

# **ICAP: Individualized Career and Academic Plan**

ICAP is a graduation requirement that students will update and complete each year. There are four ICAP lessons in a year and we are asking you to complete the below lessons for your assigned grade level. If you missed any lessons from last year, we would love you to use your additional free time to go back and make the lessons up! If you need any support, please email your counselor or attend an ICAP drop in support session listed below:

## **Senior ICAP**

Senior ICAP for Quarter 1 and Quarter 2: Graduation Requirement

**The What and How:** Please watch this 2 minute introduction on how to use this document and learn about what you need to do!

[https://drive.google.com/file/d/1GE-Te8yDWmAEZreSGLbAOU\\_ttx6iR7OG/view?usp=sharing](https://drive.google.com/file/d/1GE-Te8yDWmAEZreSGLbAOU_ttx6iR7OG/view?usp=sharing)

### **Quarter 1: Goal Setting for Graduation & College:**

Please plan to take 30 minutes to complete the activities and survey. Watch the video at this link: [https://drive.google.com/file/d/19f-e0nN3t4QR9W29RhIvruGyJmJM\\_15g/view?usp=sharing](https://drive.google.com/file/d/19f-e0nN3t4QR9W29RhIvruGyJmJM_15g/view?usp=sharing) And follow the directions and complete the mandatory Four Year survey on Maia and your MY ICAP survey questions.

**Quarter 2: Financial Planning:** The majority of these questions have been answered in the video or can be found in your schoology in the Future Center Class of 2021. Below is a document that speaks specifically to college scholarships for Colorado Colleges and Universities.

[https://drive.google.com/file/d/1ePfeZ\\_7FcqNxvN1v6qgdZv8khrdfa1T/view?usp=sharing](https://drive.google.com/file/d/1ePfeZ_7FcqNxvN1v6qgdZv8khrdfa1T/view?usp=sharing)

**Quarter 3: Career Exploration:** Please use the following Power Point presentation to write a resume and explore career options. Please complete the activities within the presentation.

[https://docs.google.com/presentation/d/1Qy\\_YinvZUH0qoQbPsVusNjIomsWz\\_8uAYeVVdLzWhqM/edit?usp=sharing](https://docs.google.com/presentation/d/1Qy_YinvZUH0qoQbPsVusNjIomsWz_8uAYeVVdLzWhqM/edit?usp=sharing)

**Quarter 4: Transitions to Life After High School:** Please use the following powerpoint or video to complete your senior ICAP.

Video:

<https://drive.google.com/file/d/1En0bxnBzidi2kpDI9u00yBW80i8MSXr7/view?usp=sharing>

Powerpoint:

[https://drive.google.com/file/d/1WZTBp3Dopxdf6HJ6a-ISQ\\_oc0E7VfafR/view?usp=sharing](https://drive.google.com/file/d/1WZTBp3Dopxdf6HJ6a-ISQ_oc0E7VfafR/view?usp=sharing)

## How to know you have Completed your ICAP and can GRADUATE:

1. On your student portal, on the 'myicap' survey, you have completed historic plans for 9 - 11th grade!
2. On your student portal, on the 'myicap' survey, you have a complete plan for senior year.

## 11th Grade ICAP

Junior ICAP for Quarter 1 and Quarter 2: Graduation Requirement

**The What and How:** Please watch this 2 minute introductory video on how to complete your Junior ICAP and to understand what is required!

[https://drive.google.com/file/d/1V8ErIGZdkAhL4DQNGxK-VvFZWf\\_mag3A/view?usp=sharing](https://drive.google.com/file/d/1V8ErIGZdkAhL4DQNGxK-VvFZWf_mag3A/view?usp=sharing)

### **Quarter 1: Academic Planning:**

Please take 25 minutes to complete the video and surveys. The video is found at this link:

[https://drive.google.com/file/d/1ePqScJsNyvjG505atgV7ZzHkzSzrk\\_fb/view?usp=sharing](https://drive.google.com/file/d/1ePqScJsNyvjG505atgV7ZzHkzSzrk_fb/view?usp=sharing)

The powerpoint from the video is found at this link:

[https://docs.google.com/presentation/d/1jLjgQK46C8E2hgUjZamvQhwW7TgIpZKL9FuMp3\\_IM2/edit?usp=sharing](https://docs.google.com/presentation/d/1jLjgQK46C8E2hgUjZamvQhwW7TgIpZKL9FuMp3_IM2/edit?usp=sharing)

Credit Check Google Doc: Use this document to check your credit and progress towards an on track graduation! The link will require you to make a copy and then you can save and update this each quarter!

