

Learn About My Career & Academic Plan (MyCAP)

mefa[®]

Meet Your Presenters



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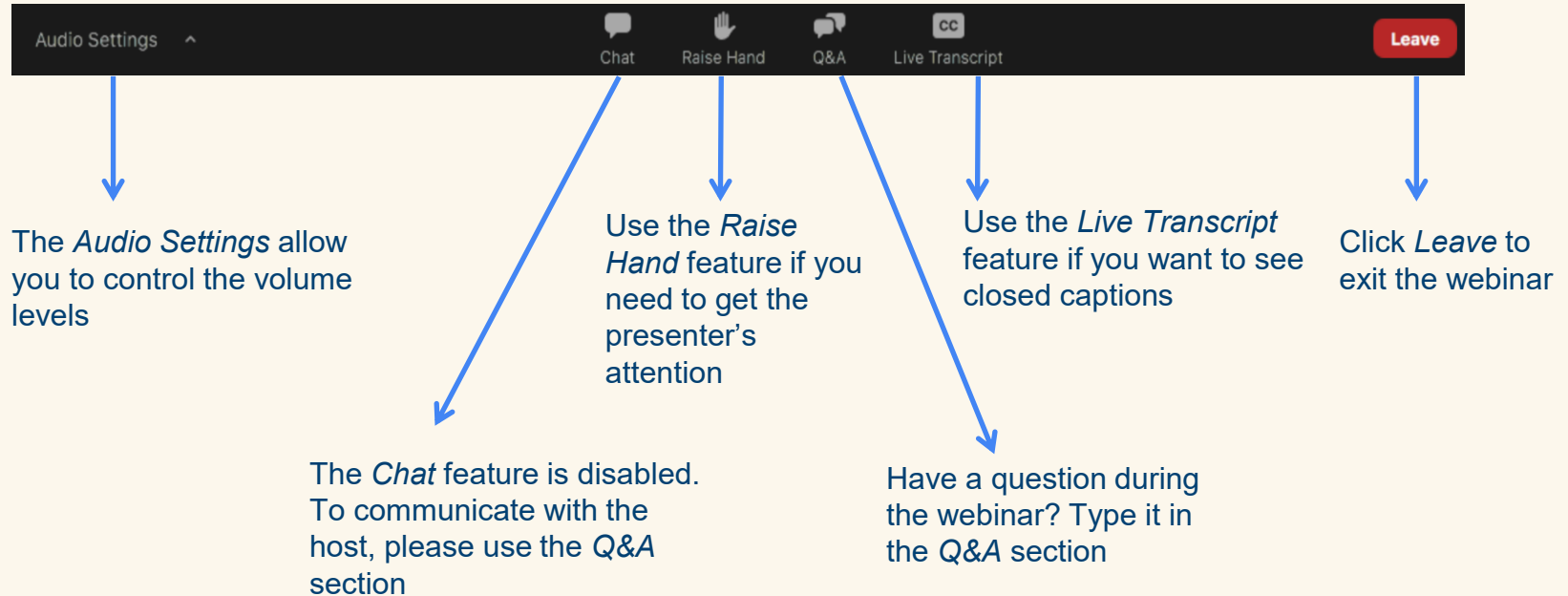


Jennifer McGuire
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How to Participate



About MEFA

**State authority created by the
Commonwealth of Massachusetts
in 1982, helping families plan,
save, and pay for college**



MyCAP Basics

College, Career, and Civic Readiness

State Definition

- ✓ Knowledge, skills and experiences
- ✓ In three domains: personal/social, academic and planning, workplace readiness (career development)
- ✓ To successfully complete a postsecondary pathway
- ✓ Achieve a career in a field aligned with personal interests and skills providing a family sustaining wage
- ✓ Prepared for active participation in civic life

Essential Questions

- **WHO AM I?:**
Personal Social
- **WHERE AM I GOING?:**
Career Development
- **HOW DO I GET THERE?:**
Academic and Postsecondary Planning



