

# MyCAP Curriculum Guide



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

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

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



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