



Limon Schools ICAP

Name: _____

Graduation Year: _____

My Top Careers:

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My Goals:

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My Post-Secondary Education Plan:

- | | |
|---|---|
| <input type="checkbox"/> 2-year vocational/technical school or community college
<input type="checkbox"/> 4-year college or university
<input type="checkbox"/> State college/university
<input type="checkbox"/> Selective college/university
<input type="checkbox"/> Highly selective college/university | <input type="checkbox"/> Military academy
<input type="checkbox"/> Military Enlistment (requires a high school diploma)
<input type="checkbox"/> Work
<input type="checkbox"/> Other (internship, travel, missionary trip, etc.) |
|---|---|

My Planned High School Courses

Freshman Year Review Date:		Sophomore Year Review Date:		Junior Year Review Date:		Senior Year Review Date:	
High School	9th	Core Academic Courses*:					
		Career Path Courses*:					
	10th	Core Academic Courses*:					
		Career Path Courses*:					
	11th	Core Academic Courses*:					
		Career Path Courses*:					
	12th	Core Academic Courses*:					
		Career Path Courses*:					

Recognition For Advanced Learning

Secondary to Postsecondary Linkages & Certifications

Postsecondary Credit Options:

Extended learning Experiences

Curricular Experiences:

Extracurricular Experiences:

Work-Based Learning Experiences:

Service Learning Experiences:

Colorado Postsecondary Programs Available

Colorado Institutions

Entrance Exams/ Requirements

Postsecondary Education Opportunities

www.collegeincolorado.org

www.collegeincolorado.org

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Career Options:

Salary Range:

Middle School Career Guidance Activities

Guidance Lesson/Activity		Resources	Timeline	Evidence	Completed
6-8th Grade	Create a College in Colorado Account	www.collegeincolorado.org		CIC Account Username:	<input type="checkbox"/>
	Objective: To create a College in Colorado account for post-secondary planning.			Password:	
8th Grade	Individual Career and Academic Plan Overview	What is it all really handout The ICAP	Spring	Freshmen Orientation Signup ICAP	<input type="checkbox"/>
	Objective: To learn what an ICAP is and why it is important.				
	Pre-Registration for Freshmen Courses	Freshmen Pre-Registration Form	Spring	Freshmen Orientation Signup ICAP	<input type="checkbox"/>
	Objective: To identify classes for freshmen year				
	Graduation Requirement/Higher Education Admission Requirements Presentation	Graduation Requirements Handout Overview of Four Year Planner Grad-check Form Higher Ed Admission Requirements Handout College Admission Index College Admission Requirements (ex: CSU) Getting Reading for College Checklist by Grade	Spring	Freshmen Orientation Signup ICAP	<input type="checkbox"/>
	Objective: To understand the graduation requirements for both a general diploma and a honors diploma To understand the higher education admission requirements for Colorado Universities				
	GPA Importance/What is Different About High School Presentation	GPA —How Important Is It? Handout	Spring	Freshmen Orientation Signup ICAP	<input type="checkbox"/>
	Objective: To learn about how high school is different from middle school and why grades are so important in high school				
Career Connection related to Academic Subjects	<u>Your Career Connection Worksheet</u>	Spring	Freshmen Orientation Signup ICAP	<input type="checkbox"/>	
Objective: To start exploring possible careers by academic subjects					
Overview of Awards and Scholarships	Scholarships and Awards Handout Sample Boettcher Application	Spring	Freshmen Orientation Signup ICAP	<input type="checkbox"/>	
ASCA Standards To learn about different scholarship and award opportunities and requirements					

High School Career Guidance Activities

Guidance Lesson/Activity		Resources	Timeline	Evidence	Completed
9th Grade	CIC Interest Profiler	www.collegeincolorado.org	Winter	ICAP Four Year Planner	<input type="checkbox"/>
	Objective: To complete the interest profiler and explore careers of interest	ICAP			
	Four Year Planner	Four Year Plan Handout Graduation Requirements	Winter	ICAP Four Year Planner	<input type="checkbox"/>
	Objective: To review graduation requirements and develop course plan for high school				
	Review of Assessment Profile and Needs Assessment	<u>Schedule Assessment Portfolio</u>	Winter	ICAP Four Year Planner	<input type="checkbox"/>
	Objective: To review assessment portfolio and discuss needs				
	Career & Technical Education Pathways	Career & Technical Education System www.cccs.edu	Winter	ICAP Four Year Planner	<input type="checkbox"/>
Objective: To review the career and technical education pathways - course plans, institutions, extended learning opportunities, salary ranges					
Pre-Registration for Sophomore Year	Graduation Requirements Transcripts Four Year Plan Pre-Registration Form	Spring	Pre-Registration Form	<input type="checkbox"/>	
Objective: To select courses for sophomore year by reviewing transcript, graduation requirements, goals, and four year plans					
10th Grade	Review and Update Post-Secondary Plans and Match Career and Educational Objectives	ICAP	Fall	ICAP	<input type="checkbox"/>
	Objective: To review my career and post-secondary plan to make sure I am on track				
	ASVAB & ASVAB Presentation	www.act.org PLAN Presentation Transcript College Admission Index Chart	Fall	ASVAB Score Date	<input type="checkbox"/>
	Objective: To prepare for the ACT by using the college readiness section and practice test To evaluate college admissions standards				
	ASVAB Career Interest Inventory	<u>ASVAB</u>	Fall	Sophomore Career Letter with College Planning Checklist and Career Favorites Overview	<input type="checkbox"/>
	Objective: To provide opportunities for students to explore careers from interest survey				
College Exam College Opportunity Fund Pre-Registration for Junior Year	MCC College Exam Graduation Requirements Transcripts Four Year Plan Pre-Registration Form	Spring	College Exam Scores Pre-Registration Form	<input type="checkbox"/>	
Objective: To select courses for junior year by reviewing transcript, graduation requirements, goals, and four year plans					

