



# MyCAP Curriculum Guide

**Grade Level:**  **6**

|                                  | <b>Career Awareness<br/>(Personal &amp; Social)</b>                                                                                                                                                                                                                                                                                                                                      | <b>Career Exploration<br/>(Career Development &amp; Education)</b>                                                                                                                                                                                                                                                  | <b>Career Immersion<br/>(Academic College &amp; Career Planning)</b>                                                                                                                                                                                                                            |
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| <b>Objectives</b>                | <b>STUDENTS WILL:</b> <ul style="list-style-type: none"> <li>• Demonstrate self-awareness by identifying personal and cultural values of themselves and others, personal strengths and limitations, and self-confidence</li> <li>• Demonstrate personal responsibility by asking for help, managing emotions, respecting others, and engaging in positive social interactions</li> </ul> | <b>STUDENTS WILL:</b> <ul style="list-style-type: none"> <li>• Recognize and understand basic career vocabulary</li> <li>• Understand the variety of career clusters and the job opportunities available to them</li> <li>• Identify careers of interests matched to their skills, talents, and passions</li> </ul> | <b>STUDENTS WILL:</b> <ul style="list-style-type: none"> <li>• Demonstrate key executive functioning skills necessary for academic success, such as organization and time management</li> <li>• Understand the importance of passing all of their courses for entry into high school</li> </ul> |
| <b>MEFA Pathway Lesson Plans</b> | <ul style="list-style-type: none"> <li>• <a href="#">Creating My MEFA Pathway Profile</a></li> <li>• <a href="#">Developing Decision-Making Skills</a></li> <li>• <a href="#">Creating Goals and an Action Plan</a></li> <li>• <a href="#">Learning about Budgets</a></li> </ul>                                                                                                         | <ul style="list-style-type: none"> <li>• <a href="#">Matching Interests to Careers</a></li> <li>• <a href="#">Exploring Career Clusters</a></li> <li>• <a href="#">Exploring the Careers Discovery Zone</a></li> </ul>                                                                                              | <ul style="list-style-type: none"> <li>• <a href="#">Developing My Study Skills</a></li> <li>• <a href="#">Creating Personal and Academic Goals</a></li> <li>• <a href="#">Learning About Time Management</a></li> </ul>                                                                        |
| <b>Activities</b>                | <ul style="list-style-type: none"> <li>• Register for a MEFA Pathway account</li> <li>• Complete interests, values, &amp; skills assessments</li> <li>• Create two personal goals in <i>Goals &amp; Strategies</i></li> </ul>                                                                                                                                                            | <ul style="list-style-type: none"> <li>• 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</li> </ul>                                                                                           | <ul style="list-style-type: none"> <li>• 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</li> </ul>                                                                 |



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**Grade Level:**  **7**

|                                  | Career Awareness<br>(Personal & Social)                                                                                                                                                                                                                                                                                                                                                                       | Career Exploration<br>(Career Development & Education)                                                                                                                                                                                                                                                                                                                         | Career Awareness<br>(Personal & Social)                                                                                                                                                                                                                                                                                        |
|----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Objectives</b>                | <b>STUDENTS WILL:</b> <ul style="list-style-type: none"> <li>Understand the concept of “growth mindset” and the value of resilience, perseverance, and a positive attitude for future success</li> <li>Establish and maintain healthy relationships with diverse individuals and groups, resisting inappropriate social pressures and constructively negotiating conflict</li> </ul>                          | <b>STUDENTS WILL:</b> <ul style="list-style-type: none"> <li>Identify behaviors and skills necessary for success in the workforce</li> <li>Understand the steps toward career development—awareness, exploration, immersion—and the activities available across the spectrum</li> <li>Engage in career awareness activities including exploring careers of interest</li> </ul> | <b>STUDENTS WILL:</b> <ul style="list-style-type: none"> <li>Understand the importance of academic success in middle school for future success</li> <li>Understand the variety of postsecondary options</li> <li>Understand the relationship of their academic courses, postsecondary options, and career interests</li> </ul> |
| <b>MEFA Pathway Lesson Plans</b> | <ul style="list-style-type: none"> <li><a href="#">Growth Mindset</a></li> <li><a href="#">Developing Healthy Relationships</a></li> <li>Developing Self-Advocacy Skills*</li> </ul>                                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li><a href="#">Exploring Career Categories</a></li> <li>Workplace Skills &amp; Values*</li> <li>Developing Employability Skills*</li> </ul>                                                                                                                                                                                                | <ul style="list-style-type: none"> <li><a href="#">Developing Career Interests</a></li> <li>Exploring Options for After High School*</li> <li><a href="#">Creating Career Goals</a></li> </ul>                                                                                                                                 |
| <b>Activities</b>                | <ul style="list-style-type: none"> <li>Create two personal goals for the year and include strategies and support needed to achieve them</li> <li>Write an essay or create a slide show demonstrating a time when individuals persevered, were resilient, or kept a positive attitude</li> <li>Create artwork depicting resilience and perseverance</li> <li>Upload above artifacts to MEFA Pathway</li> </ul> | <ul style="list-style-type: none"> <li>Participate in a career speaker day featuring various careers</li> <li>Create a <i>Success Pamphlet</i> describing the skills, behaviors, and experience needed to get and maintain a job of interest</li> </ul>                                                                                                                        | <ul style="list-style-type: none"> <li>Create a timeline depicting a career pathway of interest, highlighting the academic requirements across the timeline from middle school to high school to postsecondary options</li> </ul>                                                                                              |

