners offer students an opportunity to apply their academic, technical, interpersonal, and employability skills in real-world environments. Job experience enhances classroom learning, giving students skills valued by employers, college and technical schools, and recruiters.
**Grades:** 9 - 12
Learning Beyond the Classroom

Quincy High School has a wide variety of clubs, after-school events, and extra-curricular activities which can enhance learning, build leadership skills, and more. Some activities pair students with community professionals so that students have a chance to learn real-world applications. Students design robots, create web sites, draw and write advertisements, research business plans, decorate cakes, and write computer code in local and national competitions. This is sports for the mind! Read about some of the opportunities to learn beyond the classroom.

QPS Robotics Team

One of the most successful robotics teams in New England, the QPS Team HYPER (Helping Youth Pursue Engineering and Robotics) has won 7 regional competitions in the last 10 years. In January of each year, students are given a challenge task and a box of parts. In just 6 weeks, students must design, test, and build a robot to complete that task - and beat the other team's robots!

The program is not only about building robots. FIRST robotics teaches teamwork, cooperation, and design process. Students work with professional engineers from various corporate sponsors learning real-world engineering and design process.

FIRST robotics can also pay off for college. Students who participate in FIRST Robotics are eligible for over $10M in college scholarships. College recruiters recognize and value FIRST robotic experience.

Want to learn more? Go to: www.hyperonline.org/

Future Chefs

How do you turn your passion for cooking into a career? Future Chefs can help. Future Chefs is a professional development organization focusing on skill-building, scholarship, and training. Students get hands-on training and life-skills they need to succeed in a culinary career.

Future Chefs offers after-school programs, job shadowing, seminars, and cooking events. Advanced training at programs in Boston (and all over New England) are explored with students. Practical help such as writing essays for college and scholarship applications is provided. The support pays off; past participants from Quincy High School received scholarships to colleges.

Want to learn more? Visit www.futurechefs.net/ or speak to an instructor in the Culinary Arts program.

SkillsUSA

Want to test your computer animation skills against other students? Do you build fine furniture that you are proud to show off? Does your web site use innovative technology to communicate? SkillsUSA will let you show off your skills and compete with other high school students. Following is a sampling of areas in which students can compete:

- 3-D Visualization / Animation
- Advertising Design
- Computer Maintenance Tech
- Computer Programming
- Graphic Communications
- Networking
- Computer Applications
- Web Design
- Carpentry
- Cabinet Making
- Metal Fabrication
- Broadcasting

SkillsUSA is a national organization of more than 300,000 students providing training, mentoring, job skills - and competitive fun! Students learn valuable skills, teamwork, and leadership.

Students can compete for scholarships, earn certifications, and enhance their college or employment resume.

Interested in finding out more? Contact the Career & Technical Education office at Quincy High School.

Want to learn more about SkillsUSA? Visit their web site at www.skillsusa.org/
Additional Resources

Books and guides are available through the Thomas Crane Public Library

**The Real High School Handbook: How to Survive, Thrive, and Prepare for What’s Next,** Susan Abel Lieberman

**Career Quizzes: 12 Tests to Help You Discover and Develop Your Dream Career,** John J. Liptak

**Have No Career Fear,** Ben Cohen-Leadholm, Ari Gerzon-Kessler, Rachel Skerritt

**Teens’ Guide to College & Career Planning,** Peterson’s Publishing

**What Should I Do With My Life?** Po Bronson

Check out these online resources!

**www.mass.gov/lwd/**
Massachusetts Labor site has listings for career planning, resume writing, internships, job outlooks and more.

**jobstar.org/tools/career/spec-car.php**
This site is chock-full of links to careers. Interested in Culinary Arts? They link to a site with career training, description of working conditions and more. Aerospace calling you? Learn about careers as a pilot, aircraft mechanic and more.

**http://services.vsac.org/wps/wcm/connect/vsac/VSAC**
The Vermont Student Assistance Corporation runs this site which has links to online career assessments, training options, college information, and more.

**www.bls.gov/k12/index.htm**
US Bureau of Labor Statistics organizes careers into broad categories by interest. Strong on training and career outlook as well as suggesting alternative careers to explore.

**http://www.careeronestop.org/ExploreCareers/ExploreCareers.aspx**
This US Department of Labor site is organized by industry so you can look at related careers and training. Includes self-assessment tools, hot careers, training resources, and more.

**www.collegeboard.com/csearch/majors_careers/profiles/index.html**
This site is run by College Board, the same company which administers SAT’s. They have a good listing of careers including some insight into what you need to be prepared for in each job. They also show related careers and majors to explore your options.
What can you do with your Automotive Technology career training?

Auto repair technicians work on a wide variety of systems in automobiles. Technicians diagnose problems, troubleshoot, and make repairs using a variety of tools and equipment. Technicians need to have skills ranging from simple replacement of parts to more complex machining and repairs.

Training you need:
While high school programs, especially those affiliated with the AYES (Automotive Youth Education Service) program prepare students for employment, some students opt for 1-2 years of technical school training. It takes 2-5 years for technicians to become a qualified service technician. Technicians frequently continue their education through manufacturer or specialty certification programs.

Where you can work:
Auto repair shops employ 29% of workers, auto dealerships employ 29% of workers, parts and accessories stores employ 7%. Seventeen percent are self-employed with the remainder of workers employed at specialty shops or corporate auto facilities.

What you can earn:
High school graduates earn on average $28,428. Bachelor Degree graduates average $34,188. Auto Techs average $56,480. Diesel Techs average $59,130. Master Techs average $65,000 - $100,000.

Career outlook:
Job growth is expected to increase by 11-19% over the next ten years. The best opportunities will go to technicians with specialized skills and experience.

Automotive Technology Career Preparation

Automotive Technology trains students in the skills required to meet the demands of the automotive industry. We are NATEF (National Automotive Technical Educational Foundation) and AYES (Automotive Youth Education Services) certified. The NATEF program prepares students for employment as an entry level technician in the automotive repair business. Students are prepared to advance their career through additional technical training programs. Sophisticated diagnostic equipment and emissions testing, coupled with real-world experience, enables our students to repair any domestic or foreign vehicle. Skills learned include servicing the brake, fuel, exhaust, and suspension systems. Students learn electronic diagnostics, air conditioning repair, and billing procedures. Students also learn engine rebuilding and assembly as well as full electrical and computer diagnostics.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
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<tbody>
<tr>
<td>Automotive Technology 1</td>
<td>10, 11</td>
<td>S, H</td>
<td>10</td>
</tr>
<tr>
<td>Automotive Technology 2</td>
<td>11, 12</td>
<td>S, H</td>
<td>15</td>
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<tr>
<td>Automotive Technology 3</td>
<td>12</td>
<td>S, H</td>
<td>15</td>
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What you should know...

Automotive technology students gain the knowledge and critical thinking skills required to meet the demands of the automotive industry. The training our students receive in our state-of-the-art facility means our graduates are enthusiastically recruited by our local automotive businesses. Students who continue their training and gain experience can become Master Techs and earn up to $100,000 per year.


**Recommended Course of Study**

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
- 1 Elective Course

**Grade 10**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Automotive Technology 1

**Grade 11**
- English
- Mathematics
- Science
- Social Studies
- Physical Education
- Automotive Technology 2

**Grade 12**
- English
- Social Studies
- Physical Education
- Automotive Technology 3
- 2 Elective Courses

**Recommended Elective Courses**

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<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAD/Blueprint Reading</td>
<td>9, 10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
<tr>
<td>Introduction to Welding Technology</td>
<td>10, 11, 12</td>
<td>S</td>
<td>5</td>
</tr>
<tr>
<td>Computer Applications 1</td>
<td>9, 10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

**Articulation Agreements with Colleges/Training Programs:**

Students who complete Automotive Technology 1, 2, and 3 can receive the following college credits:

**Benjamin Franklin Institute of Technology**
- AT 150 - Automotive Engines (4 credits)

**Mass Bay Community College**
- AB 100 - BM W Auto Fundamentals or
- AY 100 - Chrysler Auto Fundamentals or
- AS 100 - GM Auto Fundamentals or
- AT100 - Toyota Auto Fundamentals (all courses = 5 credits)

**New England Institute of Technology**
- TT 105 - Introduction to Transportation Tech. (2 credits)
- TT 110 - Basic Engine Theory (3 credits)
- TT 111 - Basic Engines Lab (2 credits)
- AUT 139 - Advanced Engine Repair (4 credits)
- AUT 140 - Advanced Engine Repair Lab (2 credits)

**Universal Technical Institute**
- $500 articulation credit towards tuition

**Certifications or Licenses You May Earn While in High School:**

- Automotive Technology Program Certificate
- Student ASE (Automotive Service Excellence)
- Motor Oil Basic Training Certificate
- 10-Hour OSHA Safety Training

**Things you will need:**

These are some of the supplies you will need during these courses. Your instructors will have more information available.

