



# MyCAP Curriculum Guide

**Grade Level:**  **9**

	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 clusters</li> <li>Demonstrate critical thinking and informed decision-making skills to match their skills and abilities to 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 taking plan connected to identified career interests</li> <li>Understand any available high school pathways and the variety of post-secondary options</li> </ul>
MEFA Pathway Lesson Plans	<ul style="list-style-type: none"> <li><a href="#">Demonstrating Awareness of Talents</a></li> <li><a href="#">Developing Self-Advocacy Skills</a></li> <li><a href="#">Securing a Financial Future</a></li> <li><a href="#">My High School Resume</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Applying Skills to a Career Cluster</a></li> <li><a href="#">Discovering the Importance of Career Fairs</a></li> <li><a href="#">Exploring Work-Based Learning Opportunities</a></li> <li><a href="#">Learn About Budgets</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Making Goals &amp; Action Plans</a></li> <li><a href="#">Creating a Course Plan</a></li> <li><a href="#">Exploring Postsecondary Options</a></li> <li><a href="#">What College Factors are Important to You</a></li> </ul>
Sample Activities	<ul style="list-style-type: none"> <li><i>Possible Selves: Who Might I Become:</i> Students explore and reflect on their future selves; who they hope to become and the steps they can take now to shape their future. Can be presented as vision board, slide deck or letter to their future self.</li> </ul>	<ul style="list-style-type: none"> <li><i>A Day in My Future:</i> Students step into their future by creating a “day in the life” story based on a career they are curious about and incorporate a work-based learning experience that may help them get there.</li> </ul>	<ul style="list-style-type: none"> <li><i>Career Fair Ready: Pitch &amp; Connect:</i> Students prepare for a career fair by developing a personal introduction (elevator pitch), practicing asking meaningful questions and building confidence through mock networking.</li> </ul>



# MyCAP Curriculum Guide

**Grade Level:**  **10**

	Personal & Social	Career Development & Education	Academic, College & Career Planning
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>Students will understand the importance of high school course and/or program performance in relation to their personal academic and career aspirations</li> <li>Students will 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> <li><a href="#">Making Goals and Action Plans</a></li> <li><a href="#">Find Satisfying and Rewarding Jobs</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">My High School 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="#">Learning the Importance of College Fairs, Rep Visits &amp; College Tours</a></li> <li><a href="#">Exploring Postsecondary Options</a></li> </ul>
Sample Activities	<ul style="list-style-type: none"> <li>Update My profile details such as activities, honors, awards, employment, and community service</li> <li>Update My Goals, and add new goals for the year in all 3 MyCAP domains. Include at least 1 strategy for completing each goal.</li> <li>Use the Course Planner feature to do a graduation class credit review.</li> </ul>	<ul style="list-style-type: none"> <li>Complete reflection on work-based learning experience</li> <li>Students research a career of interest, being sure to include labor market information (LMI) and educational requirements.</li> <li>Students spend time assessing job postings to assess fit with their skills and career goals.</li> </ul>	<ul style="list-style-type: none"> <li>Save a minimum of 3 postsecondary options (2-year, 4 year, or vocational school) and write a journal entry reflection on each.</li> <li>Develop a course plan for the next 3 years of high school including elective tracks and Advanced courses, if applicable.</li> </ul>



# MyCAP Curriculum Guide

**Grade Level:**  **11**

	Personal & Social	Career Development & Education	Academic, College & Career Planning
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 postsecondary 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> <li><a href="#">Civic Participation</a></li> <li><a href="#">Writing a Personal Essay</a></li> <li><a href="#">Learning About Budgets</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Writing a Cover Letter</a></li> <li><a href="#">My High School Resume</a></li> <li><a href="#">Popular Places to Work</a></li> <li><a href="#">Career Backup Plan</a></li> <li><a href="#">Exploring Work-Based Learning Opportunities</a></li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Building Your College List</a></li> <li><a href="#">What College Factors are Important to You</a></li> <li><a href="#">Scholarship Search</a></li> <li><a href="#">Learning about the Types of Aid and the Student Aid Index (SAI)</a></li> <li><a href="#">College Application Timeline</a></li> </ul>
Sample Activities	<ul style="list-style-type: none"> <li>Update My Activities section</li> <li>Write a journal entry or personal reflection on perseverance and resilience showcasing concrete examples from their personal and academic journey.</li> </ul>	<ul style="list-style-type: none"> <li>Research project on labor market trends in a personally selected industry sector</li> <li>Use the Career Path Tool to teach concepts associated with “career ladders”; have students research and create a possible personal career ladder within an industry sector or cluster of personal interest</li> </ul>	<ul style="list-style-type: none"> <li>Complete the <i>Match Me</i> activity to explore colleges and add them to My Colleges list</li> <li>Create a college list and use the College Compare feature</li> </ul>



# MyCAP Curriculum Guide

**Grade Level:**  **12**

	Personal & Social	Career Development & Education	Academic, College & Career Planning
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>• Students will demonstrate knowledge of key employability skills, and of the relationship between careers and required post-secondary education</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> <li>• <a href="#">Transition to College*</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Learn About Interviews</a></li> <li>• <a href="#">Career Back Up Plans</a></li> <li>• <a href="#">Writing a Cover Letter</a></li> <li>• <a href="#">Exploring Work-Based Learning Opportunities</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Calculating the SAI</a></li> <li>• <a href="#">Applying Personal Criteria to the Scholarship Search</a></li> <li>• Applying to College with MEFA Pathway*</li> <li>• <a href="#">Comparing Financial Aid Offers to Help Make a Final Decision</a></li> <li>• <a href="#">Learning about Budgets</a></li> <li>• <a href="#">Building Your College List</a></li> </ul>
Sample Activities	<ul style="list-style-type: none"> <li>• Update Profile and Resume</li> <li>• Create a slide deck or photo album to highlight milestone moments from the last 4 years. Include lessons learned and reflections.</li> </ul>	<ul style="list-style-type: none"> <li>• Watch career videos on the Career Search Database and reflect on career fit including training or credential needed in the career. Add 3-5 careers to the <i>My Career List</i></li> <li>• Explore Career trends in <i>Looking Ahead</i></li> </ul>	<ul style="list-style-type: none"> <li>• Write a journal entry describing postsecondary plans and create a financial budget to support it</li> <li>• Complete workshops relative to postsecondary choice, such as Common App, FAFSA, community college, scholarships, or job corps workshops</li> <li>• Request Letters of Recommendation in MEFA Pathway</li> </ul>

\* indicates lesson plan coming soon