

ECAP
9TH
GRADE



FRESHMEN

WELCOME
FRESHMEN

PHS Counseling Dept. 24-25



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Holli Cagle, A-Daw



Kimberly Leas, Dax – Hor



Scott Uyeshiro, Hos – Mon



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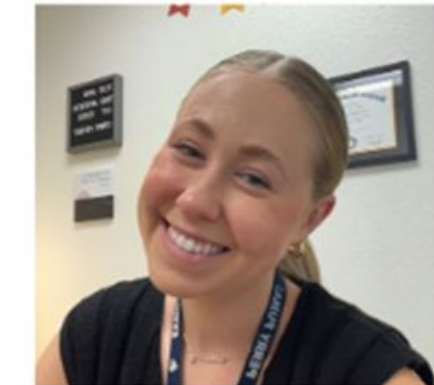
Kim Kwong – Career Ctr Specialist



Kirstin Gregg, Moo – Sin



Fred Mann, Sio – Z & STEM



Skylar Gardner – Social Worker

WHAT IS ECAP?



- Education College and Career Action Plan
- Required for all Arizona students-Graduation Requirement
- Helps prepare students reach their academic and career goals
- Helps students explore
 - Occupations
 - Programs of Study
 - College/University Information
 - Resume Writing
 - 4 year plan

GRADUATION REQUIREMENTS

Curriculum area	Graduation Requirements	In-state University
English	4 Credits	4 Credits
Math	4 Credits	4 Credits
Lab Science	3 Credits	3 Credits
Social Studies	3 Credits	2 Credits
Career/Fine arts	1 credit	1 credit
Foreign Language	NONE	2 Credits
PE	1 Credit	0 Credit
Health	.50 Credit	0 credit
Required Courses	16 ½ credits	16 credits
Elective Courses	5 ½ Credits	0 credits
Total Required Credits	22 Credits	16 Credits

WHAT CAN I DO IF I NEED EXTRA SUPPORT?

★ Ask for help! Don't hesitate to ask for help from teachers and counselors if you are struggling.

★ GO TO TUTORING!!!

- Net Tutor
 - <https://www.nettutor.com/>
- Subject Tutoring



CAREER EXPLORATION

Learning about the careers, types of jobs, educational requirements, and job functions are important in understanding the careers that fit your interests and goals.

Ask yourself:

- » What careers interest me?
- » What school subjects interest me?
- » What type of work environments do I like?
- » Where can I go to research my chosen career or field of interest?

LET'S START EXPLORING!



USING CLEVER - *MY FUTURE AZ*

Use your GSE log-in info

SKIP ACCOUNT RETRIEVAL EMAIL

Zipcode-85297

Grade-9

Enter Birth date

Perry High School

Click Register

Let's get to work!

Fill in the form to finish the setup.

Account Retrieval Email ⓘ

name2@example.com

 **Leave this blank**

Zip Code *

Grade Level *

Select Grade Level ▼

Birth Date *

Pick a date

School * ⓘ

Type and select the name of your school

By creating an account, I agree to the [Terms of Use](#) and [Privacy Policy](#).

Register →

TAKE CAREER INTERESTS QUIZ


Grades 9-12 Career Planner

Welcome to your student dashboard. Use the tools below to start building your Education and Career Action Plan (ECAP). [Get Started!](#)

Get all you can from your account

Use My Future AZ's resources to help assist in your college and career planning.