[https://docs.google.com/spreadsheets/d/11JgKAIQi9JVZoUr-7esdc-UXPuEQM\\_1V/copy](https://docs.google.com/spreadsheets/d/11JgKAIQi9JVZoUr-7esdc-UXPuEQM_1V/copy)

### **Quarter 2: Goal Setting:**

Please take 30 minutes to watch the video and complete the activities and survey. Watch the video at this link:

<https://drive.google.com/file/d/179bpRBuDDyNsw6qG1Wjz4Cd0JQVN5iLr/view?usp=sharing>

and follow the directions to complete the mandatory survey questions.

The power point used in the video can be found at this link:

<https://docs.google.com/presentation/d/13rky7ENw79B1msA8oQnEWN0zkiJEC4sW5iLsFmV8bo/edit?usp=sharing>

### **Quarter 3: SAT Information / Goal Setting: Complete the MyICAP questions on Student portal for Q3**

Please flip through the powerpoint and complete the steps:

[https://docs.google.com/presentation/d/1g2S6bzeiQhu-dD2t3dENqoYmIB\\_CIUgCHkY0z66zRlc/edit?usp=sharing](https://docs.google.com/presentation/d/1g2S6bzeiQhu-dD2t3dENqoYmIB_CIUgCHkY0z66zRlc/edit?usp=sharing)

**Quarter 4: College Planning: Complete the MyICAP questions on Student Portal for Q4**

Powerpoint:

<https://docs.google.com/presentation/d/1n3A47AzReCxSEmRhexwulaeXWhJWp4-nApls1Hs4QT8/edit?usp=sharing>

Videos to Introduce the College Process:

<https://eastcounseling2021.wixsite.com/mysite/senior-bootcamps>

**Am I done:**

- I have completed the MyIcap survey on student portal for:
  - 11th Grade Quarter 1
  - 11th Grade Quarter 2
  - 11th Grade Quarter 3
  - 11th Grade Quarter 4
- I have looked back at both 9th and 10th grade under previous plans and have filled in any missing answers!

## 10th Grade ICAP

Sophomore ICAP for Quarter 1 and Quarter 2: Graduation Requirement

Welcome and how to use:

<https://drive.google.com/file/d/1brGgUoe7Kxvctks2y-D0YEGWfSPc3Ded/view?usp=sharing>

**Quarter 1: Academic Planning:**

Please take 25 minutes to complete the video and activities. The video can be found at this link:

[https://drive.google.com/file/d/14Peg-0u5rOGsSdhTFR\\_kmnm3T-53V54/view?usp=sharing](https://drive.google.com/file/d/14Peg-0u5rOGsSdhTFR_kmnm3T-53V54/view?usp=sharing)

**Credit Check Google Doc:** Use this document to check your credit and progress towards an on track graduation! The link will require you to make a copy and then you can save and update this each quarter!

[https://docs.google.com/spreadsheets/d/11JgKAIQi9JVZoUr-7esdc-UXPuEQM\\_1V/copy](https://docs.google.com/spreadsheets/d/11JgKAIQi9JVZoUr-7esdc-UXPuEQM_1V/copy)

**Quarter 2: Goal Setting:**

Please take 30 minutes to watch the video and complete the activities and survey. Watch the video at this link:

[https://drive.google.com/file/d/1LKVnGlgR87hOC1cpuUAQT8khl\\_hlrk2E/view?usp=sharing](https://drive.google.com/file/d/1LKVnGlgR87hOC1cpuUAQT8khl_hlrk2E/view?usp=sharing)

The power point used in the video can be found at this link:

<https://docs.google.com/presentation/d/1AEpSP4CfpDaQBG6ipfL38fvvJkBOslazUp5vEYMqHrE/edit?usp=sharing>

### **Quarter 3: College & Goal Setting:**

Please take 15 minutes to look at the powerpoint and complete the required tasks.