- Work boots
- Work uniform
- Combination lock

**Equipment/software you will learn to use:**

We have 25 diagnostic workstations including a General Motors On-Board Diagnostic System Trainer with mobile table, Atech Automotive Electricity Course Board, Atech Advanced Electrical Light System Trainer, Atech Engine Performance Trouble Shooting Trainer, and an Atech Advanced Electrical Trainer for power locks/windows/doors & seats.

**What kind of job can you get with this training?**

Entry-level auto service technician, service writer, parts department, dealership training program, technical salesperson, glass installer.

**With additional training/education, what jobs are available?**

Instructor, shop foreman, service writer, parts manager, service manager, factory representative, or business owner.
What can you do with your Broadcasting Technology career training?

The switch to digital broadcasting means changes in both technical and on-air broadcasting. The broadcasting industry consists of television and radio, but newer media such as cable and the Internet also provide content. Broadcasting careers fall into one of five broad areas. Production includes directors, producers, and video editors. News includes reporters, anchors, and news directors. Technical careers include camera operators, control engineers, and technical directors. Sales include both sales and marketing. Management oversees and manages personnel.

Training you need:
Even entry-level jobs generally require a college degree or a 1-, 2-, or 4-year technical training program. Most employers expect employees to immediately perform tasks and provide limited on-the-job training.

Where you can work:
Thirty-nine percent of broadcast employees work in television, 34% work in radio, and 27% work in cable. Generally, broadcast employees begin in smaller markets or at smaller stations in larger markets.

What you can earn:
Broadcasting careers average between $32,360 for technical jobs to $47,560 for production careers. Employees in larger metropolitan areas have higher wages.

Career outlook:
Competition for jobs is very intense, especially in larger, better-paying markets. Job growth is expected to be 9% over the next 10 years. Experience, advanced training and computer skills are needed to advance. Ongoing movie production and film projects in Massachusetts will improve career outlook.

Broadcasting Technology Career Preparation

Broadcasting Career training provides a broad-based preparation for students. Broadcasting Technology 1 students learn all of the positions and equipment on a studio show including director, producer, news, technical and management, Students also use portable video equipment for location shoots. Broadcasting Technology 2 students write a screenplay, shoot and edit a movie which students direct, film, record, and act. They complete a series of projects including a music video, a commercial, internet podcast, sports announcers, animation, and interviews. Broadcasting Technology 3 students produce the morning announcements, a daily live show that is broadcast to the entire city of Quincy.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broadcasting Technology 1</td>
<td>10, 11</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Broadcasting Technology 2</td>
<td>11, 12</td>
<td>S, H</td>
<td>10</td>
</tr>
<tr>
<td>Broadcasting Technology 3</td>
<td>12</td>
<td>S, H</td>
<td>10</td>
</tr>
</tbody>
</table>

What you should know...

We have won several awards over the years, including many for student-produced movies. We have a close relationship with the local cable TV station, and students often intern there on local shows.
Recommended Course of Study

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
- 1 Elective Course

**Grade 10**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Broadcasting Technology 1
  - 1 Elective Course

**Grade 11**
- English
- Mathematics
- Science
- Social Studies
- Physical Education
- Broadcasting Technology 2
  - 1 Elective Course

**Grade 12**
- English
- Social Studies
- Physical Education
- Broadcasting Technology 3
  - 3 Elective Courses

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**Recommended Elective Courses**

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Desktop Publishing</td>
<td>10, 11, 12</td>
<td>S, H</td>
<td>2.5</td>
</tr>
<tr>
<td>Public Speaking</td>
<td>10, 11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>Computer Applications 1</td>
<td>9, 10, 11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

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**Articulation Agreements with Colleges/Training Programs:**

Students who complete Broadcasting Technology 1, 2, and 3 can receive the following college credits:

- **Boston University Center for Digital Imaging Arts**
  - $2000 credit towards tuition
- **Bunker Hill Community College**
  - VM A 141 – Elements of Video Production (3 credits)
- **Massasoit Community College**
  - MDIA 112 – Television Production (3 credits)
- **New England Institute of Art**
  - DM P 101 – Introduction to Video (3 credits)
- **Newbury College**
  - CO 105 – Introduction to Video (4 credits)

**Certifications or Licenses You May Earn While in High School:**

- Broadcasting Program Certificate

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**Equipment/software you will learn to use:**

Broadcasting students learn to use a wide variety of state-of-the-art equipment including an Echolab MVS-5 Switcher, a Mackie 1642-VLZ Pro Audio Mixer, and three JVC GY-DV550 Cameras. Our location equipment includes four Sony DVCam camcorders. Students learn to digitally edit on both PC and Mac computers using industry-leading software such as Adobe Premiere and Final Cut Pro editing software.

---

**What kind of job can you get with this training?**

Students have gone into business videotaping weddings or are employed at local cable TV stations. Other former students do voice-overs for cartoons and commercials. Another former student holds a microphone on the field at Patriots games. Other jobs include game show producer, production assistant at Channel 7, and studio manager at Boston University.

**With additional training/education, what jobs are available?**

Audio engineer, 3-D animator, sound production for music or movies, cinematographer, cameraman, news anchor, field reporter, on-air radio DJ, station manager, advertising sales rep, computer animation, screenwriter, director, or producer.
The mission of the Business Technology program at Quincy High School is to inspire students to reach above their potential. Students may be eligible for admission into the Business National Honor Society.

We develop students' beliefs, values, and skills. After graduation, our students:
- Own their own businesses
- Develop into ethical entrepreneurs
- Understand how to be a positive team member
- Become a vital employee

What can you do with your Business Technology career training?

Anywhere business is conducted from offices to banks to hotels, workers with office skills are needed. General office workers usually perform a wide variety of tasks every day, including typing, filing, answering phones, running office equipment, making appointments, preparing reports, and creating presentations. Training such as accounting or specialized certifications in software can mean greater advancement and higher salary.

Training you need:
Entry-level clerical positions usually require a high school diploma and basic computer skills. Advancement to upper management usually requires a college degree and experience. Specialized work such as accounting, event planning, or management requires a 2- to 4-year degree. Some careers such as CPA also require passing exams.

Where you could work:
About 57% of general office employees work in small offices. The remaining 43% work in government offices, hospitals, finance, legal, and schools. Specialized careers such as accountants or event planners can work in firms dedicated to those specialties.

What you can earn:
Average salary for entry-level office workers is $23,710. Average salary for financial managers is $90,970. Event planners earn an average of $32,480. Experience and special skills bring higher salaries. College degrees may be required for management.

Career outlook:
Average job growth for business careers is projected to be 13% over the next ten years.
### Recommended Course of Study

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
- 1 Elective Course

**Grade 10**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Business Technology 1
- 1 Elective Course

**Grade 11**
- English
- Mathematics
- Science
- Social Studies
- Physical Education
- Business Technology 2
- 1 Elective Course

**Grade 12**
- English
- Social Studies
- Physical Education
- Business Technology 3
- 3 Elective Courses

### Recommended Elective Courses

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Speaking</td>
<td>10, 11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>International Business</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>Business Law</td>
<td>11, 12</td>
<td>S, H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

### Articulation Agreements with Colleges/Training Programs:

#### Bunker Hill Community College
- Accounting: ACC 101 - Principles of Accounting (1 credit)

#### Massasoit Community College
- Computer Applications 1: CTIM 101 - Beginning Windows (1 credit)
- Computer Applications 1: CTIM 102 - Beginning Word (1 credit)
- Computer Applications 2: CTIM 103 - Beginning Excel (1 credit)
- Accounting 1: ACCT 103 - Accounting Survey (3 credits)
- Accounting 1 and 2: ACCT 105 - Financial Accounting (4 credits)
- Keyboarding/Word Processing: CTIM 102 - Beginning Word (1 credit)
- Keyboarding/WP and Info. Processing: CTIM 100 - Computer Keyboarding (3 credits)
- Business Technology 1, 2, 3: BUSN 110 - Introduction to Business (3 credits)
- Business Management/Economics: BUSN 110 - Introduction to Business (3 credits)

#### Newbury College
- Accounting 1: AC 101 - Principles of Financial Accounting (4 credits)

#### Quincy College
- Bus. Tech. 1, 2, 3: CSA 231 - Microsoft Office 1 (3 credits)
- Bus. Tech. 1, 2, 3: CSA 232 - Microsoft Office 2 (3 credits)

### Certifications or Licenses You May Earn While in High School:
- Business Technology Program Certificate

### With additional training/education, what jobs are available?
- Certified Public Accountant (CPA), office manager, trainer, event planner, para-legal, manufacturer's representative, bookkeeper, consultant, business owner, and tax professional.
Carpentry Technology

What can you do with your Carpentry Technology career training?

Carpenters measure, cut and install wood, metal, plastic, fiberglass, engineered lumber, and concrete to fit. Carpentry ranges from rough framing to repairs to furniture construction. Carpenters who work for construction companies may specialize while self-employed carpenters may perform a wide variety of tasks including installing doors and windows, constructing buildings, and building decks. Some carpenters specialize in finish carpentry or build fine furniture.

Training you need:

Generally, carpenters need 3-4 years of training. Most carpenters get their experience through a combination of high school vocational programs and on-the-job experience.