 View All Resources

 Invite parents or guardians



Career Interests Quiz

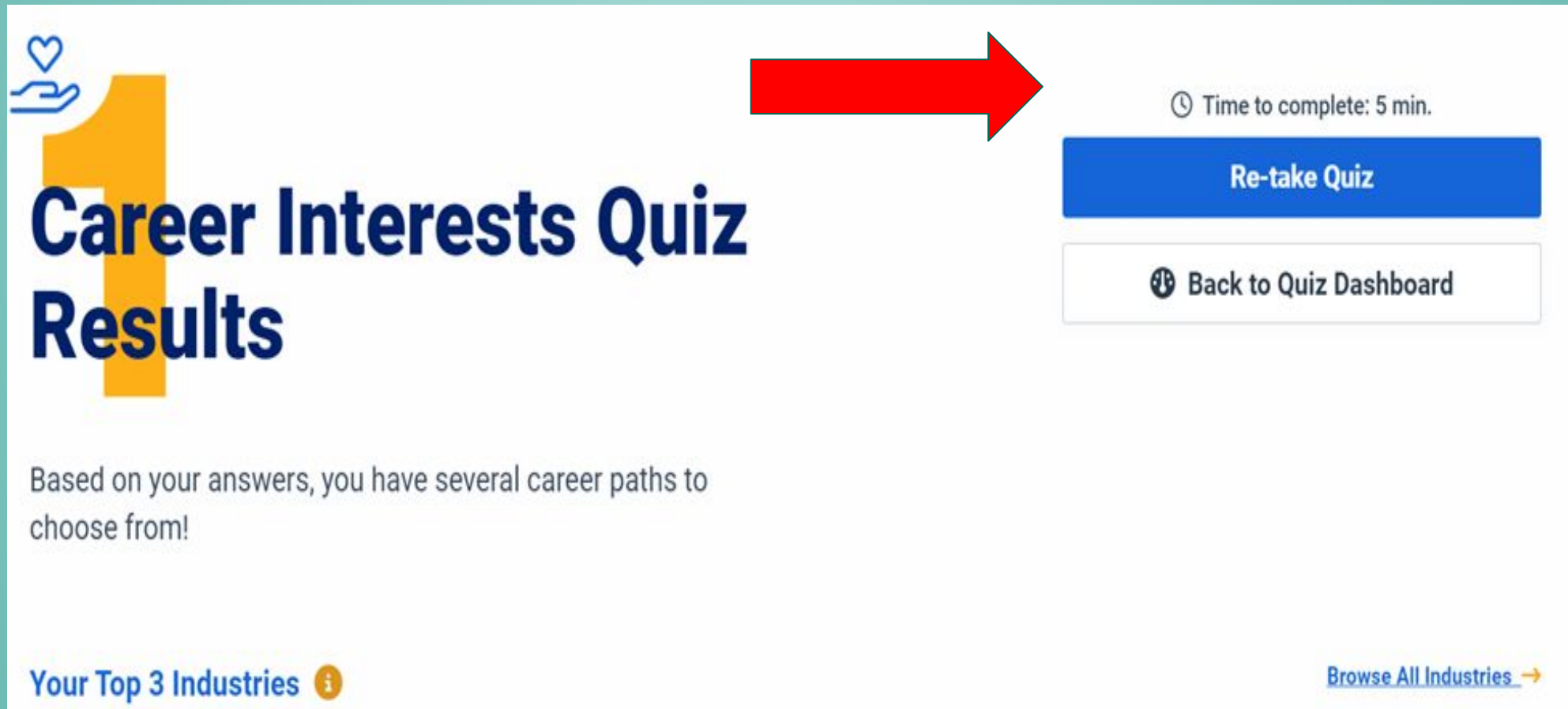


Career Exploration




Graduation Goals


If you've already taken this quiz before, select "Re-take Quiz."



The screenshot shows the 'Career Interests Quiz Results' page. On the left, there is a large orange number '1' with a blue icon of a hand holding a heart above it. The title 'Career Interests Quiz Results' is in bold blue text. Below the title, it says 'Based on your answers, you have several career paths to choose from!'. At the bottom left, it says 'Your Top 3 Industries' with an information icon. At the bottom right, there is a link 'Browse All Industries' with a right arrow. On the right side of the page, there is a blue button labeled 'Re-take Quiz' and a white button labeled 'Back to Quiz Dashboard'. A red arrow points from the '1' towards the 'Re-take Quiz' button. Above the 'Re-take Quiz' button, it says 'Time to complete: 5 min.' with a clock icon.

