TEEN EXPO / FREE RESOURCE

YOUR NEXT MOVE

A five-pillar plan for turning one opportunity into a real next step.

Name (optional): _____ Date: _____

01 PREPARE

Name one opportunity. Verify the provider link, age rules, deadline, total cost and transportation.

02 OWN

Why does this matter to you? Choose one skill or question you want to explore.

03 CONNECT

Who can help you take the next step? Write a counselor, teacher, mentor or family contact.

04 SUPPORT

What support is needed? Consider a fee waiver, travel, accessibility or a trusted adult.

05 PRESERVE

Afterward, record what you learned. Choose one follow-up action and a date to complete it.

Keep this sheet for yourself. Confirm details directly with the provider; a listing is not a reserved place.