

List of Activities for ECAP: 9th and 10th Grade

Objectives:

- Develop a 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

Instructions: Use your **ECAP Report** to guide your work on the database. Continue to fill in dates and other fields as you complete activities. You will also use the “Checklists” function to check your progress.

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, and remember to record your activities on your ECAP Report.

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: depending on time, complete 1-3 assessments; record these on your ECAP Report, and write brief reflections when prompted
- **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 process
- **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.
- **Employment** Tab: As an underclassman, this tab may not be necessary at this point, but do check out the tips for job searches.
- **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/>