Where you can work:

About 34% of carpenters are self-employed. About 32% work in building construction, 23% work for specialty trades. Carpenters frequently switch between working for others and self-employment as jobs become available.

What you can earn:

On average, carpenters earn $13.55 - $23.85 per hour. Salaries are higher for business owners or those with special skills and experience. Union carpenters usually command higher salaries and benefits.

Career outlook:

Job growth will be about 10% over the next 10 years. A wide range of skills generally means more regular employment. Managers who speak Spanish and English have an advantage as many workers speak Spanish. Mill shops building furniture and cabinets, and system-built (modular) construction provide other career options.

Carpentry Technology Career Preparation

To learn the carpentry trade, students build cabinets, coffee tables, sheds, entertainment centers, end tables, and more. Architectural woodworking, blending traditional woodworking with sophisticated computer skills, is a valuable skill students also learn. Safety is emphasized. Students work on framing, carving, joinery, architectural woodworking, and finish carpentry. To simulate real-world work conditions, students work independently and in groups. Carpentry 2 students begin working outside jobs including building decks and sheds. Carpentry 3 students work in the community, building job expertise, enhancing their resumes, and learning interview skills. Selected students enroll in the cooperative education program, working in the field while still attending school once a week.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grades</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carpentry 1</td>
<td>10</td>
<td>S, H</td>
<td>10</td>
</tr>
<tr>
<td>Carpentry 2</td>
<td>11</td>
<td>S, H</td>
<td>15</td>
</tr>
<tr>
<td>Carpentry 3</td>
<td>12</td>
<td>S, H</td>
<td>15</td>
</tr>
</tbody>
</table>

What you should know...

This program prepares students with skills to ensure their long-term career success. Additional training is encouraged. Many students attend colleges such as Wentworth Institute of Technology and universities offering engineering and architecture. Some students go into the Carpenters Union and begin their apprenticeship. QHS carpentry training is valued by the Brotherhood of Carpenters and Joiners of America. Graduates can get an immediate head start in the apprenticeship program and boost their pay!
Recommended Course of Study

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
  - 1 Elective Course

**Grade 10**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Carpenter 1

**Grade 11**
- English
- Mathematics
- Science
- Social Studies
- Physical Education
- Carpenter 2

**Grade 12**
- English
- Social Studies
- Physical Education
- Carpenter 3
  - 2 Elective Courses

---

**Recommended Elective Courses**

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Aided Drafting</td>
<td>9, 10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
<tr>
<td>Introduction to Welding Technology</td>
<td>11, 12</td>
<td>S</td>
<td>5</td>
</tr>
<tr>
<td>Computer Applications 1</td>
<td>9, 10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
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</tbody>
</table>

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**Articulation Agreements with Colleges/Training Programs:**

Based on evaluation, the United Brotherhood of Carpenters and Joiners of America awards six months of training credit, starting graduates as Apprentice 1B instead of 1A. This means graduates advance faster and earn higher pay right out of high school.

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**Certifications or Licenses You May Earn While in High School:**

- Carpentry Technology Program Certificate
- 10-hour OSHA Construction Safety Training

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**What kind of job can you get with this training?**

Carpenter’s helper, carpenter, first-year apprentice, concrete form builder, framer, roofer, door/window installer, cabinet and furniture maker, flooring installer, architectural woodworker, stair builder, boat builder, system-built (modular) home construction, insulation installer, set design and construction, and others.

---

**With additional training/education, what jobs are available?**

Construction manager, licensed contractor, home builder, furniture restoration, set construction for theatres and movies, and many more careers which require a knowledge of construction and joinery.

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**Equipment/software you will learn to use:**

Power tools include table saw, band-saw, jointer, planer, sanders, lathe, drill-press, skill-saw, jig-saw, router, biscuit jointer, saws-all, Ramset, nailguns, screw-gun, drill, tap-con systems, and electric carving tools.

---

**Things you will need:**

These are some of the supplies you will need during these courses. Your instructors will have more information available.

- Work boots
- Combination lock
- Work uniform
What can you do with your Culinary Arts career training?

Students are prepared for careers as food prep workers, servers, managers, and chefs. Chefs prepare everything from casual meals to elaborate desserts. Food service workers prep food for cooking and perform simple tasks. Research chefs develop recipes. Bakers exercise their creativity creating fancy pastries. Training in the culinary arts can also lead to "front-of-the-house" careers as servers, hosts, or managers. Everyone from the dishwasher to the head chef contributes to putting out a good quality product and to running a successful business.

Training you need:
Entry-level food prep, line-cooks, and servers generally need a high school diploma and on-the-job experience. Chefs, pastry chefs, managers and food scientists need a 2- or 4-year certificate or college degree. On-the-job training and mentoring from experienced chefs is common.

Where you can work:
About 66% of chefs and food prep employees work in restaurants. About 15% work in schools, hospitals and nursing homes. About 20% are employed at grocery stores, hotels and convenience stores.

What you can earn:
Average salary for chefs ranges from $35,000 - $100,000. Restaurant and institutional cooks earn $20,460 - $35,260. Food prep employees earn $14,920 - $21,230.

Career outlook:
Job growth will average 11% over the next 10 years. Growth will be greatest in casual dining. Competition at top restaurants is keen. Long hours and challenging working conditions means high turnover.

---

Culinary Arts Career Preparation

The goal of our Culinary Arts program is to develop transferable workplace skills as well as specific practical skills. Students can enter the work force and/or continue their education as lifelong learners. Students are trained in cooking, baking, restaurant service, and management in a full-service on-site restaurant, exposing them to real world hospitality situations. Projects assigned include menu development, job scheduling, catering, function management, inventory, teamwork building, and cash management. The Culinary Arts program combines hands-on learning with classroom based skills training. Our students have the experience they need to give them the edge for admittance to culinary programs or getting a great start on a career.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Culinary Arts 1</td>
<td>10, 11</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Culinary Arts 2</td>
<td>11, 12</td>
<td>S, H</td>
<td>15</td>
</tr>
<tr>
<td>Culinary Arts 3</td>
<td>12</td>
<td>S, H</td>
<td>15</td>
</tr>
</tbody>
</table>

What you should know...

Students in Quincy High School’s Culinary Arts program have the opportunity to work three days a week in a full-service restaurant that serves the public. Hands-on experience and classroom instruction prepares students for careers. Practical experience gives students an advantage in obtaining entry-level positions as well as a valuable edge when applying to college or culinary training programs.
Equipment/software you will learn to use:

Students work in new, state-of-the-art kitchens. Equipment includes Hobart mixers, convection ovens, tilt-skillets, grills, broilers, steamers, commercial dish machine, and point-of-sale (POS) system.

What kind of job can you get with this training?

Server, host, line cook, prep cook, dishwasher, customer service/counter help, internship.

With additional training/education, what jobs are available?

Restaurant manager, restaurant owner, executive chef, food scientist, food critic, research chef, or sommelier.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art</td>
<td>9, 10, 11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Public Speaking</td>
<td>10, 11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>Entrepreneurship</td>
<td>9, 10, 11, 12</td>
<td>S, H</td>
<td>2.5</td>
</tr>
<tr>
<td>Horticulture</td>
<td>10, 11, 12</td>
<td>S, H</td>
<td>2.5</td>
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<tr>
<td>Computer Applications 1</td>
<td>9, 10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Articulation Agreements with Colleges/Training Programs:

Students who complete Culinary Arts 1, 2, 3 and earn ServSafe Certification can earn the following credits:

**Bunker Hill Community College, Boston, MA**
- CUL115 - Introduction to the Culinary Arts (3 credits) and
- CUL125 - Principles of Baking (3 credits) and
- CUL111 - Food Service and Sanitation (2 credits)

**Newbury College, Brookline, MA**
- CU101 - Culinary Science & Theory (3 credits) and
- CU102 - American Cuisine (3 credits) and
- CU104 - Breads, Rolls (3 credits)

**Connecticut Culinary Institute, Suffield, CT**
- CC100 - Basic Skills - Theory (5.7 credits)
- CC200 - Basic Skills - Technique (4.5 credits)

Certifications or Licenses You May Earn While in High School:

- Culinary Arts Program Certificate
- ServSafe Food Safety and Sanitation Certificate
- American Culinary Federation Certificate

Things you will need:

These are some of the supplies you will need during these courses. Your instructors will have more information available.

- Chef’s shirt (embroidered for Culinary Arts 2 and 3)
- Chef pants
- Hard topped shoes
- Combination lock

Recommended Course of Study

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Culinary Arts 1
- 1 Elective Course

**Grade 10**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Culinary Arts 1

**Grade 11**
- English
- Mathematics
- Science
- Social Studies
- Physical Education
- Culinary Arts 2

**Grade 12**
- English
- Social Studies
- Physical Education
- Culinary Arts 3
- 2 Elective Courses

Recommended Elective Courses
Early Education and Care

What can you do with your Early Education and Care career training?

Early childhood workers care for infants, toddlers and preschoolers. They may also supervise older children before and after school. Workers foster learning through play.

