



My Career and Academic Plan (MyCAP) for College, Career, Civic Readiness

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College, Career, and Civic Readiness

BESE and BHE joint approval in 2016:

- ***Readiness means an individual has the requisite knowledge, skills and experience in the academic, workplace readiness and personal-social domains to successfully navigate to completion an economically viable career pathway in a 21st century economy and engage in active civic life.***



Keys to Student Success

- Student identifies individual strengths, talents, skills and passions
- Student identifies future goals and careers of interest
- Student connects academic learning, goals/careers of interest and the skills needed to be successful
- Student needs caring adults to foster discovery and development



My Career and Academic Plan (MyCAP) – Process and Tool

MyCAP Process

- Student-directed; involves whole school
- Implemented in varied settings in-school and virtually- classrooms, seminars, workshops, etc., as well as independently
- Ensures a caring adult advocate – counselor, teacher, administrator, paraprofessional, or other school staff person
- Connect academic learning with future plans

MyCAP Tool – MEFA Pathway ([Getting Started with MEFA Pathway – YouTube](#))

- MEFA Pathway captures the individual's development of a pathway to success after high school.
- MEFA Pathway is an ePortfolio capturing artifacts of growth and learning
- It is designed to capture student goals, interests, barriers, and action steps
- It provides search engines for personal, career and college interests
- It offers the Common App for college applications

Why MyCAP?

- Encourages students to be the drivers of their future
- Improve student **Engagement**, tap into **Hope**, build **Student Agency** and **Self-determination**, and promote **Resiliency and Adaptability**
- Prioritizes student voice and choice
- Provides opportunity to engage parents/families in the future planning of their child

Three Essential Questions:

Who am I? Personal/Social Domain

Where am I going? Career Development

How do I get there? Academic and Secondary Planning

Personal/ Social Development



SOCIAL AND EMOTIONAL COMPETENCIES	EMPLOYEE SOCIAL AND EMOTIONAL SKILLS (in demand skills from employers)	
SELF-AWARENESS	<ul style="list-style-type: none"> • Positive attitude • Flexibility • Ability to apply skills to real-life settings • Openness to developing/ learning new skills • Sense of self-worth 	<ul style="list-style-type: none"> • Ability to Innovate • Confident • Creativity • Commitment • Shows flexibility
SELF-MANAGEMENT	<ul style="list-style-type: none"> • Initiative • Works well under pressure (e.g., manages emotions) • Punctuality • Ability to work independently • Detail-oriented • Strategic planning (e.g., setting and achieving goals) 	<ul style="list-style-type: none"> • Strong work ethic • Time management • Entrepreneurial thinking • Reliability • Organizational skills • Adaptability • Budgeting • Self-discipline
SOCIAL AWARENESS	<ul style="list-style-type: none"> • Cross-cultural sensitivity • Ability to work with people of different backgrounds/cultures 	<ul style="list-style-type: none"> • Supervision of others • Respects individual differences
RELATIONSHIP SKILLS	<ul style="list-style-type: none"> • Written and oral communication skills • Listening skills • Conflict resolution • Teamwork and works well with others 	<ul style="list-style-type: none"> • Effective communication • Ability to collaborate • Management skills • Responds to customer needs
RESPONSIBLE DECISION-MAKING	<ul style="list-style-type: none"> • Integrity • Honesty • Analyze and solve complex problems • Ability to evaluate information from multiple sources 	<ul style="list-style-type: none"> • Critical thinking • Reasoning • Civic participation and engagement • Ethical and sound decision-making • Observes carefully

Career Development Education

In an exemplary CDE model, students participate in a well-designed sequence of CDE activities that become progressively deeper and more intensive as the students gain skills and maturity. This sequence of CDE activities help students move from the cognitive to the experiential

CAREER AWARENESS

Students **learn about** the world of work, including its broad range of industries and occupations:

- ★ Career Speakers
- ★ Career Days/Fairs
- ★ Career Interest Inventories
- ★ Career research report
- ★ Company Tours

CAREER EXPLORATION

Students **learn through** activities and work experiences that help them explore career options

- ★ Job Shadowing
- ★ Job Rotation
- ★ Informational Interviews
- ★ Job Skills Portfolio
- ★ Community Service
- ★ Leadership in Career Clubs
- ★ Contextual Learning Coursework
- ★ Labor Market Information

CAREER IMMERSION

Students **engage in** immersive work experiences that prepare them for choices about post secondary education and careers

- ★ Capstone Projects
- ★ Internships
- ★ Entrepreneurial Enterprise
- ★ Clinical Experiences
- ★ Part-Time Employment
- ★ CVTE Cooperative Education
- ★ Apprenticeship

Academic, College, and Career Planning

- Identify interests, skills, talents and passions
- Discover careers aligned with above
- Connect content work (to above two points)
- For middle school students: explore the world of high school what is offered, what is required, how it works (credits, etc.)
- For high school: Determine postsecondary choices – 2yr college, 4yr college, certificate programs, technical training schools, etc.



MyCAP Process: CCCR Scope and Sequence

FRAMEWORK DESIGN

Three domains identified in the CCCR definition

Each domain is developed for students at every grade level:

- Learning Objectives that describe what students should know and be able to do
- Unit Lessons, Strategies and/or Activities that will get to the goals
- MyCAP Process and Artifacts that will document the learning or store the responses

SCOPE AND SEQUENCE

DOMAINS	LEARNING OBJECTIVES	UNITS, LESSONS, ACTIVITIES	MyCAP ARTIFACTS
Personal/ Social			
Career Development			
Academic, College, Career Planning			

THANK YOU

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