

## **Timberline K-8 ICAP Activities**

### **ICAP Grade 7-**

\*Activity 1 -Journal in CIC-Self-Reflection (quarterly)- continuation from 6th and will be completed each year

Activity 2- Career Cluster Survey

Activity 3- Save and Research 3 Careers of Interest

\*\*Activity 4- Continuation of Self Management (Study and Social Skills)

### **\*Activity 1: Journal in CIC Self-Reflection (quarterly) (SA)**

**Counselors Will-** Be available for training and questions about CIC.

**Teachers Will-** In College in Colorado, under Your Portfolio for each quarter, have students reflect on their shorter-term thoughts and plans.

**Students Will-** At the start of each quarter, students will go into College in Colorado, and under Your Portfolio tab, go to “Your Journal” on the far right. Have students write out their shorter-term goals for the quarter. Then, at the end of the quarter, the students will do a reflection on their goals and plans for the future. **(SA)**

#### **Standards:**

CCSS.ELA-LITERACY.W.7.10

Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of discipline-specific tasks, purposes, and audiences.

### **Activity 2: Career Cluster Survey**

**Counselors Will-** Come into classes and present the Career Cluster power point and explain how Career Clusters mirror Holland’s Personality Traits.

[Career Cluster PowerPoint](#)

**Teachers Will-** Have students take the Career Cluster Survey on College in Colorado.

**Students Will-** Log into CIC and go to “Career Planning” then “Learn About Yourself”, then “Career Cluster Survey”. It will take 20 minutes. See Activity 3 for follow up lesson.

\*Optional (Reflection Writing on connection between career cluster and Holland’s Personality Theory)

### **Activity 3: Save and Research 3 Careers of Interest**

**Counselors Will-** Model for students how to save careers to portfolio after students have successfully completed Interest Profiler in CIC.

**Teachers Will-** Provide assistance to students as they save careers to CIC.

**Students Will-** Revisit career portfolio in CIC. If careers have changed, have students research briefly careers and update their career portfolio. Students will then complete an **activity** to gain a deeper understanding of their careers of interest. This will have them record key components

of their selected careers including: What skills are needed, What level of education is needed, Money and Outlook, Connections, and overview of the career.

**Standards:**

CCSS.ELA-LITERACY.CCRA.R.7

Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

CCSS.ELA-LITERACY.CCRA.R.10

Read and comprehend complex literary and informational texts independently and proficiently.

**\*\*Activity 4- Self Management (Study and Social Skills) (SA, AP)**

**Counselors Will-** Come into classes and discuss importance of study habits as they progress through their education.

**Teachers Will-** Decide what assessment students will create note cards for and then guide students through the process of creating note cards for notes they have taken in class. (This does not have to be note cards; it can be any type of study skill the teacher feels would be effective for the specific assessment).

**Students Will-**Demonstrate self-discipline by preparing and planning for an upcoming exam or assessment during class assignment