Training you need:
Students must be in the Early Education and Care major for two years to be eligible for licensing by the Department of Education, Early Education and Care Qualifications Unit. Juniors must complete 350 hours and Seniors must complete 400 hours of academics, theory, and clinical placement. Child Development Associates (CDAs) must have a two year associate’s degree, as recommended by the National Association for the Education of Young Children (NAEYC).

Where you can work:
About 35% of child care workers have private in-home care businesses, 18% are employed in child-care services, 20% work for private households. The remainder work in civic and social organizations.

What you can earn:
Average earnings are $14,790-$21,930.

Career outlook:
Job growth is predicted to be 18% over the next 10 years. High turnover means that jobs are readily available. New regulations mean additional training and certifications. Many child care centers are adding Infant/Toddler rooms and private kindergarten classes. Many public school systems offer integrated preschools as a placement choice.

Early Education and Care Career Preparation

Early Education and Care is part of the Health Care Technology career major. Students in the Health Care Technology major take an introductory course, focusing on the personal and community level. Early Education and Care courses are designed as interactive, hands-on experiences, where students learn in the classroom and practice at outside placements in real early childhood classrooms. Students prepare portfolios starting Junior year which include pre-clinical checklists for placement, evaluations, competency-based frameworks check lists, writing samples, and their philosophy of education. Training in the growth and development of children from birth to seven and child psychology is put to practical use. Students observe and assist in the placement classroom setting. Students in the Early Education and Care program at Quincy High School may become a preschool teacher upon graduation and a lead teacher at the age of twenty-one.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Health and Human Service Introduction</td>
<td>10</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Early Education and Care 1</td>
<td>11, 12</td>
<td>S, H</td>
<td>10</td>
</tr>
<tr>
<td>Early Education and Care 2</td>
<td>12</td>
<td>S, H</td>
<td>15</td>
</tr>
</tbody>
</table>

What you should know...

Students who enroll in this program may become teachers. The program can be a stepping stone for many other careers, helping students understand themselves, what teaching involves, and current issues and problems that teachers see and deal with on a daily basis.
Recommended Course of Study

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
- 1 Elective Course

**Grade 10**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Health/Human Services Introduction
- 1 Elective Course

**Grade 11**
- English
- Mathematics
- Science
- Social Studies
- Physical Education
- Early Education and Care 1
- 1 Elective Course

**Grade 12**
- English
- Social Studies
- Physical Education
- Early Education and Care 2
- 2 Elective Courses

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**Recommended Elective Courses**

<table>
<thead>
<tr>
<th>Course Name</th>
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<tbody>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>Computer Applications 1</td>
<td>10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
<tr>
<td>Psychology</td>
<td>11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Human Behavior</td>
<td>12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Art</td>
<td>9, 10, 11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
</tbody>
</table>

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**Articulation Agreements with Colleges/Training Programs:**

Students who complete Early Education and Care 1 and 2 are eligible for the following college credits:

**Massasoit Community College**
- CCED 105 - Introduction to Early Childhood Education (3 credits)

**Quincy College**
- EDU 101 - Introduction to Early Childhood Education (3 credits)
- PSY 103 - Child Development (3 credits)

**Bunker Hill Community College**
- ELE 003 - Early Childhood Elective (3 Credits)
- ELE 013 - Early Childhood Elective (3 Credits)

---

**Certifications or Licenses You May Earn While in High School:**

- Early Education and Care License (High School Diploma)
- Adult, Infant, and Child CPR
- AED (Automated External Defibrillator)
- Pediatric First Aid
- Early Education and Care Program Certificate

---

**Things you will need:**

These are some of the supplies you will need during these courses. Your instructors will have more information available.

- 3-ring binders and dividers
- Uniform shirt

---

**What kind of job can you get with this training?**

Preschool teacher, lead teacher (after 2 years teaching experience), or nanny.

---

**With additional training/education, what jobs are available?**

Director, associate director, public or private school teacher, instructor, curriculum developer, or education consultant.
What can you do with your Electrical Technology career training?

Electricians bring electricity into buildings and structures and install and maintain the wiring necessary to distribute electricity. They work in residences, construction, factories and businesses. Some examples of the systems electricians install are light, heat, power, fire alarm, and security systems. Electricians working in factories repair motors, transformers and other electrical machines.

Training you need:
Electrical Apprentices complete 600 hours of school and 8000 hours of work in the field to be eligible to sit for the electrician license exam. Quincy High School students earn 765 hours towards the required 8000 field hours and 315 classroom hours. Electricians must have their high school diploma or GED.

Where you can work:
Sixty-eight percent of electricians work in the building/construction business, 11% are self-employed and the remainder work as maintenance electricians. Working conditions range from comfortable building interiors to outdoor construction sites.

What you can earn:
In the Boston area, electricians earn $25.00-$60.00 per hour. Beginning apprentices earn 40-50% of that rate with pay rates rising as they gain experience.

Career outlook:
Job growth will average 7% over the next 10 years. Outlook for electricians with a wide range of skills is better. Green energy technologies will provide new opportunities. The long apprenticeship and licensing requirements reduce the number of new workers.

### Electrical Technology Career Preparation

Electrical Technology 1 students learn different wiring methods, electrical theory, how to draw and read wiring diagrams, and National Electrical Code (NEC). After obtaining OSHA certification, Electrical Technology 2 students work on advanced shop projects and participate in work projects on and off campus. In the classroom, students learn AC and DC current, three phase and single phase systems, and blueprint reading. Electrical Technology 3 students draw, lay out and wire entire rooms, configure and size electrical service and circuits for residential homes, wire fire alarm systems, security systems, motor controllers, and transformers. Hours earned for successful completion apply to the Massachusetts State license requirements. Students have a basic understanding of the Massachusetts Electrical Code and basic wiring and circuitry. Selected students are considered for the Cooperative Education Program which allows students to seek employment or apply for entry into higher educational programs.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electrical Technology 1</td>
<td>10, 11</td>
<td>S, H</td>
<td>10</td>
</tr>
<tr>
<td>Electrical Technology 2</td>
<td>11, 12</td>
<td>S, H</td>
<td>15</td>
</tr>
<tr>
<td>Electrical Technology 3</td>
<td>12</td>
<td>S, H</td>
<td>15</td>
</tr>
</tbody>
</table>

What you should know...

The Electrical Technology program combines hands-on, practical learning with the classroom training needed for students to enter this demanding field. The program is affiliated with Local 103 International Brotherhood of Electrical Workers (IBEW) and MECA (Massachusetts Electrical Contractors Association).
**Recommended Course of Study**

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education

1 Elective Course

**Grade 10**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education

Electrical Technology 1

**Grade 11**
- English
- Mathematics
- Science
- Social Studies
- Physical Education

Electrical Technology 1

**Grade 12**
- English
- Social Studies
- Physical Education

Electrical Technology 3

2 Elective Courses

**Recommended Elective Courses**

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAD/ Blueprint Reading</td>
<td>9, 10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
<tr>
<td>Computer Applications 1</td>
<td>9, 10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
<tr>
<td>Introduction to Welding Technology</td>
<td>11, 12</td>
<td>S</td>
<td>5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

**Articulation Agreements with Colleges/ Training Programs:**

Union-affiliated apprentice programs: Quincy High School students earn 765 hours.

**Certifications or Licenses You May Earn While in High School:**
- Electrical Technology Program Certificate
- 10-hour OSHA Construction Safety Training
- Hours toward professional license

**What kind of job can you get with this training?**

Electrical apprentice or other entry-level construction job. Students also work for local companies.

**With additional training/education, what jobs are available?**

Journeyman electrician, electrical engineer, lineman, fire alarm technician, security and alarm technician, computer technician, construction manager, or electrical contractor.

**Things you will need:**

These are some of the supplies you will need during these courses. Your instructors will have more information available.

- Work boots
- Long pants
- Combination lock

**Equipment/software you will learn to use:**

Electrical students learn to use basic hand tools, hand benders, hydraulic benders, pipe threaders, and power tools commonly used by electricians. Students also use computers to do research for various electrical projects throughout the year.
What can you do with your Engineering Technology career training?

Engineers apply scientific and mathematical processes to develop solutions to technical problems. Many engineers design things such as robots, airplanes, or better ways to create products. There are 17 recognized engineering specialties including biomedical, civil, chemical, mechanical, electrical, and computer engineers. Engineering technicians use the principles of science, engineering, and mathematics to solve technical problems in research and development, manufacturing, sales, construction, and inspection.

Training you need:
A 4-year bachelor’s degree in engineering is required for almost all entry-level jobs. Engineers generally study an engineering specialty, along with courses in both mathematics and science. Engineering technicians generally complete a 2-year program.

Where you can work:
Thirty-seven percent work in manufacturing, 28% in science and technical industries, 12% are employed by the government, 3% are self-employed. About 20% work in all other industries.

What you can earn:
Average starting salaries for engineers range from $47,960 - $60,718. Highest salaries were paid to chemical, petroleum, aerospace, computer, and nuclear engineers, averaging about $95,000. Engineering technicians average about $50,660.

