

**DISCOVER:**

Interests

Skills

Talents

Passions

Strengths



**PLAN:**

**Course taking**

**Career Development Activities**

**Postsecondary Options**

****

**ACT:**

**AP, Early College, Innovation Pathway, Contextual Learning experiences, Applications, financial aid, postsecondary choice**

**What are you going to do after high school?** Have you ever asked your child this question? Do you know if your child has a plan? Do you have a plan for you child? Do you know each other’s plan?

**What is My Career and Academic Plan (MyCAP)?** MyCAP is a process and tool that a school uses to help your child develop is/her own plan for the future. Throughout middle and high school your child will be involved in explicit tasks, lessons, and activities that will help him/her develop the awareness, knowledge, attitudes and skills to create a meaningful path to be college and career ready. The MyCAP process will help your child discover his/her interests, skills and talents, identify careers that align with those interests, skills and talents, connect their course taking with those interests, and make an informed decision about his/her postsecondary path. The MyCAP tool will capture the learning, store artifacts from activities and lessons, and document annual goals set by the student. This process is driven by your student but you and the whole school community are key participants.

**How can I be involved?** There will be many opportunities to be involved. Some will be direct invitations such as completing a reflection at the end of each year or attending an end-of-year presentation. You also might engage in conversations with your child based on MyCAP – asking about career interests and why; or school activities and how they align with interests; or postsecondary options. Your student will be engaging in activities in school, online and even in the community through work-based learning experiences. MyCAP and your support will help ensure your child stays engaged and on-track for graduation.

**What is the value of my participation?** Research shows that students with involved parents/caregivers are more likely to have higher grades and test scores, attend school regularly, have better social skills, show improved behavior and adapt well to school. You can be an important partner in your student’s success.