

sophomore

Learn MORE.
Achieve MORE.

ECAP
10TH GRADE

S.O.P.H.O.M.O.R.E.S

PHS Counseling Dept. 24-25



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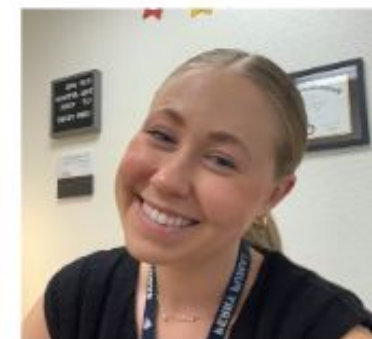
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Fred Mann, Sio – Z & STEM



Skylar Gardner – Social Worker

YOUR MENTAL HEALTH MATTERS

Mental Health Matters

Ask for Help from a trusted adult

Use Resources

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

How To Study Effectively?



- Ⓐ Switch up your environment
- Ⓑ Get a good night's sleep
- Ⓒ Listen to calming music
- Ⓓ Eliminate distractions
- Ⓔ Snack on smart food

Study Methods & Tips That Actually Work

Study Before Bed: When you're asleep, the brain organizes your memories. Instead of pulling an all-nighter, study a few hours before bed and review the information in the morning.

Retrieval Practice: Remembering and writing down the answer to a flashcard is more effective than thinking you know the answer and flipping the card over early.

Spaced Practice: Spacing out your studying allows your mind to make connections between ideas and build upon the knowledge that can be easily recalled later.

Color-Coded Notes: Write down key points in red.

- Highlight important information in yellow.
- Organize topics by color.
- Don't color everything—just the key information.

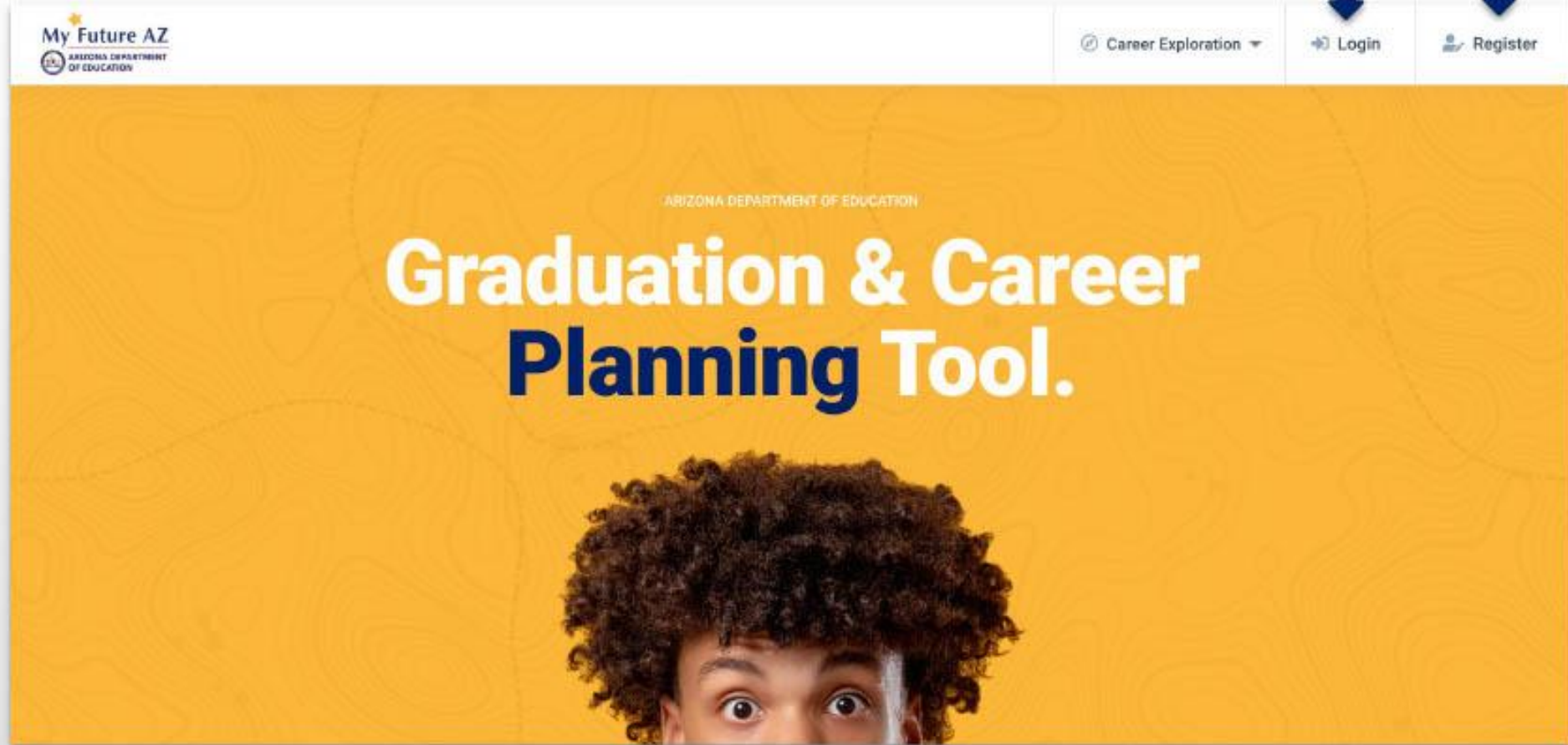
What is ECAP?