My Career and Academic Plan (MyCAP)

MyCAP Process

- Student-directed; whole school involved
- Implemented in varied settings in-school and virtually - classrooms, seminars, workshops, etc., as well as independently
- Caring adult advocate – counselor, teacher, administrator, paraprofessional, or other school staff person
- Connect academic learning with future plans

MyCAP Instrument

- The MyCAP instrument captures the learning and documents the achievement of learning objectives at each grade level
- The instrument may act as an ePortfolio capturing artifacts of growth and learning
 - It is an online platform such as MEFA Pathway, MassCIS, Naviance
 - It is designed to capture student goals, interests, barriers, and action steps



Steps the school takes to implement a MyCAP Process

1. **MyCAP team:** at least 4 from multiple roles: counselor, gen ed teacher, sped/EL teacher, administrator, etc.
2. **Map CCR Landscape:** what do we have, where are there gaps?
3. **Identify Learning Objectives:** each domain, every grade
4. **Artifact(s):** What will be collected, presented, or assessed to demonstrate achievement of learning objectives?
5. **Create Lessons:** where will they happen, who is leading, what are the key activities
6. **Create an implementation plan** – ensure students and families are included in this planning
7. **Create materials** to be used to gain **buy in**



College and Career Readiness & MyCAP – 9th Grade

Domain	Learning Objectives (what students should know and be able to do)	Artifacts/Assessments/Documentation (documentation of learning found within the student's account in the online platform or uploaded to a separate portfolio)	Units/Lessons/Activities (Recommended to include where implemented and by whom)
Personal Social	<ul style="list-style-type: none"> Students will demonstrate knowledge, understanding, and personal awareness of their individual talents, interests, hopes, dreams, and passions 	<ul style="list-style-type: none"> Skills journal entry Possible Selves artifact Document extracurricular activities 	<ul style="list-style-type: none"> Introductory activity where students identify their skills "Possible Selves" unit [to explore hopes, dreams, strengths, weaknesses, etc.] Introductory lesson orienting students to online platform Students complete online surveys <p>Students write reflections about their results</p>
Career Development Education	<ul style="list-style-type: none"> Students will demonstrate knowledge and understanding of career clusters. Students will demonstrate critical thinking and informed decision-making skills to match their skills and abilities to particular career interests 	<ul style="list-style-type: none"> Save careers of interest Upload final project Document work and/or community service 	<ul style="list-style-type: none"> Introduce the concept of career clusters Using online platform, have students analyze career clusters in relation to survey results Create an activity where students apply cluster analysis to self-identified interests, values, and skills Have students attend career fair and/or listen to guest speakers and/or interview someone in a career of interest Introduce the concepts of Work Based Learning [e.g., job shadow, volunteer work, community service] and the term "employability skills" <p>Have students complete culminating project (TBD by educator)</p>
Academic College and Career Planning	<ul style="list-style-type: none"> Students will understand graduation requirements, MassCore requirements, AP options, and early college options. Students will create a four-year course-taking plan connected to identified career interests 	<ul style="list-style-type: none"> Complete four-year plan [using online platform, if possible] Complete goal statements [using online platform] Save college search results with journal entry Journal reflections about college fair and/or tour 	<ul style="list-style-type: none"> District-developed freshman seminar District developed course planning activity Post-secondary options lesson created using online tool resources [emphasis on post-secondary vocabulary] Online college search activity

MyCAP: The holistic process that ensures every student gains the knowledge, skills and experiences necessary for success after high school

- Empowers students to be the drivers of their future as they navigate to completion a pathway for success
- Engages students, school, parent/caregivers and the community in student success
- Whole school – school counselor led, supported by administrators, and implemented by teachers, school counselors and other caring adults in classrooms and across all content areas
- Invites community participation through mentoring, career presentations, work-based learning experiences, etc.