 **1** Career Interests Quiz Results

Based on your answers, you have several career paths to choose from!

Your Top 3 Industries 

Time to complete: 5 min.

[Re-take Quiz](#)

[Back to Quiz Dashboard](#)

[Browse All Industries](#) →

Read each sentence carefully and choose the emoji or word to indicate your interest in each statement

Interests Assessment Progress

How to take this survey to get the best results

Please answer all 60 questions about how you would feel about doing this type of work. Take your time and consider your choices. It is ok to go back and change answers before you submit.

How do you feel about **communication**?



Dislike very much



Dislike



Unsure



Like



Like very much

How do you feel about **finding, analyzing and presenting information**?



Dislike very much



Dislike



Unsure



Like



Like very much

These are your Top Industries, Scroll down to see Careers in these Industries.

Your Career Interests Quiz Results

Your Career Interests Quiz has matched you in the following industries. Explore your suggested industries and careers below!

 Download Career Interests Quiz

 Retake Career Interests Quiz

 Back to Career Interests Quiz Dashboard

Your Top Industries

[Browse all Industries →](#)



Search Careers Within These Industries

Top Careers All Careers

Search by Keywords or MOC

Save your TOP 3
career interests



Graphic Designers

Industries: Arts, Audio/Video Technology & Communications

Design or create graphics to meet specific commercial or promotional needs, such as packaging, displays, or logos. May use a variety of mediums to achieve artistic or decorative effects.

Education
Bachelor's Degree

Average Salary
\$48,190

Match Strength
90%

Click here to
learn more
about the career

TOP CAREER



View Career



Information Security Analysts

Industries: (IT) Information Technology

Plan, implement, upgrade, or monitor security measures for the protection of computer networks and information. May ensure appropriate security controls are in place that will safeguard digital files and vital electronic infrastructure. May respond to computer security breaches and viruses.

TOP CAREER



Career Exploration

Name: _____

1.) What are your top 3 Career Industries?

a.) _____

b.) _____

c.) _____

2.) What are your top 3 Career Interests? (The ones you starred)

a.) _____

b.) _____

c.) _____

3.) Pick one career and answer the following:

Average Salary: _____ **Number of Current Available Jobs:** _____

Education: _____

4.) What are some skills you will need for this career?

5.) Do you believe your career survey was accurate? Why or why not?

1. Open Google Doc

2. Answer Questions based on
Career you really like

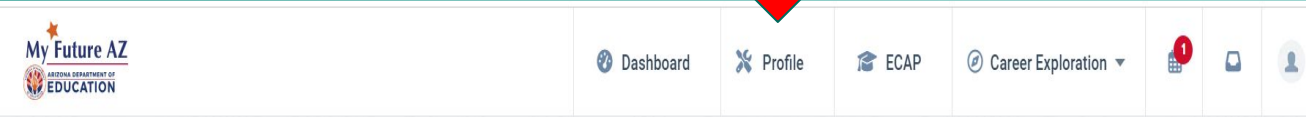
3. Save form as a PDF

Click on computer icon, then
save as a pdf

BACK TO MY FUTURE AZ



1. Click on Profile top of screen



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[View All Resources](#)

[Invite parent](#)

2. Open Document Library and upload PDF



Personal Details

 [Upload Photo](#)

First Name*



Holli

Last Name*

Document Library

Include optional resume and cover letter files for employers to have access to.

Your Career Advisor will see any file you upload regardless of visibility status. However, any other user who accesses your profile will only see public files.

