

10TH GRADE ECAP

Academic Planning, Career Exploration, College Readiness, Self Awareness

WHO ARE YOUR COUNSELORS?

MS. HARRIS

LAST NAMES:

A-E

MR. CYPERT

LAST NAMES:

F-L

SCHOOL COUNSELORS :

ACADEMIC PLANNING

COLLEGE AND CAREER

EXPLORATION

RESOURCES

PERSONAL SUPPORT

SUCCESS SKILLS

ADVOCATE

MRS. MIRANDA

LAST NAMES:

M-R

MRS. DAVIDSON

LAST NAMES:

S-Z



AGENDA

- Graduation Check
- Academic Planning
- Employ, Enlist, Enroll- EXPLORE!
- Respect and Resiliency
- Questions

WHAT IS A TRANSCRIPT

- Academic Record of High School
- Official /Unofficial
- Graduation Requirements: CPR, CIVICS, Test Scores

- Grade Received in Course
- Course Name and ID
- Earned and Attempted Credits

- Grade Point Average Summary
- Weighted
- Unweighted
- Class Rank
- Percentile Rank

- Name and Address of School
- Student ID
- Enter Date and Graduation Date
- Your Name and Address

GRADUATION REQUIREMENTS

4 CREDITS OF ENGLISH

4 CREDITS OF MATH

3 CREDITS OF SCIENCE

3 CREDITS OF SOCIAL STUDIES

1 CREDIT OF P.E

1 CREDIT OF CTE / FINE ARTS

6 ELECTIVES

**2 + CREDITS OF SAME
FOREIGN LANGUAGE**

**CAREER TECH
PROGRAMS**

ADVANCED COURSES

**FINE ARTS: DRAMA, MUSIC,
BAND, VISUAL ARTS**

**INTERNSHIP, STUDENT
GOVERNMENT, MUN, ETC.**

ATHLETICS

REGISTRATION UPDATES

SUMMER SCHOOL:

MAY 30- JUNE 22

**ONLINE REGISTRATION
FORM AVAILABLE
SOON!**

NEW COURSES ADDED:

**BEGINING AND
ADVANCED CHOIR**

PCC ART 100 / ART 105

**EMPLOY, ENLIST,
ENROLL, AND ...**

EXPLORE!

WHAT TYPE OF CAREERS IS A GOOD FIT FOR YOU?

WHAT IS YOUR CAREER PERSONALITY?