New Bedford Public Schools Middle School MyCAP Development



Jeanine Cambra, Manager of Educator Quality, Keith Middle School
Jennifer McGuire, College & Career Information Coordinator, New Bedford Public Schools

New Bedford, Massachusetts

- About 60 miles south of Boston
- Population of approximately 100,000 (as of July 2021)
- Median Household income \$50,581 (2017-2021)
- About 17 percent of individuals age 25 or older have a bachelor's degree



New Bedford Public Schools

- High School has 3000+ students
- Three middle schools
- 19 elementary schools
- 2 alternative schools
- Roughly 12,500 students
- 80.5 % low income
- 42.7 % English is not first language

Building support for MyCAP– Understanding the “Why”

- Support students in making informed decisions about high school options
- Highlight pathways available at New Bedford High School
- Connect middle school learning to future opportunities
- Shift from career readiness **events** to career development **process**
- Tie in to IB roll out

What Students Have Told Us:



I want to learn more about:

- Future career opportunities
- Connecting future career opportunities to my interests
- Connecting future career opportunities to my classwork

How I feel about my career goals:

- Teachers believe I can achieve my goals
- Teachers don't know what my goals are
- I don't know how to connect classroom learning outside of school and to a future career

Creating a Team

- District wide team - why this worked (needed to work) in NB
- Different roles represented (counseling, general education, special education)
- Incorporate best practices from all three middle schools
- Educating team members on career and academic planning
- Team members facilitate buy-in among school staff