 9th Grade ECAP Worksheet-Career Questions 11.2 KB 

[Upload a Document](#)

it's okay to not be okay



[Breaking the Stigma video](#)

A Friend Asks App

- ★ Get Help Now
- ★ How to Help a Friend
- ★ Warning Signs
- ★ Resources for Help



Warning Signs

- ★ Decline in school performance and behavior
- ★ Changes in school attendance
- ★ Talking, or joking, about suicide or making suicide threats
- ★ Loss of interest in things they used to enjoy
- ★ Unusual interest in death and dying
- ★ Taking unnecessary risks
- ★ Feelings of hopelessness
- ★ Depression
- ★ Bullying - Both the target of bullying and the bully are at risk
- ★ Change in Friendships - withdrawing from friends and social activities
- ★ Mood swings or personality changes
- ★ Increased use of alcohol or drugs
- ★ Giving away prized possessions
- ★ Changes in eating and sleeping habits

988

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotional distress

People can call or text **988** or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.



The poster features a blue square logo with the text "988 SUICIDE & CRISIS LIFELINE". To the right, the phrase "There is hope" is written in pink above a graphic of two hands holding a heart. Below the logo, the text "Talk with us." is written in blue, followed by icons of a speech bubble with a question mark and a text message icon. To the right of these icons, the text reads: "If you or someone you know needs support now, call or text 988 or chat 988lifeline.org". A QR code is located at the bottom center, and the code "PEP22-06-03-004" is in the bottom right corner.

988
SUICIDE
& CRISIS
LIFELINE

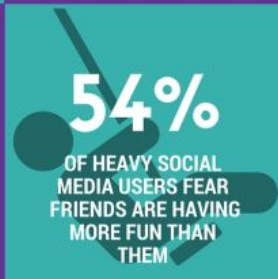
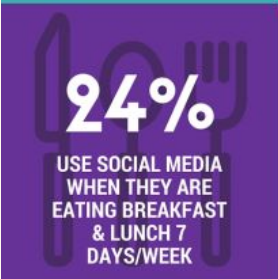
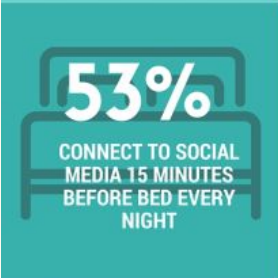
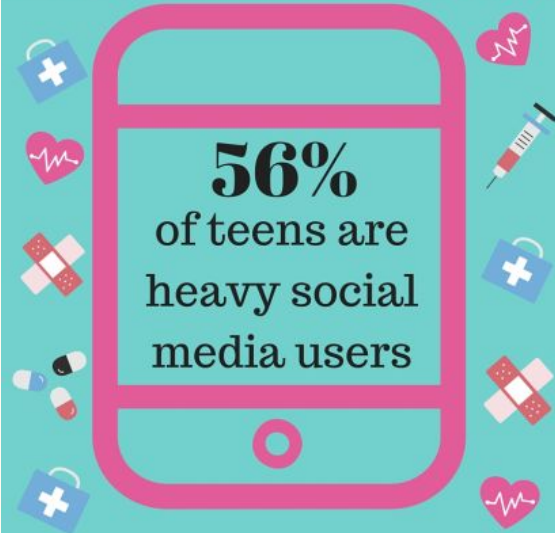
There is hope

Talk with us. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

PEP22-06-03-004

TEENS, SOCIAL MEDIA & WELLBEING

Statistics from: Australian Psychological Society. (2015)



Effects of Social Media

Teen Voices

SOCIAL MEDIA STATS

75% OF TEENS SAY THEY HAVE ONE ACTIVE SOCIAL MEDIA ACCOUNT



20% OF TEENS THAT ALTER THEIR PHOTOS ARE MORE LIKELY TO DEVELOP AN EATING DISORDER

40% OF TEENS FEEL THEIR APPEARANCE IS MORE HARSHLY JUDGED ONLINE VS. IN-PERSON



51% OF TEENS SAY THEY GO ON SOCIAL MEDIA SITES DAILY

Negative impact of social media on teen mental health infographic

Additional Resources

- 911
- 988
- Teen Lifeline 602-248-TEEN (8336)
- Text Crisis Line 741-741
- Suicide Prevention Lifeline 800-273-TALK (8255)
- EMPACT 480-784-1500
- Trevor Project LGBTQIA+ 1 866 488-7386
- A Friend Asks App