



# Sapulpa High School

## SENIOR SEMINAR

### ADULTING 101

#### **SENIOR GUIDE**

Sapulpa High School's **Adulting 101** is a senior conference for the class of 2020. This conference is intended to help seniors decide and maneuver through the next steps after high school. We are excited to offer this innovative and future-focused conference for our SHS students. This conference will provide all SHS seniors an opportunity to hear from dynamic speakers and learn valuable information about what they can do to begin preparing for life after high school. Seniors will be able to choose from a variety of breakout sessions including adulting and life skills, career and military representatives, life coaches, and explore career options.

**WHEN:** Thursday, November 21, 2019

**WHERE:** First Baptist Church - 200 S. Elm, Sapulpa, OK 74066

**Session Topics:** \*Not all sessions are listed - 401K/Retirement, Before You Sign:Rental/Lease, Pros-Cons of Credit Cards, Stress & Time Management, Personal Banking, Social Media, Vehicle Maintenance, Resume writing, Interview skills, Education Majors, Medical Careers, Personal Safety, Careers in Public Safety, Welding and Manufacturing Careers, and MANY more!

#### **Seminar Schedule:**

8:00am-8:05am: Attendance in 1st Hour

8:05am-8:10am: Transition to Auditorium

8:10am-8:30am: General Welcome at SHS Auditorium

8:30am-8:50am: Bus to FBC

9:00am-9:30am: Session #1

9:40am-10:10am: Session #2

10:20am-10:50am: Session #3

11:00am-12:00pm: Lunch

12:00pm-12:30pm: Session #4

12:40pm-1:10pm: Session #5

1:20pm-1:50pm: Session #6

2:00pm-2:20pm: Bus to SHS

2:30pm-3:00pm: Closing at SHS Auditorium

**NO OUTSIDE FOOD OR DRINK!**

#### **Notes to Seniors:**

- Appropriate Dress-School dress code applies
- Lunch will be provided
- Central Tech students are excused from attending their Tech program to attend the all day conference
- Concurrent students are not excused from college classes-after TCC classes, report to the HS Attendance Office and you will be transported to FBC
- Late or tardy Seniors will report to the HS Attendance Office and you will be transported to FBC
- Students will be released at 3:00pm to go home or report to athletic practices
- Any senior not attending the conference will be counted absent from school for Thurs. 11/21