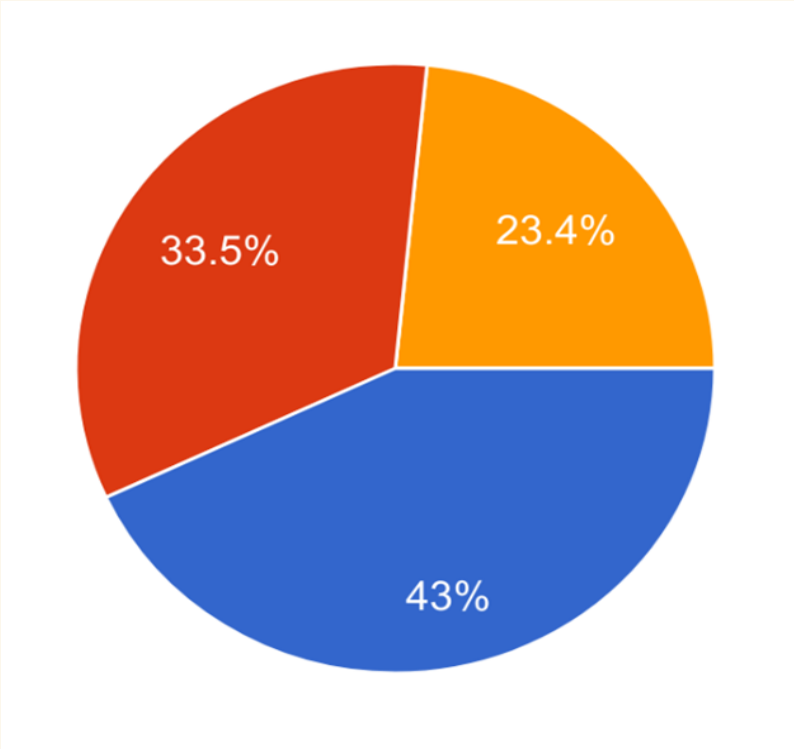


Middle School MyCAP Faculty/Staff Survey

January 2023

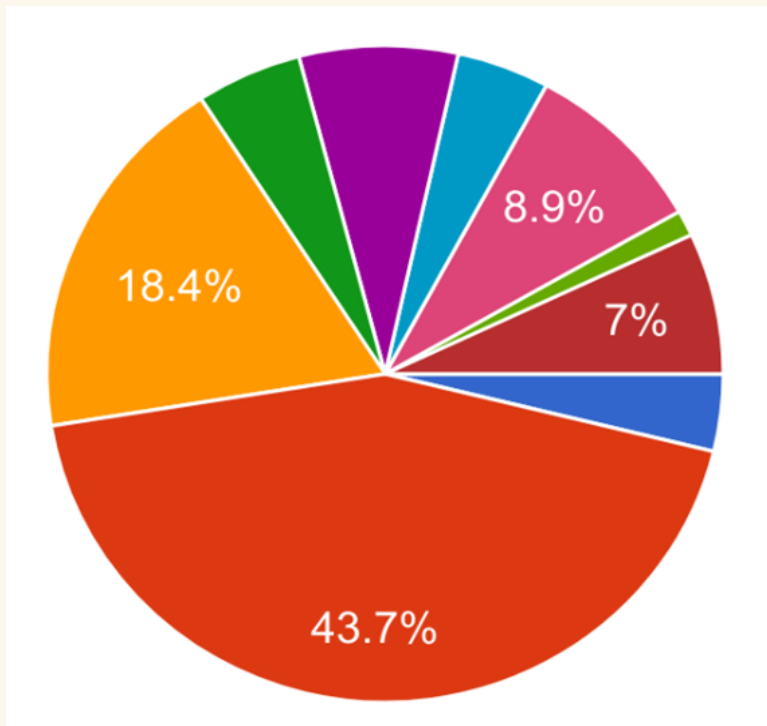
Please indicate the school where you work.

158 responses



Which best describes your role?

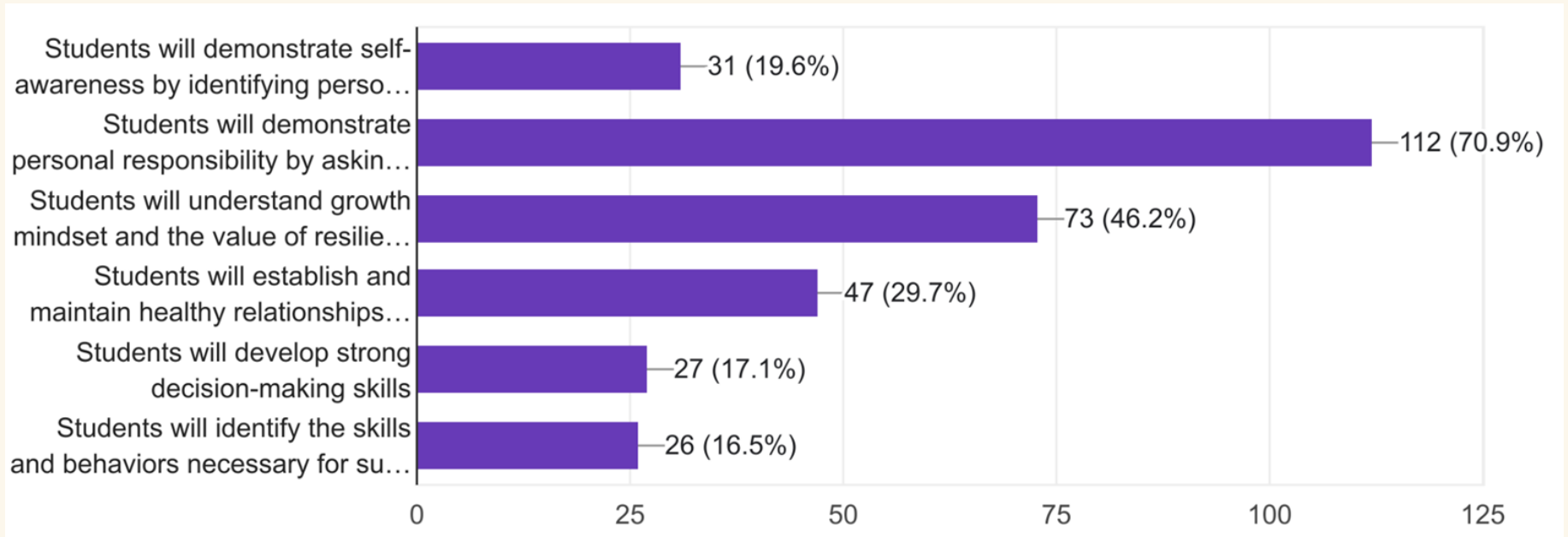
158 responses



- Administrator
- Content area teacher (ELA, math, science, social studies, language)
- Special Education teacher or service...
- ESL teacher
- Counselor
- Paraprofessional
- Music/Art/PE/Health
- Clerical staff
- Other

