



# Wiggins Middle / High School ICAP

Name: \_\_\_\_\_ Graduation Year: \_\_\_\_\_

## My Top Careers:

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

## My Post-Secondary Education Plan:

- 2-year vocational/technical school or community college
- 4-year college or university
- State college/university
- Selective college/university
- Highly selective college/universe
- Military academy
- Military enlistment (requires a high school diploma)
- Work
- Other (internship, travel, missionary trip, etc.)

## My Planned High School Courses:

Freshman Year Review Date: _____	Sophomore Year Review Date: _____	Junior Year Review Date: _____	Senior Year Review Date: _____
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High School

<b>9<sup>th</sup></b>	Core Academic Courses:	
	Career Path Courses:	
<b>10<sup>th</sup></b>	Core Academic Courses:	
	Career Path Courses:	
<b>11<sup>th</sup></b>	Core Academic Courses:	
	Career Path Courses:	
<b>12<sup>th</sup></b>	Core Academic Courses:	
	Career Path Courses:	

Recognition for Advanced Learning	Secondary to Postsecondary Linkages & Certifications:	
	Postsecondary Credit Options:	
Extended learning Experiences:		
Curricular Experiences:		Extracurricular Experiences:
Work-Based Learning Experiences:		Service Learning Experiences:
Colorado Postsecondary Programs Available:	Colorado Institutions: <a href="http://www.collegeincolorado.org">www.collegeincolorado.org</a>	Entrance Exams/ Requirements:
Post-secondary Education Opportunities	1. _____ Web: _____	
	2. _____ Web: _____	
	1. _____ Web: _____	
	2. _____ Web: _____	
Career Options:		Salary Range:
1.		
2.		
3.		
4.		
5.		

**Middle School Career Guidance Activities:**

**Notes:**

6-8<sup>th</sup> Grade

8<sup>th</sup> Grade

Guidance Lesson/Activity:		Resources:	Timeline:	Evidence:	Completed:
Create a College in Colorado Account		<a href="http://www.collegeincolorado.com">www.collegeincolorado.com</a>	Fall	CIC Account Username and Password	<input type="checkbox"/>
Objective:	To create a College in Colorado account for post-secondary planning.				
Individual Career and Academic Plan Overview		What is it all really? The ICAP handout	Spring	Freshmen Orientation Signup ICAP	<input type="checkbox"/>
Objective:	To learn what an ICAP is and why it is important.				
College Invest Early Achievers Scholarship		College Invest Early Achievers Scholarship Application	Spring	Registration Database Module	<input type="checkbox"/>
ASCA Standards:	To provide students with the early achiever scholarship application, to apply for funding for college education.				
Pre-Registration for Freshmen Courses		Freshmen Pre-Registration Form	Spring	Freshman Orientation signup ICAP	<input type="checkbox"/>
Objective:	To identify classes for freshmen year.				
Graduation Requirement/Higher Education Admission Requirements Presentation		- Graduation Requirements Handout - Overview of Four Year Planner - Graduation-check Form - Higher Ed Admissions Requirement Handout - Sample College Admission Requirements (ex: CSU)	Spring	Freshmen Orientation Signup ICAP	<input type="checkbox"/>
Objective:	To understand the graduation requirements for both a general diploma and an honors diploma. To understand the higher education admission requirements for Colorado Universities.				
GPA Important/What is Different About High School Presentation		GPA- How Important Is It? Handout	Spring	Freshmen Orientation Signup ICAP	<input type="checkbox"/>
Objective:	To learn how high school is different from middle school and why grades are so important in high school.				
Career Connection related to Academic Subjects		Your Career Connection Worksheet	Spring	Freshmen Orientation Signup ICAP	<input type="checkbox"/>
Objective:	To start exploring possible careers by academic subjects.				
Overview of Awards and Scholarships		- Scholarships and Awards handout - Sample Boettcher Application	Spring	Freshmen Orientation Signup ICAP	<input type="checkbox"/>
ASA Standards	To learn about different scholarships and award opportunities and requirements.				

