

MyCAP Curriculum Guide



DOMAINS	Personal & Social	Career Development & Education	Academic College & Career Planning
OBJECTIVES	Students will: <ul style="list-style-type: none"> Demonstrate knowledge, understanding, and personal awareness of their individual talents, interests, hopes, dreams, and passions. 	Students will: <ul style="list-style-type: none"> Demonstrate knowledge and understanding of career clusters Demonstrate critical thinking and informed decision-making skills to match their skills and abilities to particular career interests 	Students will: <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		Complete Planning for My Career lesson plan Complete Career Categories lesson plan Complete Applying Interests, Values, & Skills to a Career Category lesson plan	Complete the Making Goals & Action Plans lesson plan Complete the Creating a Course Plan lesson plan Complete the Exploring Options for After High School lesson plan Complete the What College Factors are Important to You? lesson plan
ACTIVITIES	Register their account Create a profile and build a resume Explore hopes, dreams, strengths, and weaknesses with the Possible Selves unit Write a reflection about results (journaling)	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	Journal a reflection about a college fair and/or college tour

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OBJECTIVES	Students will: <ul style="list-style-type: none"> Understand the concept of “growth mindset” and its importance relative to future planning 	Students will: <ul style="list-style-type: none"> Develop skills to locate, evaluate, and interpret career information Understand how to access and understand labor market information 	Students will: <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 post-secondary options
MEFA PATHWAY LESSON PLANS		Complete Writing a Resume lesson plan Complete Civic Participation lesson plan Complete Saving Careers to Your Careers List lesson plan	Complete What College Factors are Important to You? lesson plan Complete Planning for My Career lesson plan Complete The Importance of College Fairs, Rep Visits & College Tours lesson plan Complete the Exploring Options for After High School lesson plan
ACTIVITIES	Update profile details such as activities, honors, awards, employment, and community service	Complete reflection on work-based learning experience Upload research product (LMI and Ed requirements)	Save a minimum of 3 post-secondary options and write journal entry reflections of each Upload Career Pathway project

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OBJECTIVES	Students will: <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 	Students will: <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 MA 	Students will: <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 different post-secondary choices
MEFA PATHWAY LESSON PLANS		Complete Writing a Cover Letter lesson plan	Complete Budgeting for the Future lesson plan Complete Develop a Well-Rounded College List lesson plan Complete Understanding College Affordability lesson plan Complete Use My MA Benefits to Save Money on the Cost of College lesson plan Complete The Cost of College lesson plan Complete What is Financial Aid? lesson plan Complete College Application Timeline lesson plan
ACTIVITIES	Update activities Write a journal entry or personal reflection on perseverance and resilience	Write a journal entry about labor market trends in a personally selected industry sector Upload Career Ladder	



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OBJECTIVES	Students will: <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 	Students will: <ul style="list-style-type: none"> • Demonstrate knowledge of key employability skills 	Students will: <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	Complete Writing a Personal Essay lesson plan Complete Letters of Recommendation lesson plan Complete Interviewing Skills lesson plan		Complete FAFSA Worksheet lesson plan Complete Applying Personal Criteria to the Scholarship Search lesson plan Complete Applying for College lesson plan Complete Making the Final College Decision lesson plan
ACTIVITIES	Update Profile and Resume Write a journal entry summarizing credit review	Upload reflection on work experience Complete and upload a capstone project that demonstrates an immersive work-based learning experience Upload supervisor's evaluation	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