

List of Activities for ECAP: 11th and 12th Grade

Objectives:

- Review and revise your post-secondary plan based on thoughtful research of interests, values, skills, occupation outlook and other relevant factors
- Continue to revise and adjust plan based on research and experience, including but not limited to course work, extra-curricular activities, and assessments
- Seniors: Continue work on your ECAP Report and revise résumé
- Juniors: Complete your résumé

Instructions: Use your **ECAP Report and/or Checklists** to guide your work on the database. Continue to fill in dates and other fields as you complete activities.

The activities below represent a sample of what is available on the database and are not inclusive; use tools and activities beyond this list as you choose.

Choose at least three of the bulleted activities (tabs) below each time you work on the database, or focus in one area, like Assessments, and complete at least three activities within that area:

- **Assessments** Tab: By your junior or senior year, you should have completed most, if not all assessments: check to see that this is the case and complete any relevant assessment
- **Occupations** Tab: Complete 1-2 exercises under “Which match my preferences?” and/or “What Can I Learn?” Occupations Sort and Occupations Filter are good exercises to begin this process, or choose a specific occupation to research in more detail, using other sites, like the Occupational Outlook Handbook (see “*Other Resources*” below) to compare/contrast information
- **Education** Tab: Research using “What can I Study” categories, then determine which type of degree or certificate will be necessary for your chosen occupation(s); then use any of the tools you feel are relevant and determine which school(s) might be the best fit for you. “School Sort” and “Compare Schools” are good tools, as is College Board, to compare colleges. Also: Use tabs under “Where can I get help paying for school?” to research financial aid and scholarships
- **Employment** Tab: Use this tab to help you build your résumé and learn more about interview and job searching tools
- **My ECAP** Tab: Find “My ECAP Report” and make sure you have recorded the work you have completed on the database

Other Resources to Explore Careers and Colleges:

Canyon Del Oro’s Counseling Web Site: <http://www.amphi.com/site/Default.aspx?PageID=377>

College Board: <https://www.collegeboard.org/>

Occupational Outlook Handbook (Bureau of Labor Statistics): <http://www.bls.gov/ooh/>