- 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	
Total Required Credits	22 Credits & Pass Civic Test	16 Credits

REGISTRATION



To create an account, click **Register** in the top right corner.

If you already have an account, click **Login**.

USING CLEVER - *MY FUTURE AZ*

Use your GSE log-in info

SKIP ACCOUNT RETRIEVAL EMAIL

Zip code-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

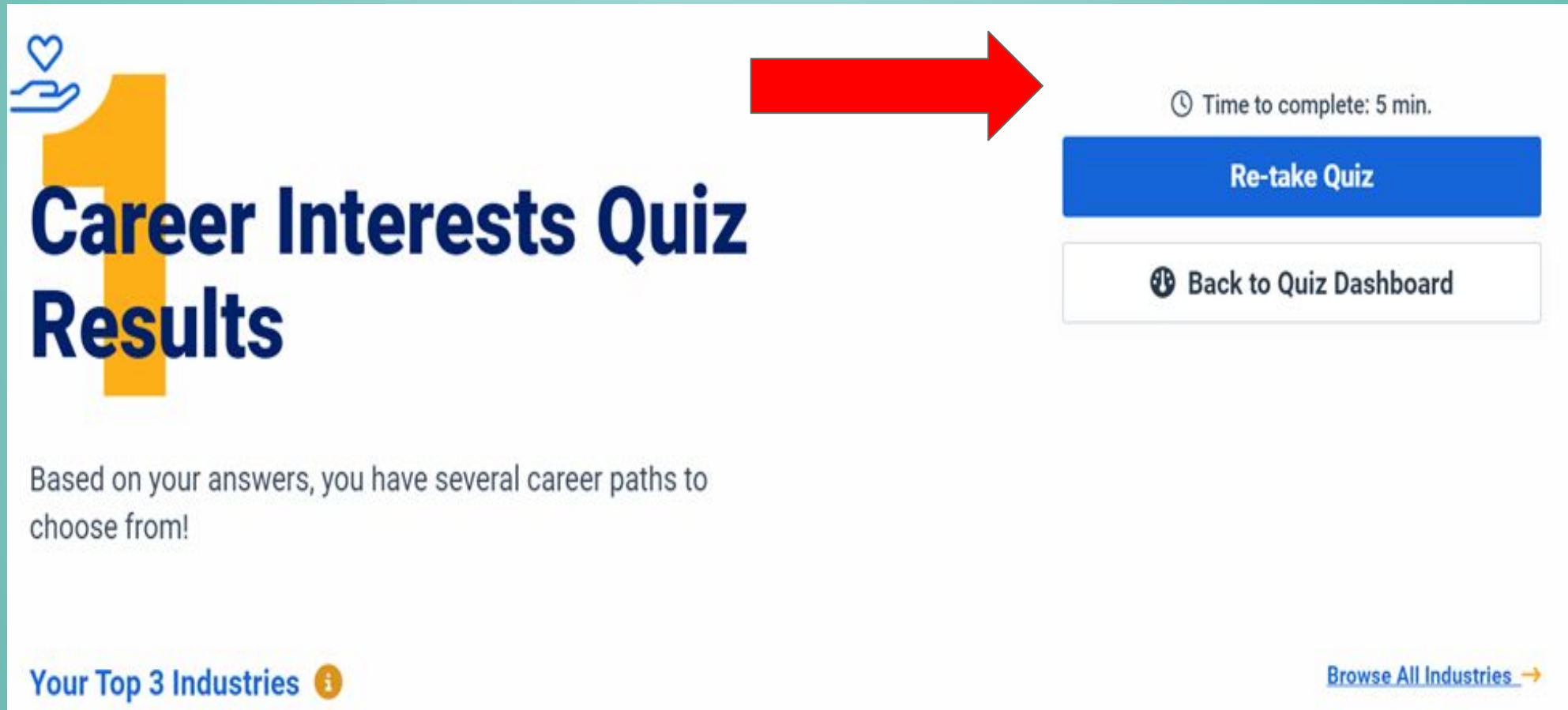



Career Exploration




Graduation Goals

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



 **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

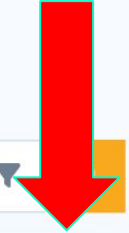
 **Back to Quiz Dashboard**

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



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 →](#)



en Google Doc

Answer Questions based on
really like

s a PDF

Click on computer icon, then
e as a pdf

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: _____

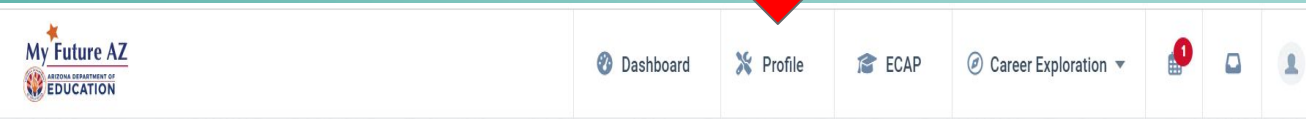
4.) What are some skills you will need for this career?

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

BACK TO MY FUTURE AZ



1. Click on Profile top of screen



Grades 9-12 Career Planner

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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 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](#)

Types of Colleges

- ❑ 2 Year colleges
 - ❑ Community College
 - ❑ Technical College
- ❑ 4 Year Colleges
 - ❑ Public
 - ❑ Private



2 Year Colleges

Technical:

- Offer programs that emphasize hands on skills