## High School Career Guidance Activities:

**Notes:**

9<sup>th</sup> Grade

10<sup>th</sup> Grade

Guidance Lesson/Activity:	Resources:	Timeline:	Evidence:	Completed:
<b>CIC Interest Profiler</b>	<a href="http://www.collegeincolorado.org">www.collegeincolorado.org</a>	Winter	ICAP Four Year Planner	<input type="checkbox"/>
Objective: To complete the interest profiler and explore careers of interest.				
<b>Four Year Planner</b>	- Four Year Plan Handout - Graduation Requirements	Winter	ICAP Four Year Planner	<input type="checkbox"/>
Objective: To review graduation requirements and develop course plan for high school.				
<b>Review of Assessment Profile and Needs Assessment</b>	Schedule Assessment Portfolio	Winter	ICAP Four Year Planner	<input type="checkbox"/>
Objective: To review assessment portfolio and discuss needs.				
<b>Career &amp; Technical Education Pathways</b>	<a href="http://www.cccs.edu">www.cccs.edu</a> Career & Technical Education System	Winter	ICAP Four Year Planner	<input type="checkbox"/>
Objective: To review career and technical education pathways- course plans, institutions, extended learning opportunities, salary ranges.				
<b>Pre-Registration for Sophomore Year</b>	- Graduation Requirements - Transcripts - Four Year Plan - Pre-Registration Form	Spring	Pre-Registration Form	<input type="checkbox"/>
Objective: To select courses for sophomore year by reviewing transcript, graduation requirements, goals, and four year plans.				
<b>Review and Update Post-Secondary Plans and Match Career and Educational Objectives</b>	ICAP	Fall	ICAP	<input type="checkbox"/>
Objective: To review my career and post-secondary plan to make sure I am on track.				
<b>PLAN &amp; PLAN Presentation</b>	<a href="http://www.act.org">http://www.act.org</a> - PLAN presentation - Transcript - College Admission Index Chart	Fall	PLAN Score: _____	<input type="checkbox"/>
Objective: To prepare for the ACT by using the college readiness section & practice test to evaluate college admissions standards.				
<b>PLAN Presentation on World of Work Career Possibilities</b>	<a href="http://www.planstudent.org">www.planstudent.org</a> - PLAN - World-of-Work Map	Fall	Sophomore Career Letter	<input type="checkbox"/>
Objective: To provide opportunities for students to explore careers from interest survey.				
<b>College Accuplacer Exam College Opportunity Fund Pre-Registration for Junior Year</b>	- MCC Accuplacer Exam - Graduation Requirements - Transcript - Four Year Plan - Pre-Registration Form	Spring	Accuplacer Scores: M = _____ R = _____ SS = _____ Pre-Registration Form	<input type="checkbox"/>
Objective: To select courses for junior year by reviewing transcript, graduation requirements, goals, and four year plans.				

**High School Career Guidance Activities continued...**

**11<sup>th</sup> Grade**

Guidance Lesson/Activity:		Resources:	Timeline:	Evidence:	Completed:
<b>Review and Update Post-Secondary Plans and Career and Educational Objectives</b>		<b>ICAP</b>	<b>Fall</b>	<b>ICAP</b>	<input type="checkbox"/>
Objective:	To review my career and post-secondary plan to make sure I am on track.				
<b>College Fair / College Visit</b>		- College Visit Worksheets	<b>Fall</b>	College Fair Visits & Worksheet Posted	<input type="checkbox"/>
Objective:	Gather general information about schools of your choice.				
<b>Choosing a College Presentation</b>		<a href="http://www.collegeincolorado.org">www.collegeincolorado.org</a> - Transcript - PLAN Score - (Estimated ACT) or ACT Index Score Handout / Web	<b>Winter</b>	Junior Letter	<input type="checkbox"/>
Objective:	To learn about how to choose a college that is a good match based on characteristics and college interest.				
<b>NCAA / NAIA</b>		- NAIA Information Form - NCAA College-Bound Student-Athlete Information Packet	<b>Winter</b>	Transcript Request for Intended Students	<input type="checkbox"/>
Objective:	Inform students of requirements for college athletics.				
<b>ACT</b>		<a href="http://www.act.org">http://www.act.org</a>	<b>Spring</b>	<b>ACT Score:</b> _____	<input type="checkbox"/>
Objective:	To learn about college opportunities and to experience the college atmosphere to aid me in my post-secondary education selection.				
<b>Financing College Presentation</b>		- Financing College Handout	<b>Spring</b>	Financial Aid Signup	<input type="checkbox"/>
Objective:	To learn about how to finance post-secondary education.				
<b>College Accuplacer Exam College Opportunity Fund Pre-Registration for Senior Year</b>		- MCC Accuplacer Exam - Graduation Requirements - Transcripts - Four Year Plan - Pre-Registration Form	<b>Spring</b>	<b>Accuplacer Scores:</b> M = _____ R = _____ SS = _____  Pre-Registration Form	<input type="checkbox"/>
Objective:	To select courses for senior year by reviewing your transcript, graduation requirements, goals, and four year plans.				
<b>Create Resume</b>		- Creating a College Resume Handout	<b>Fall</b>	Resume	<input type="checkbox"/>
Objective:	To Create a resume of my awards, activities, and skills to aid in applying for post-secondary education admission and scholarships.				