Career outlook:
Engineering careers will grow at about 11%. Outstanding growth of 15%+ will be in biomedical, civil, environmental, and industrial engineering. As companies consolidate or cut costs, they may shift additional tasks to engineering technicians.

Engineering Technology Career Preparation

The Engineering Technology Career program has three tiers. Foundation Courses introduce students to basic engineering concepts and processes. Specialization Courses teach biotech, civil, and computer engineering in more depth. Engineering Design and Development allows students the opportunity to research an engineering principle in depth, write a paper, and then defend their findings before a panel of experts.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foundation Courses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Introduction to Engineering Design</td>
<td>9, 10</td>
<td>H</td>
<td>5</td>
</tr>
<tr>
<td>Principles of Engineering</td>
<td>10, 11, 12</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Digital Electronics</td>
<td>10, 11, 12</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Specialization Courses</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Civil Engineering and Architecture</td>
<td>10, 11, 12</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Biotechnical Engineering</td>
<td>10, 11, 12</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Computer Integrated Manufacturing</td>
<td>11, 12</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Capstone Course</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Engineering Design and Development</td>
<td>12</td>
<td>A</td>
<td>5</td>
</tr>
</tbody>
</table>

What you should know...

Quincy High School incorporates Project Lead the Way curriculum for delivering the Massachusetts frameworks in Engineering Technology. This structured, yet flexible, high school program offers students in-depth, hands-on knowledge of engineering and technology-based careers. This curriculum prepares students for demanding 2- and 4-year college engineering programs.
Recommended Course of Study

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
- Introduction to Engineering Design

**Recommended Course of Study**

<table>
<thead>
<tr>
<th>Grade 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
</tr>
<tr>
<td>Foreign Language</td>
</tr>
<tr>
<td>Mathematics</td>
</tr>
<tr>
<td>Science</td>
</tr>
<tr>
<td>Social Studies</td>
</tr>
<tr>
<td>Physical Education</td>
</tr>
<tr>
<td>Principles of Engineering</td>
</tr>
<tr>
<td>Digital Electronics</td>
</tr>
</tbody>
</table>

**Grade 11**
- English
- Mathematics
- Science
- Social Studies
- Physical Education
- 2 Engineering specialization courses
- 1 Elective Course

**Grade 12**
- English
- Social Studies
- Physical Education
- Mathematics
- Science
- 1 Engineering specialization course OR
- Engineering Design and Development
- 1 Elective Course

Recommended Elective Courses

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAD/ Blueprint Reading</td>
<td>9, 10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
<tr>
<td>Computer Applications 1</td>
<td>9, 10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Articulation Agreements with Colleges/Training Programs:

College credit is available for seven of the eight high school courses, all except Engineering Design and Development. Students must meet certain qualifications to be awarded college credit.

**ITT Technical Institute**

Students who complete Digital Electronics are eligible for the following: ET255 - Digital Electronics (4 credits)

**Rochester Institute of Technology**:

Students may apply for RIT college credit for up to five of their engineering courses. Students must receive at least an 85 percent average in the course and score 70 or above on the college credit exam. RIT awards four-quarter credits for each of the five courses, and the cost is $200 per course.

Other Schools...

Project Lead The Way affiliate schools that consider engineering portfolios for articulation are: New Hampshire Technical Institute, Sinclair Community College, University of Texas, West Virginia Polytechnic Institute, Pennsylvania State, Duke University, Purdue University, University of Southern Florida, San Diego State University, University of Illinois, Eastern Michigan University, University of Tennessee, Oregon Institute of Technology, University of South Carolina, Weber State University, and Arkansas Technical University.

Certifications or Licenses You May Earn While in High School:

- Project Lead the Way Program Certificate
- 10-hour OSHA Construction Safety Training

Math and Science:

All college-bound students should select courses in math and science which are challenging and will prepare them for their intended career. Students should consult their teachers and guidance counselors for course recommendations.

Engineering:

Students should take Foundation course(s) during 9th and 10th grade and Specialization course(s) in 11th grade. The Capstone course may be taken in 12th grade. Students may take additional Foundation or Specialization engineering courses, depending on their interests and career goals.

Things you will need:

These are some of the supplies you will need during these courses. Your instructors will have more information available.

- Scientific calculator
- 3-ring binder
What can you do with your Fashion Design career training?

Fashion Designers create clothing, footwear, and accessories. They predict trends, research color and fabrics, sketch designs, work with manufacturers, and oversee final production. In larger design houses, designers may perform specialized tasks such as fitting or pattern cutting. Designers also create costumes for films and theatre. Designers can work as buyers and managers.

Training you need:
Employers generally hire designers with 2- or 4-year college degrees in design. While computers and computer drafting play an increasingly important role, a good portfolio with original sketches and sample garments are often key to getting hired.

Where you can work:
Twenty-eight percent of designers work for apparel wholesalers, 24% are self-employed and about 48% work for corporations, clothing stores, performing arts companies and design firms.

What you can earn:
Average salary ranges from $42,140-$87,510 but beginning designers usually make considerably less. Top designers with their own fashion lines or signature lines in large fashion houses earn considerably more.

Career outlook:
Job growth will be 5% over the next 10 years. Best opportunities are in mass market and department store wholesale companies. Job competition is high, as many designers are attracted to the creativity and glamour of the occupation. The best opportunities will be designing mass-market clothing sold at department stores and retail chain stores, such as apparel wholesale firms.

Fashion Design Career Preparation

Students get thorough training in sewing techniques and construction methods. Fashion influences and history, coupled with art courses, ensure that students create a portfolio which can help them gain admittance to competitive fashion programs. Fashion Design 1 introduces sewing concepts and studies world fashion influences on design. Fashion Design 2 students continue refining their sewing skills and begin learning to design and construct clothing. Fashion Design Major 1 gives students additional design and advanced clothing construction skills. Fashion Design Major 2 students create original-design sample garments and fashion sketches for their portfolio. Students may work at an internship to get an inside view of the fashion industry. Since portfolio development and sketching are critical skills for fashion designers, students in the Fashion Design career major should take Art classes in conjunction with their Fashion classes.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fashion Design 1</td>
<td>9, 10, 11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Fashion Design 2</td>
<td>10, 11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Fashion Design Major 1</td>
<td>11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Fashion Design Major 2</td>
<td>12</td>
<td>S, H</td>
<td>5</td>
</tr>
</tbody>
</table>

What you should know...

Fashion Design courses give students the opportunity to discover their fashion sense and creativity while learning how to sew and construct garments. Students explore many exciting career opportunities in the fashion industry. Our students obtain the rigorous grounding in clothing construction and fashion sketching needed to succeed in fashion.
Recommended Course of Study

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
- Fashion Design 1

**Grade 10**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Fashion Design 2
- Art 1

**Grade 11**
- English
- Mathematics
- Science
- Social Studies
- Physical Education
- Fashion Design Major 1
- Art 2
- 1 Elective Course

**Grade 12**
- English
- Social Studies
- Physical Education
- Fashion Design Major 2
- Art Major
- 3 Elective Courses

Recommended Elective Courses

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Applications</td>
<td>9, 10, 11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>Art 1</td>
<td>9, 10, 11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Art 2</td>
<td>10, 11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Art 3</td>
<td>11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Art Major</td>
<td>12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Certifications or Licenses You May Earn While in High School:
- Fashion Design Program Certificate

Articulation Agreements with Colleges/Training Programs:
College credit is available for students who meet certain qualifications.

Mount Ida College

What kind of job can you get with this training?

Most fashion studios and clothing manufacturers require a 2- or 4-year degree for employment. Students can begin work at department stores and learn the fashion buying business from the inside, but many stores also require a college degree to advance as buyers or managers.

With additional training/education, what jobs are available?

Fashion designer, pattern designer, fitter, custom clothing manufacturer, fashion photographer, accessory and shoe designer, clothing buyer, costume designer, custom wedding gown designer, fashion writer, and management.
Graphic Arts/Visual Design

What can you do with your Graphic Arts/Visual Design career training?

Graphic Artists and Visual Designers use images, type, color and layout to create ads, magazines, illustrations, web graphics, logos, signs, billboards, CD cover art, packaging and more. An increasing number of graphic designers work in electronic media such as animation and presentations. Successful graphic designers have a thorough grounding in design principles as well as skills in computer design.

Training you need:
While some students may find employment directly after high school, most employers require a 2- or 4-year college degree. Employers increasingly demand a 4-year degree for entry-level jobs.

Where you can work:
Almost all graphic designers work for design firms, ad agencies, publishers and related support service companies. A small percent work for engineering and technical firms. About 25% of graphic designers also do freelance work in addition to or as their primary employment.

What you can earn:
Average salaries range from $30,600-$54,000. Design directors and design firm owners average $98,600-$113,000. Web developers average $50,000-$80,000.

Career outlook:
Job growth over the next 10 years is expected to be about 10%. Competition will be keen. Designers with an outstanding portfolio, good computer skills, and experience in web design and animation will have the best job opportunities. With movies being routinely filmed and produced in Massachusetts, graphic artists with transferable skills in animation and design may find additional opportunities.

