



MyCAP Curriculum Guide

Grade Level:  **6**

	Personal & Social	Career Development Education	Academic, College & Career Planning
Objectives	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> • Demonstrate self-awareness by identifying personal and cultural values of self and others, personal strengths and limitations, and self-confidence • Demonstrate personal responsibility by asking for help, managing emotions, respecting others, and engaging in positive social interactions 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> • Recognize and understand basic career vocabulary • Understand the variety of career clusters and the job opportunities available within them • Identify careers of interests matched to their skills, talents, and passions 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> • Demonstrate key executive functioning skills necessary for academic success, such as organization and time management • Understand the importance of passing all of their courses for entry into high school
MEFA Pathway Lesson Plans	<ul style="list-style-type: none"> • Creating My MEFA Pathway Profile • Developing Decision-Making Skills • Making Goals and Action Plans 	<ul style="list-style-type: none"> • Matching Interests to Careers • Exploring Career Clusters • Exploring the Careers Discovery Zone 	<ul style="list-style-type: none"> • Developing My Study Skills • Learning About Budgets • Learning About Time Management
Sample Activities	<ul style="list-style-type: none"> • Plan a cultural showcase, where students will explore and present a country or culture of their choice through research, visuals, and interactive elements. The showcase will function as a “walk-through experience” where visitors learn from each student/group. 	<ul style="list-style-type: none"> • Participate in a class-wide mini career fair. Create posters of jobs available in different career clusters. Students with like interests should work with each other 	<ul style="list-style-type: none"> • Create a pamphlet titled <i>Guide to Middle School Success</i> either individually or in small groups. If possible, present the pamphlet to incoming middle school students



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	Personal & Social	Career Development Education	Academic, College & Career Planning
Objectives	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Understand growth mindset and the value of resilience, perseverance, and a positive attitude for future success Establish and maintain healthy relationships with diverse individuals and groups, resisting inappropriate social pressures and constructively negotiating conflict 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Identify behaviors and skills necessary for success in the workforce Understand career development—awareness, exploration, immersion, and the activities available across the spectrum Engage in career awareness activities, including exploring careers of interest on an online portal 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> Understand the importance of academic success in middle school for future success Understand the variety of postsecondary options Understand the relationship of their academic courses, postsecondary options, and career interests
MEFA Pathway Lesson Plans	<ul style="list-style-type: none"> Growth Mindset Developing Healthy Relationships Developing Self-Advocacy Skills 	<ul style="list-style-type: none"> Exploring Career Clusters Workplace Skills & Values Developing Employability Skills* 	<ul style="list-style-type: none"> Developing Career Interests Exploring Postsecondary Options Creating Career Goals
Sample Activities	<ul style="list-style-type: none"> Explore the theme of resilience by either writing an essay or creating a slideshow about a person (or themselves) who demonstrated perseverance, resilience, or a positive attitude in the face of challenges. Resilience Story Lab: Students create a short audio story, spoken word piece, or narrated script that explores resilience—either from their own life, someone they admire or a historical/current figure. 	<ul style="list-style-type: none"> Participate in a career speaker day featuring various careers. Create a <i>Success Pamphlet</i> describing the skills, behaviors, and experience needed to get and maintain a job of interest. 	<ul style="list-style-type: none"> Create a visual “map” or journey that shows the steps needed to reach a career of interest from middle school through high school and into post-secondary education or training. Students will research and compare different high school options (CTE, charter), analyze entrance requirements, connects options to their interests, and reflect on a visit to a CTE school.

* indicates lesson plan coming soon



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Grade Level:  **8**

	Personal & Social	Career Development Education	Academic, College & Career Planning
Objectives	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> • Develop strong decision-making skills • Identify the skills and behaviors necessary for success in high school 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> • Demonstrate research skills relating to careers of interest (entry-level requirements, salary, education, skills, etc.) • Create a career action plan for a career of interest • Understand the process for accessing a part-time job and completing a job application. 	<p>STUDENTS WILL:</p> <ul style="list-style-type: none"> • Understand the vocabulary used and opportunities available in high school and align choices with career interests: <ul style="list-style-type: none"> ◦ Course of study including Advanced Placement (AP) and Early College (EC) ◦ Schedules ◦ Credits ◦ Pathways Offerings ◦ Work-Based Learning, (WBL) ◦ Extracurricular activities
MEFA Pathway Lesson Plans	<ul style="list-style-type: none"> • Developing Self-Advocacy Skills • Preparing for the Transition to High School • Developing Financial Skills 	<ul style="list-style-type: none"> • Discovering Jobs and Employers • Building My Careers List • Exploring the Careers Discovery Zone • Learning about Interviews 	<ul style="list-style-type: none"> • Building a High School Road Map • Updating My MEFA Pathway Profile*
Sample Activities	<ul style="list-style-type: none"> • Decision Drama: Freeze & Choose: Students act out real-life scenarios involving spending or decision-making. Class analyzes whether the choice is a need or a want and whether it is impulsive or thoughtful. 	<ul style="list-style-type: none"> • Capstone Project: Identify a career of interest and create a presentation that explains how it aligns with your interests, strengths, and talents. Include the education and training required, salary range, and key skills needed for success in the field. Focus on what you can do in high school to prepare, including recommended courses available Pathways, Work-Based Learning opportunities and relevant extracurricular activities. 	<ul style="list-style-type: none"> • Build Your Future Backpack: Design a “backpack for high school” filled with the courses, skills, experiences, and supports they will need over four years to reach their goals. Can be poster, paper, or digital.

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