

MyCAP Curriculum Guide



	Domains		
	Personal & Social	Career Development & Education	Academic College & Career Planning
Objectives	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Demonstrate knowledge, understanding, and personal awareness of their individual talents, interests, hopes, dreams, and passions. 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Demonstrate knowledge and understanding of career categories Demonstrate critical thinking and informed decision-making skills to match their skills and abilities to particular career interests 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Understand graduation requirements, MassCore requirements, AP options, and early college options Create a 4-year course plan connected to identified career interests Understand the variety of post-secondary options Be able to write a personal post-secondary goal and career goal
MEFA Pathway Lesson Plans	<ul style="list-style-type: none"> <u>Demonstrate Awareness of Talents</u> 	<ul style="list-style-type: none"> <u>Applying Interests & Values to a Career Category</u> <u>Applying Skills to a Career Category</u> 	<ul style="list-style-type: none"> <u>Making Goals & Action Plans</u> <u>Creating a Course Plan</u> <u>Exploring Options for After High School</u> <u>What College Factors are Important to You</u>
Activities	<ul style="list-style-type: none"> Register their account Create a profile and build a resume Explore hopes, dreams, strengths, and weaknesses with the <i>Possible Selves</i> unit Write a reflection about results (journaling) 	<ul style="list-style-type: none"> Introduce “work-based learning” such as job shadowing, volunteer work, and community service Upload culminating project Attend a career fair, listen to a guest speaker, and interview an individual in a career of interest 	<ul style="list-style-type: none"> Journal a reflection about a college fair and/or college tour

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Objectives	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Understand the concept of “growth mindset” and its importance relative to future planning 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Develop skills to locate, evaluate, and interpret career information Understand how to access and understand labor market information 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Understand the importance of high school course and/or program performance in relation to their personal, academic, and career aspirations Develop skills to research postsecondary options
MEFA Pathway Lesson Plans	<ul style="list-style-type: none"> Growth Mindset 	<ul style="list-style-type: none"> Writing a Resume Exploring Trending Careers Workplace Skills & Values 	<ul style="list-style-type: none"> Connecting Courses to Post-High School Plans Learn About Standardized Tests & Customized Test Prep The Importance of College Fairs, Rep Visits & College Tours Exploring Options for After High School
Activities	<ul style="list-style-type: none"> Update profile details such as activities, honors, awards, employment, and community service 	<ul style="list-style-type: none"> Complete reflection on work-based learning experience Upload research product (LMI and Ed requirements) 	<ul style="list-style-type: none"> Save a minimum of 3 post-secondary options and write journal entry reflections of each Upload Career Pathway project

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Objectives	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Understand the importance of perseverance to achieve long and short-term goals Understand the importance of resilience in facing academic and work-related challenges 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Complete a resume Understand the differences between entry level, intermediate level, and advanced level job opportunities within an industry sector Identify labor market trends in Massachusetts 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Understand the concepts of reach, safety, and fit regarding post-secondary options and identify personal examples of each Understand MassTransfer and other opportunities available at MA public colleges and universities Identify connections between LMI and programs available at MA public colleges and universities Recognize financial aid vocabulary and know what options are available to pay for post-secondary choices
MEFA Pathway Lesson Plans	<ul style="list-style-type: none"> Making Goals & Action Plans 	<ul style="list-style-type: none"> Writing a Cover Letter Writing a Resume Popular Places to Work Career Backup Plans 	<ul style="list-style-type: none"> Building Your College List Learn How MassTransfer Can Help Save on the Cost of College College Application Timeline
Activities	<ul style="list-style-type: none"> Update activities Write a journal entry or personal reflection on perseverance and resilience 	<ul style="list-style-type: none"> Write a journal entry about labor market trends in a personally selected industry sector Upload Career Ladder 	



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Objectives	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> • Demonstrate personal responsibility • Demonstrate the ability to communicate and listen effectively in academic and work-related settings • Demonstrate self-advocacy skills 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> • Demonstrate knowledge of key employability skills 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> • Demonstrate the ability to navigate and use a variety of technology tools in order to select their career and college options • Complete the application process for their post-secondary choice(s) • Demonstrate an understanding of FAFSA, have access to it, and complete it with other financial aid applications related to their individual post-secondary goals • Identify and justify their post-secondary plan and develop a financial budget to support it
MEFA Pathway Lesson Plans	<ul style="list-style-type: none"> • Building Your Personal Brand • Writing a Personal Essay • Senior Year College Planning Checklist 	<ul style="list-style-type: none"> • Preparing for Interviews • Career Back Up Plans 	<ul style="list-style-type: none"> • Applying Personal Criteria to the Scholarship Search • Applying to College with MEFA Pathway • Comparing Financial Aid Offers to Help Make a Final Decision
Activities	<ul style="list-style-type: none"> • Update Profile and Resume • Write a journal entry summarizing credit review 	<ul style="list-style-type: none"> • Upload reflection on work experience • Complete and upload a capstone project that demonstrates an immersive work-based learning experience • Upload supervisor's evaluation 	<ul style="list-style-type: none"> • Write a journal entry describing post-secondary plans and create a financial budget to support it • Complete Senior Survey • Complete workshops relative to post-secondary choice, such as Common App, FAFSA, community college, scholarships, or job corps workshops • Request Letters of Recommendation in MEFA Pathway