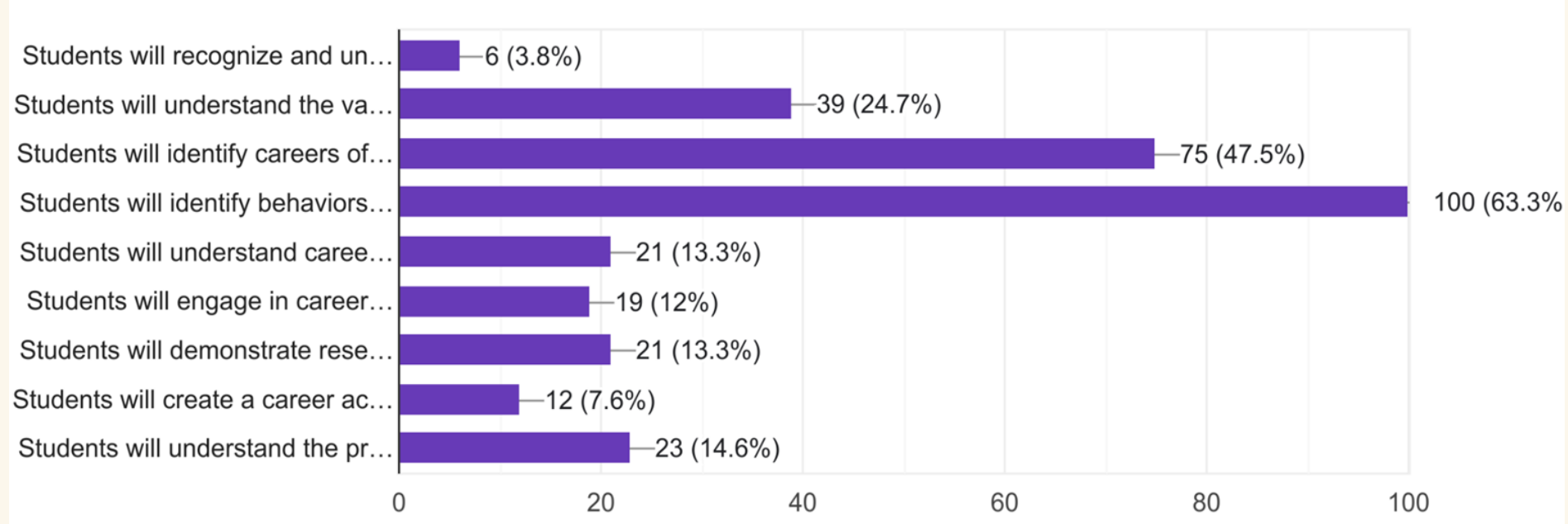
Please check off **two** of the following learning objectives from the **personal/social** domain that you feel are most important for our students.