Graphic Arts/Visual Design Career Preparation

Students in Graphic Arts / Visual Design work on a wide variety of projects including logos, digital photography, poster design, packaging design, advertising, web design, print production, story boarding, videos, and comics. As students progress, they work on real-world projects for community, school-based, and non-profit clients, learning the teamwork and design skills needed to prepare for design careers. Creativity, technology, communication skills and the ability to meet tight production deadlines are emphasized. Throughout the program, students are expected to perform independent research and give oral and written presentations of their work. Depending on interest, students may wish to take art or computer programming classes along with their Graphic Arts/Visual Design classes to further their career options.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Graphic Arts/Visual Design 1</td>
<td>10, 11</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Graphic Arts/Visual Design 2</td>
<td>11, 12</td>
<td>S, H</td>
<td>10</td>
</tr>
<tr>
<td>Graphic Arts/Visual Design 3</td>
<td>12</td>
<td>S, H</td>
<td>10</td>
</tr>
</tbody>
</table>

What you should know...

Students are prepared to enter a 2- or 4-year college program to study animation, video game design, web/interactive design, print graphic design, digital video editing, graphic arts and beyond. As part of their professional resume, each student turns their digital art into a multimedia experience by creating a personal web-based portfolio of animations, video, sounds, photos, and logos. Seniors can work at internships, giving them an inside view of the graphic design industry or even the start of a career!
Equipment/software you will learn to use:


What kind of job can you get with this training?

Web designer, assistant designer, and photo retoucher.

Recommended Elective Courses

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Applications</td>
<td>10, 11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>Publishing</td>
<td>12</td>
<td>H</td>
<td>5</td>
</tr>
<tr>
<td>Art 1</td>
<td>9, 10, 11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Art 2</td>
<td>10, 11, 12</td>
<td>S, H</td>
<td>5</td>
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<tr>
<td>Art 3</td>
<td>11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Art Major</td>
<td>12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Java Script</td>
<td>11, 12</td>
<td>H</td>
<td>5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Articulation Agreements with Colleges/Training Programs:

Students who complete Graphic Arts/Visual Design 1, 2, and 3 are eligible for the following course credit:

**Boston University Center for Digital Imaging Arts**
$2000 articulation credit towards tuition

**Massasoit Community College**
ArtG - Art Elective (3 credits)

**New England Institute of Art**
GD 102 - Fundamentals of Design (3 credits)

**New England Institute of Technology**
MWD 1112 - Digital Graphics (3 credits) and MWD 122 - Design I (3 credits)

**Bunker Hill Community College**
Credits available

**ITT Tech**
IT210 - Visual Design Theory (4 credits)  
IT204 - Scripting and Web Authoring (4 credits)

Certifications or Licenses You May Earn While in High School:

- Visual Design Program Certificate

Things you will need:
These are some of the supplies you will need during these courses. Your instructors will have more information available.

- Flash drive
- Sketch book
What can you do with your Health Care Technology career training?

Health care employs nearly 14 million workers in the US. Some health care professionals practice independently. Others work as part of a health care team, providing assessment, planning treatment, and evaluating progress. Others play a major role in informing the health care team of the patient’s progress and response to treatment. The demand for qualified health care workers is extremely high.

Training you need:
While many careers require college degrees and some require graduate degrees, hundreds of great-paying paraprofessional careers require only a 1- or 2-year certificate and/or on-the-job training.

Where you can work:
Health care workers are employed in many settings including hospitals, medical offices, clinics, in-home care, rehabilitation centers, long-term care facilities, veterinary hospitals, schools, prisons, forensic laboratories, radiology centers, and specialty facilities.

What you can earn:
Salaries range widely depending on responsibilities and education. Personal care aides average $11.00/hr. Nurses average $55,000 - $150,000. Pharmacists, dieticians, therapists, and speech/language specialists average $60,000-$85,000. Physician’s salaries average about $153,000. Physician assistants average $74,980.

Career outlook:
Over the next 10 years, nursing jobs will grow about 25%, home health care will grow about 55%. Ambulatory care will grow about 32%. Medical and lab careers will increase about 17%. Employment at doctor and dental offices and care centers will grow about 23%.

Health Care Technology Career Preparation

Health Care Technology career preparation provides students with a thorough knowledge of the health care industry. Initial focus is on health career exploration, patient care, leadership skills, computer literacy, and medical business skills. Upon completion of Health Care Technology 1, students may become certified as nursing assistants through the Massachusetts Department of Public Health at our on-site testing lab. Students who complete Patient Care are eligible to take the Massachusetts Council of Home Health Aides exam.

Health Care Technology 1 students are placed at Quincy Medical Center|Steward Health Care System and Hancock Park to prepare them for the state certified nursing assistant exam. Patient Care students participate in direct patient care and job shadowing on the medical/surgical floors of Quincy Medical Center. Health Care Technology 2 students have clinical placements at rehabilitation facilities, medical offices, clinics, pharmacies, veterinary clinics, developmental disabilities centers, and with the Quincy Public Health Department. Field trips allow students to see a variety of health care career possibilities.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health and Human Service Introduction</td>
<td>10</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Health Care Technology 1</td>
<td>11, 12</td>
<td>S, H</td>
<td>10</td>
</tr>
<tr>
<td>Patient Care</td>
<td>12</td>
<td>S, H</td>
<td>15</td>
</tr>
<tr>
<td>Health Care Technology 2</td>
<td>12</td>
<td>S, H</td>
<td>15</td>
</tr>
</tbody>
</table>
**Recommended Course of Study**

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
- 1 Elective Course

**Grade 10**
- English
- Foreign Language
- Mathematics
- Science (Biology)
- Social Studies
- Physical Education
- Health/Human Service Introduction
- 1 Elective Course

**Grade 11**
- English
- Mathematics
- Science (Chemistry)
- Social Studies
- Physical Education
- Health Care Technology 1
- 1 Elective Course-Psychology

**Grade 12**
- English
- Social Studies
- Science (Anatomy/Physiology)
- Physical Education
- Health Care Technology 2 or Patient Care
- 1 Elective Course-Human Behavior

**Recommended Elective Courses**

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Applications 1</td>
<td>9, 10, 11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>Psychology</td>
<td>11, 12</td>
<td>S, H, A</td>
<td>5</td>
</tr>
<tr>
<td>Human Behavior</td>
<td>11, 12</td>
<td>S, H, A</td>
<td>5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

**Articulation Agreements with Colleges/Training Programs:**

**Bunker Hill Community College**
Students who complete Health Care Technology 2 or Patient Care can receive credit for:
- AHE 111 - Patient Care Skills (3 credits)
- AHE 106 - CNA Practicum (1 credit)
- AHE 110 - Principles of Patient Care (3 credits)

**Quincy College**
Reserved seats in Allied Health Program for our graduates

**Newbury College**
Students who complete Health and Human Service Introduction can receive credit for:
- HA 101 - Introduction to Health Care (3 credits)
Students who complete Health Care Technology 2 or Patient Care can receive credit for:
- HA 105 - Issues of Health and Disease (3 credits)

**Certifications or Licenses You May Earn While in High School:**
- Health Care Technology Program Certificate
- Certified Nursing Assistant
- Home Health Aide
- Basic Life Support for Health Care Providers
- Adult, Infant, and Child CPR
- AED (Automated External Defibrillator)
- Adult and Pediatric First Aid

**Things you will need:**
These are some of the supplies you will need during these courses. Your instructors will have more information available.

- Scrubs (Embroidered)
- CPR and First Aid cards
- CNA registration (if applicable)

**What kind of job can you get with this training?**
Certified nursing assistant, home care assistant/aide, medical office assistant, pharmacy assistant, patient care technician, and mental health aide.

**With additional training/education, what jobs are available?**
Physician, physician assistants, nurses, dentists, hygienists, respiratory therapist, physical or occupational therapist, athletic trainer, veterinarian, pharmacist, speech/language specialist and dietician are only a few of the hundreds of lucrative careers available.

**Equipment/software you will learn to use:**
Students use manikins, hospital beds, vital sign instruments, EKG machines, X-ray illuminators, scales, microscopes, phlebotomy arms and equipment. Computer labs are available for research and presentations. Clinical placements provide experience with the newest medical technology with endoscopy and radiology techniques and other medical procedures using a variety of therapeutic devices.
What can you do with your Information Technology career training?

Information technology jobs range from telephone support at a help desk to designing complex networks. Support specialists diagnose problems and work to resolve them. Network and design specialists plan LAN systems, company Internet and server configurations. Security specialists install security software and monitor system security. Computer and software engineers design systems and controls.

Training you need:
Some employers require a 4-year degree for entry-level positions. Some jobs are open to graduates of technical schools with 1- or 2-year certificates. A high school diploma and on-the-job experience may get you started at some companies. Some careers also require ongoing certifications.

Where you can work:
About 77% of information technology workers are employed in a wide range of industries including financial, service, insurance, government, education, telecommunications and health care. About 23% work at computer systems design or technical companies.