**WHAT ARE THE EDUCATION AND TRAINING REQUIREMENTS
RELATED TO THAT CAREER?**

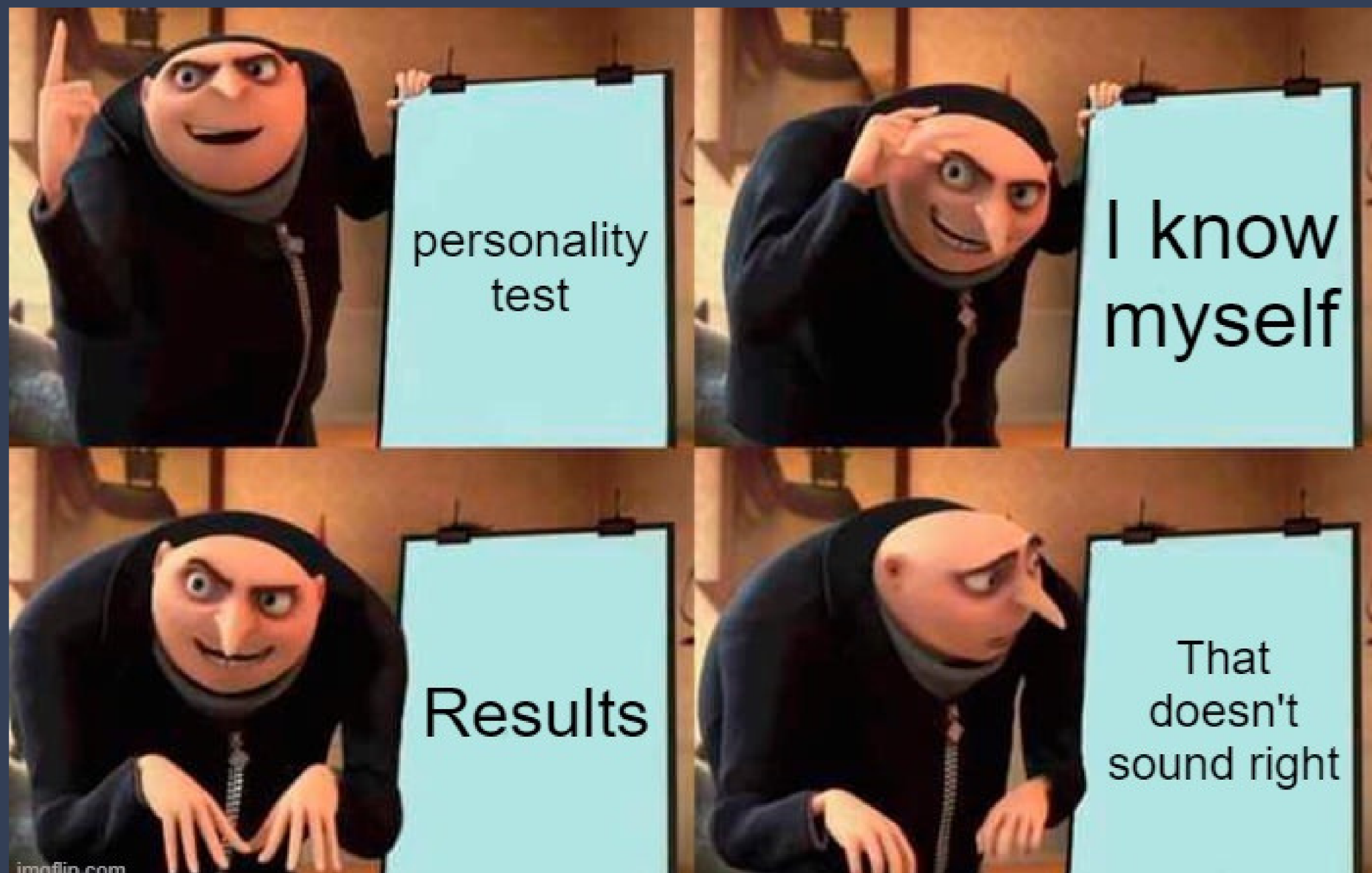
**WHAT CAN YOU START TO DO NOW TO PREPARE FOR A
CAREER?**



66% OF HIGH SCHOOL GRADUATES



ORANGE COUNTY
CAREER EDUCATION





1. Realistic



Share

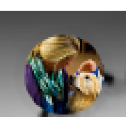












CONVENTIONAL

- PRACTICAL
- ORDERLY
- SET PLAN



STRUCTURE AND SYSTEMS



HOBBY EXAMPLES:

GENEALOGY

BUILDING MODELS

VIDEO & CARD GAMES



When you want to choose career options based on your skills and experience



CAREER TECHNICAL PROGRAMS

Opportunity to explore multiple career fields while you are in high school.

Courses are taught by teachers who are experts in “industry”.

Earn recognized certifications that can lead to direct employment in most areas

Recognition by the State of Arizona as a CTE graduate

Student Leadership opportunities, internships, and more!

Bioscience

Culinary Arts

Digital Photography

Engineering

Film and TV Production

Graphic Design

Music and Audio Production

Nursing Services

Sports Medicine

Software and App Design

Technical Theatre

Pima JTED programs

OTHER OPPORTUNITIES TO GET EXPERIENCE

Summer/Part Time Job thru the Pima County Summer Work Program or other related programs

Career Internship Elective

Career Exploration Programs: Fire Science Academy thru Pima Community College; Oro Valley Police Explorers Program, Youth Conservation Corps thru Coronado National Forest

Volunteering with an agency or organization that serves a need in the community and matches your interest

Participation in JROTC, Civil Air Patrol, Boy Scouts of America, and more.




Beautiful Relaxing Music for Stress Relief ~ Calming Music ~ Meditation, Relaxation, Sleep, Spa



Share



Watch on  YouTube

RESPECT IS RESILIENCE

RESPECT



RESPECT IS RESILENCY

RESILENCY



everything
is
figureoutable

We
can
do
hard
things

-Glennon Doyle



Office: **520-327-1171**
24-Hr Crisis Line:
520-327-7273
1-800-400-1001

HELP! Whenever you need it.
A call or text away.



arizona
complete health.

24-Hr Crisis Line:
520-622-6000 or 1-866-495-6735
Text **838255**

CRISIS TEXT LINE |

Text **HOME** to
741741

THE **TREVOR** PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

Text **START** to
678678



Teen Lifeline

In **Arizona**, you can call
Teen Lifeline

(602) 248-8836 or 1-800-248-TEEN
By **teens** for **teens**
www.teenlifeline.org

NATIONAL
SUICIDE
PREVENTION
LIFELINE

1-800-273-TALK (8255)

suicidepreventionlifeline.org

24 hours a day
7 days a week

Emerge!
Center Against
Domestic Abuse

24-Hr Bilingual Crisis Line:
520-795-4266
1-888-428-0101

HOPE Warm Line

520-770-9909

For non-emergency support,
when you need someone to talk to



For presentations or more information,
please contact the *Community Mental*
Health and Addiction Program:

520-724-7770
CMHA@pima.gov



Pima Helpline

A PATHWAY TO HOPE & SUCCESS

Online Resources
www.pimahelpline.org

Exit Ticket