\* indicates lesson plan coming soon



# MyCAP Curriculum Guide

**Grade Level:**  **8**

|                                  | Career Awareness<br>(Personal & Social)                                                                                                                                                                                              | Career Exploration<br>(Career Development & Education)                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Career Awareness<br>(Personal & Social)                                                                                                                                                                                                                                                                                                           |
|----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Objectives</b>                | <b>STUDENTS WILL:</b> <ul style="list-style-type: none"> <li>Develop strong decision-making skills</li> <li>Identify the skills and behaviors necessary for success in high school</li> </ul>                                        | <b>STUDENTS WILL:</b> <ul style="list-style-type: none"> <li>Research the details related to careers of interest, such as salary, required education, and needed skills</li> <li>Create a career action plan for a career of interest</li> <li>Understand the process for accessing a part-time job</li> </ul>                                                                                                                                                                                                                | <b>STUDENTS WILL:</b> <ul style="list-style-type: none"> <li>Understand the vocabulary used and opportunities available in high school and align choices with career interests, such as course of study, AP and EC, schedules, credits, MEFA Pathway, work-based learning, and extracurricular</li> <li>Pass all middle school courses</li> </ul> |
| <b>MEFA Pathway Lesson Plans</b> | <ul style="list-style-type: none"> <li><a href="#">Developing Self-Advocacy Skills</a></li> <li><a href="#">Preparing for the Transition to High School</a></li> <li><a href="#">Developing Financial Skills</a></li> </ul>          | <ul style="list-style-type: none"> <li><a href="#">Discovering Jobs and Employers</a></li> <li><a href="#">Building My Careers List</a></li> <li><a href="#">Exploring the Careers Discovery Zone</a></li> <li>Learning about Interviews*</li> </ul>                                                                                                                                                                                                                                                                          | <ul style="list-style-type: none"> <li><a href="#">Building a High School Road Map</a></li> <li><a href="#">Updating My MEFA Pathway Profile</a></li> </ul>                                                                                                                                                                                       |
| <b>Activities</b>                | <ul style="list-style-type: none"> <li>Discuss the differences between needs vs. wants and impulsive vs. thoughtful decisions</li> <li>Write a reflection on differences and personal changes and upload it to My Journal</li> </ul> | <ul style="list-style-type: none"> <li>Complete a Capstone Project: Identify a primary career of interest and prepare a presentation highlighting how it aligns to your interests, strengths and talents, further training and education required, salary range, and skills needed. Include steps to take in high school, such as courses to enroll in, work-based learning opportunities to explore, and extracurricular activities to participate in</li> <li>Complete a sample job application for a summer job</li> </ul> | <ul style="list-style-type: none"> <li>Develop a four-year academic plan for high school, upload it to MEFA Pathway, and update it in the fall of Grade 9</li> <li>Identify two academic goals to achieve in Grade 9</li> </ul>                                                                                                                   |

\* indicates lesson plan coming soon