What you can earn:
Average salary of support specialists ranges from $32,110-$53,640. Network and security specialists average salary ranges from $48,520-$79,160. Specialized training such as telecommunication or database administration can mean earnings of $100,000+.

Career outlook:
Technical support careers will increase 18% in the next 10 years. Network and system administrator jobs will increase 27%. Computer software engineers will increase 38%.

Information Technology Career Preparation

The goal of Information Technology career preparation is to give students the hands-on experience and training necessary to become certified, successful information technology professionals. Information Technology 1 students study computer hardware and software, learning to diagnose, upgrade and repair PCs. Students are prepared to pass the CompTIA A+ certification exam. Information Technology 2 students expand their hardware skills and learn computer networking. Students are prepared to pass the CompTIA Network+ certification exam. Information Technology 3 students focus on computer programming and computing beyond the desktop. Resumés and portfolios are created. Many students receive internship opportunities for on-the-job experience. Students need access to a computer connected to the Internet.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Information Technology 1</td>
<td>10, 11</td>
<td>H</td>
<td>5</td>
</tr>
<tr>
<td>Information Technology 2</td>
<td>11, 12</td>
<td>H</td>
<td>10</td>
</tr>
<tr>
<td>Information Technology 3</td>
<td>12</td>
<td>H</td>
<td>10</td>
</tr>
</tbody>
</table>

What you should know...

The Information Technology (IT) program provides the knowledge and skills necessary to succeed. IT professionals are always in high demand. Four of the five job categories with the largest expected percentage growth over the next 10 years in the US will be in IT areas. IT is a rich, exciting and everchanging career that touches people in personal ways. As computing pioneer John Robinson Pierce put it, “After growing wildly for years, the field of computing appears to be reaching its infancy.”
Equipment/software you will learn to use:

- Windows 2000, XP, Vista, Server 2003, Linux, and MAC OSX.
- Multimedia and office productivity applications from Microsoft.
- Open-Source applications.
- Computer programming with Visual Basic, Visual C++, and Visual J+
- Network design, construction, and maintenance with hand tools, wiring and connectivity tools as well as system monitors and network software diagnostic utilities.
- Students also find, test, and evaluate software tools and develop their own personal software toolkit.

What kind of job can you get with this training?

Students may gain immediate employment as network support specialists, support technicians, or information technology support technicians. Students may start their own computer and networking support businesses.

Things you will need:

- Access to a computer
- Internet access

Recommended Elective Courses

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Career Internship</td>
<td>12</td>
<td>S</td>
<td>2.5, 5</td>
</tr>
<tr>
<td>Digital Electronics</td>
<td>10, 11, 12</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Computer Applications</td>
<td>9, 10, 11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>Java Script</td>
<td>11, 12</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>AP Computer Service</td>
<td>12</td>
<td>A</td>
<td>5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Articulation Agreements with Colleges/Training Programs:

Students who complete Information Technology 1, 2, and 3 are eligible for the following course credits:

- **Benjamin Franklin Institute of Technology**
  - CT 100 - Computer Applications (3 credits) or CT 111 - Computer Concepts (3 credits)

- **Massasoit Community College**
  - CTIM 128 - Networking Concepts (1 credit)
  - CTIM 171 - Computer Configuration and Hardware (3 credits)

- **Quincy College**
  - CSI 101 - Introduction to Computers (3 credits)

- **ITT Tech**
  - Information Tech 1 - TB143 - Introduction to Personal computers
  - Information Tech 2 - IT220 - Network Standards and Protocols

Certifications or Licenses You May Earn While in High School:

- Information Technology Program Certificate
- Internet and Computing Core Certification (IC³)
- CompTIA A+® Certification
- CompTIA Network+® Certification
- Microsoft Certified Professional (MCP)

Equipment/software you will learn to use:

- Windows 2000, XP, Vista, Server 2003, Linux, and MAC OS X.
- Multimedia and office productivity applications from Microsoft.
- Open-source applications.
- Computer programming with Visual Basic, Visual C++, and Visual J+
- Network design, construction, and maintenance with hand tools, wiring and connectivity tools as well as system monitors and network software diagnostic utilities. Students also find, test, and evaluate software tools and develop their own personal software toolkit.

With additional training/education, what jobs are available?

Programmer, computer engineer, network analyst, computer security, database administrator, information research, project manager, software engineer, technical support, telecommunications specialist, and many other careers.

Recommended Course of Study

**Grade 9**

- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
- Computer Applications 1

**Grade 10**

- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Information Technology 1
  - 1 Elective Course

**Grade 11**

- English
- Mathematics
- Science
- Social Studies
- Physical Education
- Information Technology 2
  - 1 Elective Course

**Grade 12**

- English
- Social Studies
- Physical Education
- Information Technology 3
  - 3 Elective Courses
Metal Fabrication/Welding Technology

Metal Fabrication/Welding Technology Career Preparation

Metal Fabrication/Welding Technology career preparation teaches students gas metal arc welding, CNC plasma arc technology, blueprint reading, layout, fabrication of light and heavy gauge metals, shielded metal arc welding, soldering, brazing, oxygen/acetylene welding and cutting. Our shop uses a variety of machinery. During the three-year program, students receive over 725 hours of shop and related training. Written and practical exams are given throughout the program for certification in the American Welding Society. Welding skills are taught to the American Welding Society Qualification Standards. OSHA construction certification classes are taken for an additional certification. The testing and training in accordance with the American Welding Society standards prepares for entry level positions in the Welder-Fitter and Certified Massachusetts Bridge Welder occupations. Students are prepared to go on to immediate employment or higher educational programs. In addition we have agreements with local unions and technical colleges to accept our program for credits toward apprenticeships.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Metal Fabrication/Welding Technology 1</td>
<td>10, 11</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Metal Fabrication/Welding Technology 2</td>
<td>11, 12</td>
<td>S, H</td>
<td>15</td>
</tr>
<tr>
<td>Metal Fabrication/Welding Technology 3</td>
<td>12</td>
<td>S, H</td>
<td>15</td>
</tr>
</tbody>
</table>

What you should know...

Students weld and fabricate from drawings and blueprints, using state-of-the-art equipment to industry-certified standards, making their skills transferable and valuable to many industries.

What can you do with your Metal Fabrication/Welding Technology career training?

Metal fabricators assemble, shape and weld metal pieces into structures, architectural elements, airplanes, and automobiles. As manufacturing declines in the United States, temporary employment is becoming more common as employers hire metal fabricators for specific tasks.

Training you need:
Entry-level jobs require a high school diploma or GED. Knowledge in blueprint reading, metals machinery, measuring devices, computer skills for CNC technology are needed. Specialized skills in machinery, certification in various positions and types of welding, and cutting of light and heavy metals can mean higher pay or steadier employment.

Where you can work:
Seventy-five percent of metal fabricators work in manufacturing; 11% work in computer and technical manufacturing. Sixty-six percent of welders work in manufacturing; 34% work in construction, oil and gas and other industries.

What you can earn:
Average salary ranges from $14.00-$35.00 per hour. Fabricators and certified welders at a Master Level earn $35.00-$50.00 per hour. Supervisory and management positions earn higher salaries.

Career outlook:
Metal workers and fabricators with specialized skills and certifications will continue to find employment, though it may be working as a temporary employee. Welding jobs will increase 5% over the next 10 years. Welders with skills, experience, and certifications will have little problem finding work.
**Recommended Course of Study**

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
- 1 Elective Course

**Grade 10**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Metal Fabrication/ Welding Tech 1
- 1 Elective Course

**Grade 11**
- English
- Mathematics
- Science
- Social Studies
- Physical Education
- Metal Fabrication/ Welding Tech 2

**Grade 12**
- English
- Social Studies
- Physical Education
- Metal Fabrication/ Welding Tech 3
- 2 Elective Courses

**Recommended Elective Courses**

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAD/ Blueprint Reading</td>
<td>9, 10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
<tr>
<td>Computer Applications 1</td>
<td>9, 10, 11, 12</td>
<td>S, H</td>
<td>2.5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

**Articulation Agreements with Colleges/ Training Programs:**

Local 7, Iron workers, Local 17 Sheet metal workers

Baran/ Lincoln Institute of Technology

**Certifications or Licenses You May Earn While in High School:**

- Metal Fabrication/ Welding Technology Program Certificate
- American Welding Society Entry Level To Level II Certified Welder
- 10-hour OSHA Construction Safety Training
- Massachusetts Bridge Certified Welder

**What kind of job can you get with this training?**

Certified Massachusetts Bridge Welder, welder/fabricator, CNC plasma machine operators, layout fabricators, or oxy-acetylene burners.

**Equipment/software you will learn to use:**

Plasma Cam software, MasterCam software, CNC milling machine, horizontal lathe, hydraulic power shear, 12-foot press brake, and iron worker machinery.

**Things you will need:**

These are some of the supplies you will need during these courses. Your instructors will have more information available.

- Work boots

**With additional training/education, what jobs are available?**

Supervisors, managers, quality inspectors, member of R & D team, prototype builder, welding engineer, instructor, welding business owner, boilermaker, or ironworker.
Plumbing Technology

What can you do with your Plumbing Technology career training?