158 responses



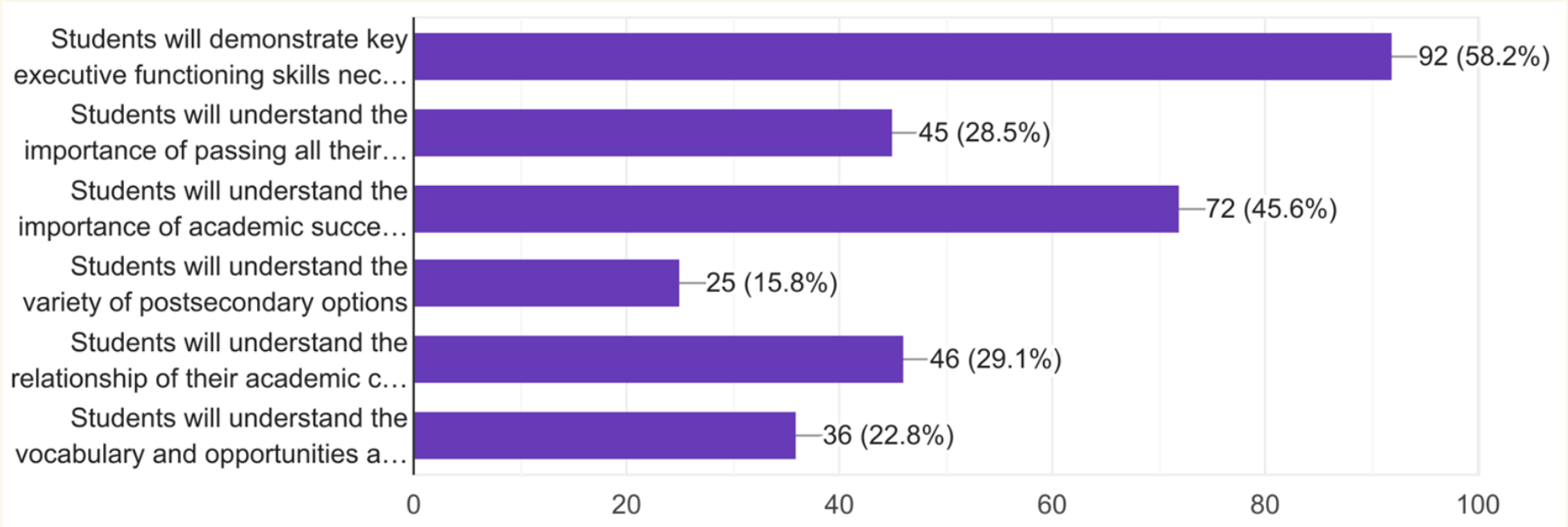
Please check off **two** of the following learning objectives from the **career development** domain that you feel are most important for our students.

158 responses



Please check off **two** of the following learning objectives from the **academic/secondary planning** domain that you feel are most important for our students.

158 responses



Top Two Learning Objectives for Each Domain

Personal Social:

- Students will demonstrate personal responsibility by asking for help, managing emotions, respecting others and engaging in positive social interactions
- Students will understand growth mindset and the value of resilience, perseverance, and a positive attitude for future success

Career Development:

- Students will identify behaviors and skills necessary for success in the workforce
- Students will identify careers of interests matched to their skills, talents, and passions

Academic/Secondary Planning:

- Students will demonstrate key executive functioning skills necessary for academic success such as organization, time management, etc.
- Students will understand the importance of academic success in middle school for future success

Currently happening...

Which best describes your role?	Is there any lesson/unit/classroom activity that you already use or plan to use in your teaching that you feel would fulfill a MyCAP objective?	Name (optional)	School
Administrator	Townhall Meetings with all 6th grade students.	Glenn Piros	Normandin

Which best describes your role?	Is there any lesson/unit/classroom activity that you already use or plan to use in your teaching that you feel would fulfill a MyCAP objective?	Name (optional)	School
ESL teacher	Financial management.	Hope Bynoe	Keith
ESL teacher	PBIS meetings to build social emotional awareness and teamwork		Normandin

Which best describes your role?	Is there any lesson/unit/classroom activity that you already use or plan to use in your teaching that you feel would fulfill a MyCAP objective?	Name (optional)	School
Other	I would like to have my students choose a career to research and present. Some of the areas that they will be researching include educational requirements, salary, skill requirement, and etc. They will then use the researched information to create a slideshow and will present the slideshow to the class. This will enable students to learn about various careers and their requirements.	Michelle Guisti	Roosevelt

Currently happening...

