

**DISCOVER:**

Interests

Skills

Talents

Passions

Strengths



**PLAN:**

**Course taking**

**Career Development Activities**

**Postsecondary Options**

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**ACT:**

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

**What are you going to do after high school?** Do you roll your eyes when someone asks you that? Do you wonder about that yourself? Do you have too many ideas or no idea? Where do you start? Who can you ask? Keep reading . . .

**What is My Career and Academic Plan (MyCAP)?** MyCAP is a planning tool and process for you, about you and driven by you. It is an opportunity to develop the awareness, knowledge, attitudes and skills to create your own meaningful pathway to be college and career ready. Throughout this process you will discover who you are, be able to confidently plan activities based on your own personal interests and make intentional choices aligned with those interests. Throughout this process you will document your learning, your activities, your goals, and your postsecondary choices. This process will help you boldly answer that question – “what are you going to do after high school?”

**How do I do this?** There are many people in the school that will help you with the process. There will be activities that will happen in school, there will be activities that you can do virtually, and there will be activities you will do with your parents/guardians. Your school counselor will oversee the process but all the adults including teachers, mentors, parents and even friends will ensure you are not alone and remain on-track in the development of MyCAP.

**Why should I do this?** MyCAP provides the opportunity to envision your future. You will discover your career interests, identify your skills and challenges, explore a variety of career opportunities and the requirements to obtain those careers, all while connecting the work you are doing in and out of school with those identified career interest. MyCAP empowers you to own your educational path as you prepare for post-secondary success.