Plumbers not only install the sink in your kitchen, but they also lay the pipes which bring water to your house. There are five generally identified trades:

- Pipelayers install clay, concrete and metal pipes for drains, sewers and mains.
- Plumbers install water and waste piping and fixtures.
- Pipefitters install high- and low-pressure piping used in manufacturing, heating and cooling, and power generation.
- Steamfitters install high-pressure piping systems.
- Sprinklerfitters install automatic fire-prevention systems.

Training you need:
Massachusetts State licensing requires a plumbing apprenticeship of 5 years under the supervision of a master plumber. Apprentices must complete 550 hours of classroom training and work full-time for 5 years to be eligible to take a journeyman plumber's test. Quincy High School students earn 330 theory hours and 9 months of hands-on experience toward apprenticeship requirements.

Where you can work:
Fifty-five percent of plumbers work for plumbing or heating and air conditioning contractors, 12% are self-employed, about 33% work in a variety of industries.

What you can earn:
Average earnings are $15.62-$35 per hour. Apprentices earn about $10-$14 per hour to start. Wages rise as apprentices gain experience and develop competencies.

Career outlook:
Employment for all plumbing trades will increase about 10% over the next 10 years. Workers with welding experience will find particularly good opportunities.

Plumbing Technology Career Preparation

Plumbing Technology provides students with knowledge and skills necessary to become plumbing apprentices. Students learn plumbing theory in the classroom and hands-on experience in the lab. Students gain proficiency in construction safety, measuring, cutting, joining methods of various materials, and regulations governing plumbing and gas fitting design and installations. They learn to repair and service plumbing and fuel gas systems including fixtures, valves, controls, piping, and related apparatus. All aspects of the trade and work readiness skills are emphasized. Completion of all courses allows students to seek entry-level employment as an apprentice plumber.

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
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</thead>
<tbody>
<tr>
<td>Plumbing Technology 1</td>
<td>10, 11</td>
<td>S, H</td>
<td>10</td>
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<tr>
<td>Plumbing Technology 2</td>
<td>11, 12</td>
<td>S, H</td>
<td>15</td>
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<tr>
<td>Plumbing Technology 3</td>
<td>12</td>
<td>S, H</td>
<td>15</td>
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</table>

What you should know...

Plumbing continues to be a growing, demanding career with great opportunities in the future. Green technologies will provide additional career options including engineering, sales, installation, and service of renewable/sustainable technology. Plumbers who continue their education and training will have the greatest career options.
What equipment/software will you learn to use:

Students learn to operate and use a variety of power and hand tools. Also taught are basic business management skills.

What kind of job can you get with this training?

Licensed plumbing apprentice, sales assistant at plumbing supply wholesale outlet, and plumbing warehouse worker.

With additional training/education, what jobs are available?

Licensed journeyman plumber, licensed master plumber, project foreman, licensed journeyman sprinkler-fitter, licensed pipe-fitter, plumbing inspector, instructor, plumbing contractor, professional engineer, wastewater engineer, construction safety officer, and construction manager.

Articulation Agreements with Colleges/Training Programs:

Union-affiliated apprentice programs: QHS students earn 330 theory hours and 9 months of hands-on experience toward apprenticeship requirements.

Certifications or Licenses You May Earn While in High School:

- Plumbing Technology Program Certificate
- 10-hour OSHA Construction Safety Training
- Corrugated Stainless Steel Tubing Installer Certification
- Hours toward state license (see Training You Need, opposite page)

Recommended Elective Courses

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAD/Blueprint Reading</td>
<td>9, 10, 11, 12</td>
<td>S</td>
<td>2.5</td>
</tr>
<tr>
<td>Computer Applications 1</td>
<td>9, 10, 11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>Introduction to Welding Technology</td>
<td>10, 11, 12</td>
<td>S</td>
<td>5</td>
</tr>
<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

Recommended Course of Study

Grade 9
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
- 1 Elective Course

Grade 10
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Plumbing Technology 1

Grade 11
- English
- Mathematics
- Science
- Social Studies
- Physical Education
- Plumbing Technology 2

Grade 12
- English
- Social Studies
- Physical Education
- Plumbing Technology 3
- 2 Elective Courses

Things you will need:

These are some of the supplies you will need during these courses. Your instructors will have more information available.

- Work boots
- Work pants and shirt
- Tape measure
- 1 Gigabyte flash drive

Recommended Elective Courses

- CAD/Blueprint Reading
- Computer Applications 1
- Introduction to Welding Technology
- Personal Finance

Articulation Agreements with Colleges/Training Programs:

Union-affiliated apprentice programs: QHS students earn 330 theory hours and 9 months of hands-on experience toward apprenticeship requirements.

Certifications or Licenses You May Earn While in High School:

- Plumbing Technology Program Certificate
- 10-hour OSHA Construction Safety Training
- Corrugated Stainless Steel Tubing Installer Certification
- Hours toward state license (see Training You Need, opposite page)

What kind of job can you get with this training?

Licensed plumbing apprentice, sales assistant at plumbing supply wholesale outlet, and plumbing warehouse worker.

With additional training/education, what jobs are available?

Licensed journeyman plumber, licensed master plumber, project foreman, licensed journeyman sprinkler-fitter, licensed pipe-fitter, plumbing inspector, instructor, plumbing contractor, professional engineer, wastewater engineer, construction safety officer, and construction manager.
What you can do with Protective Services career training?

Protective services encompass many types of jobs including:
- Local and State Police officers
- Emergency Medical Technician (EMT)
- Court officers
- Corrections officers
- FBI agents
- Forensic technicians
- Border patrol
- Immigration and Customs (ICE)
- Secret Service
- Private security
- Emergency dispatch
- Fire fighters

Training you need:
Some jobs only require a high school diploma and on-the-job training. Police departments sometimes require 1-2 years of college and successful completion of police academy training and an exam. The FBI requires a 4-year college degree, fluency in a foreign language and 3 years of work experience or a graduate degree and 2 years of experience.

Where you can work:
Seventy-five percent work on local police forces, 11% work on state police forces, 7% are employed by the Federal government, about 7% work in fish and game, Homeland Security, private security, and transportation.

What you can earn:
Average pay for police officers is $35,600-$59,880. Overtime pay is common and boosts the salary earned. FBI agents earn $60,199-$94,268.

Career outlook:
Personal protection employment is expected to grow 11% over the next 10 years. Opportunities in local and state police forces will be excellent. Competition is keen for FBI jobs. Applicants with college degrees and military experience or several years of police experience have the best chance at securing FBI jobs.

What you should know...

While it is possible to enter the Protective Services career field with a high school diploma or GED, an increasing number of careers require at least a bachelor's degree. Many jobs require a high score on the Civil Service Exam which may be taken beginning at age 19. Students take practice exams as part of their course work. Military service can give applicants an advantage with potential employers.
Recommended Course of Study

**Grade 9**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Pathways
- 1 Elective Course

**Grade 10**
- English
- Foreign Language
- Mathematics
- Science
- Social Studies
- Physical Education
- Protective Services 1
- 1 Elective Course

**Grade 11**
- English
- Mathematics
- Science
- Social Studies
- Physical Education
- Protective Services 2
- 1 Elective Course

**Grade 12**
- English
- Social Studies
- Physical Education
- Protective Services 3
- 3 Elective Courses

Certifications or Licenses You May Earn While in High School:
- Protective Services Program Certificate
- National Academies Emergency Dispatch 911 Certification
- Adult, Infant, and Child CPR

Recommended Elective Courses

<table>
<thead>
<tr>
<th>Course Name</th>
<th>Grade</th>
<th>Level</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Public Speaking</td>
<td>10, 11, 12</td>
<td>S, H</td>
<td>2.5</td>
</tr>
<tr>
<td>Computer Applications 1</td>
<td>9, 10, 11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
<tr>
<td>Student Leadership Training 1, 2</td>
<td>10, 12</td>
<td>S</td>
<td>5</td>
</tr>
<tr>
<td>Psychology</td>
<td>10, 11, 12</td>
<td>S, H</td>
<td>5</td>
</tr>
<tr>
<td>Criminal Law</td>
<td>11, 12</td>
<td>S, H</td>
<td>2.5</td>
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<tr>
<td>Personal Finance</td>
<td>11, 12</td>
<td>H</td>
<td>2.5</td>
</tr>
</tbody>
</table>

What kind of job can you get with this training?
Security guard, police officer, fire fighter, corrections officer, courthouse officer, loss prevention, park ranger, parking enforcement, emergency dispatcher, private security, or state police officer.

With additional training/education, what jobs are available?

Equipment/software you will learn to use:
Where do YOU want to go?

No matter where you are headed, your journey begins with a solid academic foundation. Quincy High School offers a range of courses to get you started on your road to success. We offer career training in 15 areas, everything from electrician to engineering, culinary to medical. Whatever your interests, Quincy High School is ready to help you!

Talk to us today and begin your journey. It’s never too early to plan to succeed!