Which best describes your role?	Is there any lesson/unit/classroom activity that you already use or plan to use in your teaching that you feel would fulfill a MyCAP objective?	Name (optional)	School
Content area teacher (ELA, math, science, social studies, language)	I would be interested in implementing a team-building exercise in the near future that fosters both personal responsibility and cohesion within a larger group. Perhaps a game where the class can "win" if they work together by using their individual strengths and make decisions as a group.	Jared Manley	Keith
Content area teacher (ELA, math, science, social studies, language)	Internships that are related to student interest(s) and future plans.	Ted Geller	Keith
Content area teacher (ELA, math, science, social studies, language)	Looking at blueprints, determining scale, costs, etc		Keith
Content area teacher (ELA, math, science, social studies, language)	Careers in science are included in lessons such as geologists, biologists, and chemists.	Eugene Botelho	Keith
Content area teacher (ELA, math, science, social studies, language)	growth mindset activity in regards to acknowledging a strength and an area for growth at the start of the year and then revisiting those half way and again at the end of the year.	Jill Santos	Keith
Content area teacher (ELA, math, science, social studies, language)	Students explore careers in the social sciences and then meet with a panel of experts from each career.	Carolyn Westgate-Gaspar	Roosevelt

Currently happening...

Which best describes your role?	Is there any lesson/unit/classroom activity that you already use or plan to use in your teaching that you feel would fulfill a MyCAP objective?	Name (optional)	School
Content area teacher (ELA, math, science, social studies, language)	Daily classroom routines require students to utilize skills and mindsets that are necessary for success in the workforce - following directions, completing tasks, modifying behavior and work based on feedback, collaborating with peers and staff in a way that promotes professionalism and maximizes output (learning), knowing that just because you don't understand now doesn't mean you'll never understand or be able to do something (growth mindset), gradual release of pacing during assignments to promote efficiency, choosing activity paths that suit their strengths. Also, lessons on civic responsibility as a member of a community (8th grade Civics and Government)	Jake Santos	Keith
Content area teacher (ELA, math, science, social studies, language)	Goal setting and growth mindset activities based on BOY, MOY and EOY data (iReady and MCAS).	Debra Mendes	Normandin
Content area teacher (ELA, math, science, social studies, language)	For both Science and Social Studies we will conduct a lesson based on career opportunities, education requirements, real-life pertinence etc.	Matthew Keefe	Normandin
Content area teacher (ELA, math, science, social studies, language)	Keys to Literacy 2 column notes, study skills, graphic organizers and cards to organize information and aid in retention of content.		Roosevelt
Content area teacher (ELA, math, science, social studies, language)	Unit 1 in 6th grade social studies takes a look at careers in the social sciences, perhaps this unit can be adapted to include materials that would address the MyCAP objectives.	Colin Southgate	Normandin

Currently happening...