Powerpoint:

<https://docs.google.com/presentation/d/1Cp-xzmd-v5wL6mz2pqWL4Ae6p62GSwyPjX9J73NiTuK/edit?usp=sharing>

### **Quarter 4: Financial Planning:**

Please take 20 minutes to watch the below video and complete the activities. If you prefer to use the powerpoint, you can access the same information and activities by looking at the powerpoint.

Powerpoint:

[https://docs.google.com/presentation/d/1vjdDIUZylhWg\\_ErvdRit4U5o2t\\_heltaxSDWCVSbbaU/eDit?usp=sharing](https://docs.google.com/presentation/d/1vjdDIUZylhWg_ErvdRit4U5o2t_heltaxSDWCVSbbaU/eDit?usp=sharing)

### **How do I know if I have completed this graduation requirement?**

- You will have all of Quarter 1 - 4 questions answered on your Student Portal 'MyICAP' survey.
- You will have checked on student portal 'MyICAP' Historical plans and made sure that you have answered for 9th grade as well. (you may have to fill in those answers from memory)

## **9th Grade ICAP**

9th Grade ICAP for Quarter 1 and Quarter 2: Graduation Requirement

### **Quarter 1: Academic Planning:**

Please take 25-30 minutes to complete the Quarter 1 9th Grade ICAP lesson reviewing graduation requirements, credits, GPA and planning for ongoing success in high school & beyond!

**\*Watch this FIRST! Video reviewing Quarter 1 ICAP Google Slides Lesson with your 9th grade counselors- Ms.LaFleur & Ms. Goodman:**

<https://drive.google.com/file/d/1L39y-CkrPUx-6HR8Ahyi8lVWXkfwNw0b/view?usp=sharing>

The link to the Q1 Google Slides without video/audio can be found here:

[https://docs.google.com/presentation/d/1KdXlJXjrwLZ\\_I0\\_CLFzMslzQTqCPXEyF25CwaWBQJW/o/edit?usp=sharing](https://docs.google.com/presentation/d/1KdXlJXjrwLZ_I0_CLFzMslzQTqCPXEyF25CwaWBQJW/o/edit?usp=sharing)

### **Quarter 2: Goal Setting:**

Please take 25-30 minutes to complete your Quarter 2 9th Grade ICAP lesson reviewing goal setting, academic & involvement demands required for future college/scholarship opportunities, & resume building.

Do this SECOND! Link to 9th Grade Quarter 2 ICAP Google Slides Lesson:

<https://docs.google.com/presentation/d/1UzYODCchiKXsERkBSp290VIBoTb7sXkEohFbS3sHrCk/edit?usp=sharing>

### **Quarter 3: Financial Planning**

Please watch the video and complete the tasks asked of you on MaiaLearning or Student Portal. If you prefer to just read through the powerpoint, you can do all of the activities with the powerpoint linked below.

Video:

<https://drive.google.com/file/d/1MwchQ0KHgOlzg5PY8sPW3tVRzJCqU-CH/view?usp=sharing>

OR

Powerpoint:

<https://docs.google.com/presentation/d/1EtXYMMnSExIDBSkOPhms1IEjVGnGVUHRiFGm4CXjj6w/edit?usp=sharing>

### **Quarter 4: Career Exploration:**

Please use the powerpoint to work through the required activities:

[https://docs.google.com/presentation/d/1MZl0uwPioDj0M03\\_V5OLOfXp1eAfoB7AEDnx4QhFn6g/edit?usp=sharing](https://docs.google.com/presentation/d/1MZl0uwPioDj0M03_V5OLOfXp1eAfoB7AEDnx4QhFn6g/edit?usp=sharing)

**Have Questions?**

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