**12<sup>th</sup> Grade**

12<sup>th</sup> Grade

High School Career Guidance Activities continued...					
Guidance Lesson/Activity:		Resources:	Timeline:	Evidence:	Completed:
<b>Final Career Exploration</b>		<ul style="list-style-type: none"> <li>- CIC Career Surveys</li> <li>- World-of-Work Maps</li> <li>- Career Information on CIC</li> <li>- Career Shadow Day</li> </ul>	<b>Fall</b>	List Final Careers	<input type="checkbox"/>
Objective:	To review my interest and align them with a career.				
<b>Recommendation Letters</b>		<ul style="list-style-type: none"> <li>- Sample Letter of Recommendation</li> </ul>	<b>Fall</b>	Recomm. Letters in Mailbox	<input type="checkbox"/>
Objective:	To create letters asking for recommendation letters.				
<b>Choosing a College</b>		<a href="http://www.collegeincolorado.org">www.collegeincolorado.org</a> <ul style="list-style-type: none"> <li>- College Comparison Chart</li> <li>- College Visit Worksheets</li> </ul>	<b>Winter</b>	List 3 Post-Secondary Opportunities to Apply to	<input type="checkbox"/>
Objective:	To learn about how to choose a college that is a good match for each student.				
<b>Scholarships</b>		<ul style="list-style-type: none"> <li>- Senior Monthly Newsletters</li> <li>- Senior Mailboxes</li> <li>- Contact List of <b>ALL</b> Scholarships Mailed</li> </ul>	<b>All Year</b>	Graduation Plans and Scholarship Awards	<input type="checkbox"/>
ASCA Standard	To apply for funding for college education.				
<b>Financial Aid / Financial Planning</b>		<ul style="list-style-type: none"> <li>- Fast Web</li> <li>- Senior Newsletter</li> <li>- Attend Financial Aid Night</li> <li>- FAFSA</li> <li>- Housing Applications</li> <li>- Costs of College Attendance Breakdowns</li> </ul>	<b>Spring</b>	Fast Web Account FASFA Pins Housing Applications Cost of College Attendance Budget	<input type="checkbox"/>
Objective:	To learn about all financial opportunities for future.				
<b>College Course Plan</b>		<ul style="list-style-type: none"> <li>- College Course Plan by Major</li> <li>- MCC Transcript</li> </ul>	<b>Spring</b>	New Course Plan in Portfolio	<input type="checkbox"/>
Objective:	To learn post-secondary education requirements and create a four year college course plan.				
<b>Create a Career Resume</b>		<ul style="list-style-type: none"> <li>- Sample Work Resume</li> </ul>	<b>Spring</b>	Senior Portfolio	<input type="checkbox"/>
Objective:	To create a resume of my education, work experience, & skills to aid in applying for jobs.				
<b>Review and Update Final Post-Secondary Plans</b>		<ul style="list-style-type: none"> <li>- <b>ICAP Graduation Plan</b></li> </ul>	<b>Spring</b>	<b>ICAP Graduation Plan!</b>	<input type="checkbox"/>
Objective:	To finalize and put into action my post-secondary education plans.				