- Students often go right into careers in technical or industrial fields
- Work with local employers to make sure students get the skills they need
- Instructors are also often professionals in their field
- Students can earn - Certificates, Diplomas, Associates Degrees

Community:

- Provide first 2 years of a 4-year degree
- Students often transfer to a 4-year institution to complete a bachelor's degree
- Also offer career specific training for professionals
- Students can receive - Certificates, Diplomas, Associates Degrees





GRAND CANYON
UNIVERSITY™

4-Year Colleges and Universities

- ❑ Can be Public or Private
 - ❑ Public colleges are funded by local and state governments and usually offer lower tuition rates.
 - ❑ Private colleges rely mainly on tuition, fees and private sources of funding.
- ❑ Usually have on-campus housing
- ❑ Offer a wide range of majors
- ❑ Offer a wide range of athletic programs as well as programs in the arts such as music and theater
- ❑ Students must meet certain requirements to be accepted
- ❑ Degrees take 4 years to complete
- ❑ Students can receive - Bachelor's Degree, Masters Degree and Professional or Doctoral Degrees



What you do in High School matters:

1. Stay on top of your grades – Turn in homework on time, study for your tests ahead of time, come in for tutoring as needed.
2. Extracurricular activities – Get involved in clubs here on campus.
3. Outside of school – Complete volunteer or community service hours, internships, jobs, etc.
4. Get involved!
5. Advocate for yourself – don't hesitate to ask questions!