High School Career Guidance Activities

Guidance Lesson/Activity		Resources	Timeline	Evidence	Completed
Review and Update Post-Secondary Plans and Career and Educational Objectives		ICAP	Fall	ICAP	<input type="checkbox"/>
Objective:	To review my career and post-secondary plan to make sure I am on track				
Choosing a College Presentation		Transcript PLAN Score (Estimated ACT) or ACT Index Score Handout www.collegeincolorado.org CIC College Matching Assistant Index Scores Handout	Winter	Junior Letter with College Planning Checklist & College Packets	<input type="checkbox"/>
Objective:	To learn about how to choose a college that is a good match based on characteristics and college interest				
NCAA/NAIA		NAIA Information Form NCAA College –Bound Student-Athlete Information Packet	Winter	Transcript Request Forms for Interested Students	<input type="checkbox"/>
Objective:	To inform students of requirements for college athletics				
College Fair/College Visit		College Fair (Bingo) Visit Worksheets	Fall	College Fair/Visits Worksheets Posted	<input type="checkbox"/>
Objective:	C:A1, 1, C:A1.6, C:A1.7, C:B1.3				
ACT/SAT		http://www.act.org	Spring	ACT Score: SAT Score:	<input type="checkbox"/>
Objective:	To learn about college opportunities and to experience the college atmosphere to aid me in my post-secondary education selection				
Financing College Presentation		Financing College Handout	Spring	Financial Aid Signup	<input type="checkbox"/>
Objective:	To learn about how to finance post-secondary education				
College Exam College Opportunity Fund Pre-Registration for Junior Year		MCC College Exam Graduation Requirements Transcripts Four Year Plan Pre-Registration Form School & Work	Spring	College Exam Scores Pre-Registration Form	<input type="checkbox"/>
Objective:	To select courses for junior year by reviewing transcript, graduation requirements, goals, and four year plans				
Create Resume		Creating a College Resume Handout	Fall	Senior Portfolio ICAP	<input type="checkbox"/>
Objective:	To create a resume of my awards, activities, and skills to aid in applying for post-secondary education admission and scholarships				

11th Grade

12th Grade

High School Career Guidance Activities

Guidance Lesson/Activity		Resources	Timeline	Evidence	Completed
Create Resume		Creating a College Resume Handout	Fall	Senior Portfolio ICAP	<input type="checkbox"/>
	To create a resume of my awards, activities, and skills				
Final Career Exploration		CIC Career Surveys World of Work Maps Career Information on CIC Career Shadow Day Careers to Majors	Fall	List Final Careers	<input type="checkbox"/>
Objective:	To review my interest and align them with a career				
Choosing a College		College Comparison Chart College Fair (Bingo Questions) Visit Worksheets New College Exploration www.collegeincolorado.org CIC College Matching Assistant	Winter	List 3 Post-Secondary Opportunities to Apply	<input type="checkbox"/>
Objective:	To learn about how to choose a college that is a good match for each student				
Scholarships		Senior Monthly Newsletters Senior Mailboxes Contact List of all Scholarships Mailed	All Year	Graduation Plans and Scholarship Awards	<input type="checkbox"/>
ASCA Standard	To apply for funding for college education				
Financial Aid/Financial Planning		Fast Web Senior Newsletter Financial Aid Presentation FAFSA Housing Applications Cost of Attendance Breakdowns Dave Ramsey Videos	Spring	FAFSA Pins Fin. Aid Presentation List Fast Web Account Cost of Attendance College Budget	<input type="checkbox"/>
Objective:	To learn about all financial opportunities for future				
Recommendation Letters Request		College Board Counseling Book Sample Letter	Fall	Recommendation Letters in Portfolio	<input type="checkbox"/>
Objective:	To create letters requesting recommendation letters				
College Course Plan		College Course Plan by Major MCC Transcript	Spring	New Course Plan in Portfolio	<input type="checkbox"/>
Objective:	To learn post-secondary education requirements and create a four year college course plan				
Create a Career Resume		Sample Work Resume	Spring	Senior Portfolio	<input type="checkbox"/>
Objective:	To create a resume of my education, work experience, and skills to aid in applying for jobs				
Review and Update Final Post-Secondary Plans		ICAP Graduation Plans	Spring	ICAP Graduation Plans	<input type="checkbox"/>
Objective:	To finalize and put into action my post-secondary education plans				

12th Grade