



Juniors

ECAP

Education College and Career and
Action Plan

PHS Counseling Dept. 24-25



Trisha Stall | Counseling Secretary



Holli Cagle, A-Daw



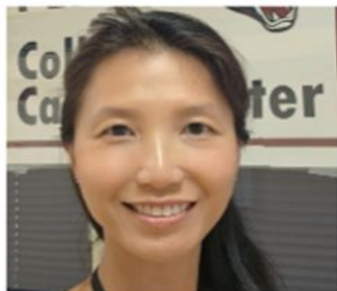
Kimberly Leas, Dax – Hor



Scott Uyeshiro, Hos – Mon



Geri Jaramillo – Testing Coordinator



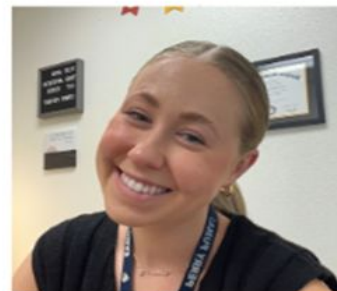
Kim Kwong – Career Ctr Specialist



Kirstin Gregg, Moo – Sin



Fred Mann, Sio – Z & STEM



Skylar Gardner – Social Worker

What's Next?

Today we are:

1. Review of Graduation Requirements
2. My Future AZ -Career Interest Inventory, top 3 careers
3. Completing the shell of your resume



Graduation Requirements

Curriculum area	Graduation Requirements	In-state University (what makes up your unweighted core GPA)
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	
Total Required Credits	22 Credits	16 Credits

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-11

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."



1 Career Interests Quiz Results

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

Your Top 3 Industries 

[Browse All Industries](#) →



 Time to complete: 5 min.

Re-take Quiz

 [Back to Quiz Dashboard](#)

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%

TOP CAREER

View Career

Click here to
learn more
about the
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

What is the Purpose of a Resume?

- Opportunity to tell employers and colleges about your
 - Skills
 - Abilities
 - Experience
 - Education



All Resumes Answer These 4 Questions

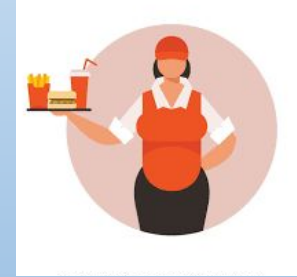
1. Who Am I?
→ Your Contact Information
2. What Do I Want?
→ Objective
3. What Have I Done?
→ Experience
→ Qualifications
→ Accomplishments
4. What Do I Know?
→ Education

**I Am Who I Am
I Like What I Like
I Do What I Do!**

You Have Skills....Tell Me What They Are!



- ❑ Computer Skills
- ❑ Language
- ❑ Job Skills
- ❑ Landscaping
- ❑ Childcare
- ❑ Food Service
- ❑ Mechanics



Accomplishments/Achievements

- ★ Leadership
- ★ Clubs/Extracurricular Activities
- ★ Volunteer Service
- ★ Awards
- ★ Certifications



The Resume is Your Advertisement!

- A Resume is your marketing tool.
 - It's main goal is to help you gain a competitive edge in the college/job pool.
 - Don't be afraid to market yourself.
- It takes an employer an average of 6 - 7 seconds to review your resume.
- Make a good first impression and show them how great you are!

Go to **PROFILE** and scroll to see **Employment History, Education, Your Skills, etc. For Education. Indicate you are CURRENTLY ENROLLED AS A HIGH SCHOOL STUDENT.**



Upload Photo

First Name*

Holli

Last Name*

Cagle

Birth Date*

10/01/2007

Job That I Want* ⓘ

Email Address*

2hollilynn@gmail.com

Phone Number

000-000-0000

include optional resume and cover letter 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

Employment History

Include your last 10 years of relevant experience and dates in this section. List your most recent position first.

Add Employment

Education

If relevant, include your most recent educational achievements and the dates here.


What is your highest level of education?

Currently enrolled as a high school stu ▼

My Future AZ
ARIZONA DEPARTMENT OF EDUCATION

Profile Completeness 44% [Add More](#) [Preview Resume](#) [Download Resume](#)

Personal Details

 [Upload Photo](#)

First Name*

Last Name*

Job That I Want* [?](#)

Email Address*

Document Library

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

[Upload a Document](#)

Employment History

Include your last 10 years of relevant experience and dates in this section. List your most recent position first.

[Add Employment](#)

Education

If relevant, include your most recent educational achievements and the dates here.

What is your highest level of education?

Click on the **Plus Signs** to add

1. Employment
2. Education
3. Your Skills
4. Certifications
5. Volunteer Work
6. Awards
7. Extracurricular Activities
8. Academic Achievements

**YOU ARE DONE
with ECAP!**

You will be able to go
back and access your
document any time.

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 the 988 Suicide & Crisis Lifeline logo in a teal box on the left. To the right, the text "There is hope" is written in pink above a pink heart held by two hands. Below this, the text "Talk with us." is in teal, followed by "If you or someone you know needs support now, call or text 988 or chat 988lifeline.org". There are icons for a question mark in a speech bubble and a text message icon. A QR code is at the bottom right, and the code "PEP22-08-03-004" is in the bottom right corner.

988
SUICIDE
& CRISIS
LIFELINE

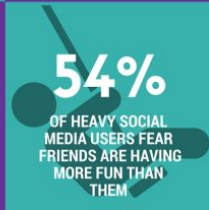
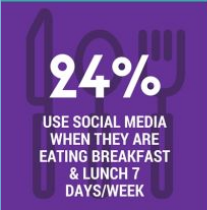
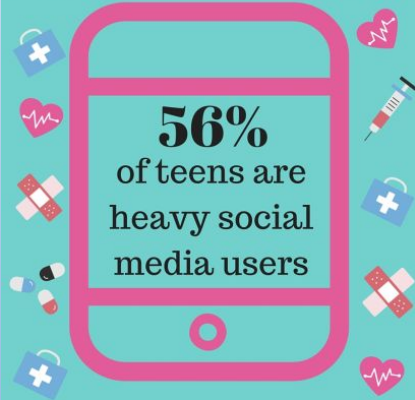
There is hope

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

PEP22-08-03-004

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