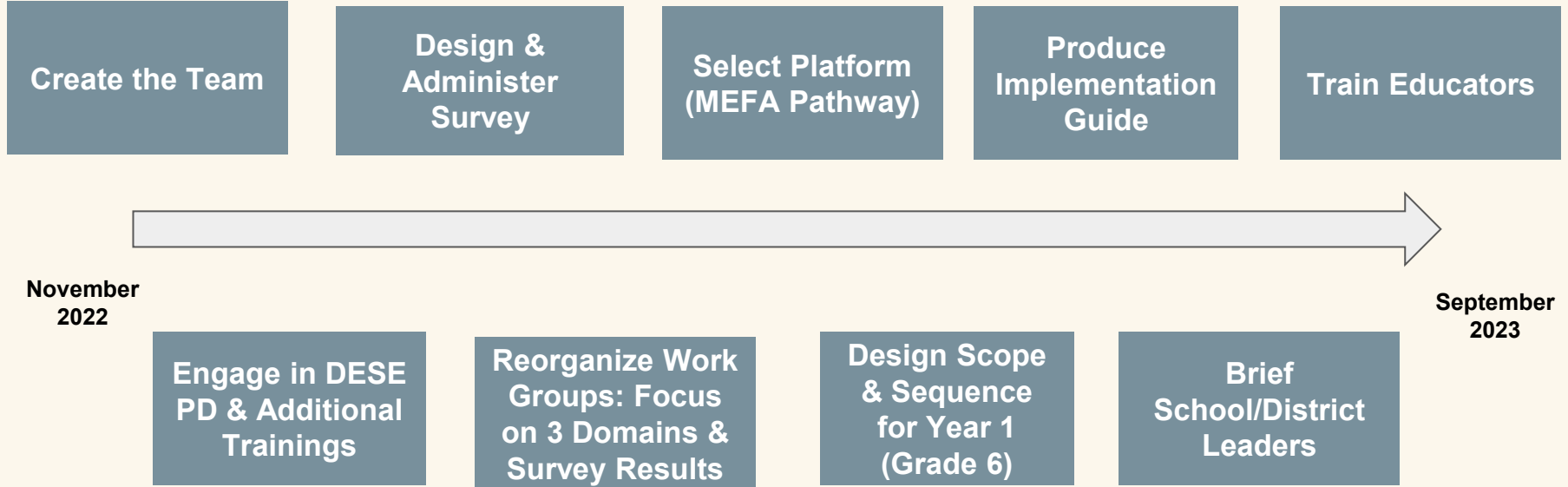
Which best describes your role?	Is there any lesson/unit/classroom activity that you already use or plan to use in your teaching that you feel would fulfill a MyCAP objective?	Name (optional)	School
Counselor	As a guidance counselor I teach conflict resolution skills to my students during the peer mediation process which helps students identify and maintain healthy relationships which would be part of the personal/social domain.	Colleen Arruda	Keith
Counselor	MassHire Career Inventory	Glenn Fergie	Normandin
Counselor	Discussion about high school options		Normandin
Counselor	Yes, I use a large group self-created curriculum with 8th graders to teach college & career readiness and preparedness for HS. I generally use Enrichment periods to conduct these classes.	Patty Benner	Roosevelt

Which best describes your role?	Is there any lesson/unit/classroom activity that you already use or plan to use in your teaching that you feel would fulfill a MyCAP objective?	Name (optional)	School
Special Education teacher or service provider	Person-centered planning. Used usually in special education transition planning with the IEP team, but can be modified for classroom/individual completion		Normandin
Special Education teacher or service provider	Conference with students quarterly to review final grades, attendance and behavior. Also, we discuss if they have any current issues, social aspect of middle school and short/long term goals.		Normandin

Currently happening...

Which best describes your role?	Is there any lesson/unit/classroom activity that you already use or plan to use in your teaching that you feel would fulfill a MyCAP objective?	Name (optional)	School
Music/Art/PE/Health	A lesson that I assign to my students is to first, make a list of 3 careers that they think they would be interested in when they get older, I then have them choose one of those careers and do some research on it, lastly, I will have students create a Google Slide and will include the research they found on their career that they want, for example, Job description, duties, salary, how to successfully get the career they want, do they need to go to college or obtain separate licenses, and why they want that career.	Torrey Medeiros	Keith
Music/Art/PE/Health	Cooperative Games	Scott Borowicz	Keith
Music/Art/PE/Health	Community art projects		Normandin
Music/Art/PE/Health	Growth Mindset Research project. Watch video examples of growth vs fixed mindset. Read articles comparing and contrasting the two. Then do research on 1 of 16 options of historical figures that have shown or show growth mindset in their lives.		Roosevelt
Music/Art/PE/Health	The health Mental/Emotional unit is packed with practice skills for mindfulness and self discovery, decision making, communication, negotiation, conflict resolution and appreciating differences.		Normandin

Timeline for Developing the MS MyCAP



MEFA Pathway - why did we select this platform?

- Free
- Visually appealing
- Fantastic technical support and training
- Begins in grade 6
- Free

The screenshot displays the MEFA Pathway website interface. At the top, the logo reads "mefa pathway" with the tagline "FOR THE FUTURE". The navigation bar includes links for Home, Create Your Profile, Discover Careers, and Pay For College. Below this, a secondary navigation bar lists Overview, Profile Details, My Dashboard, Digital Portfolio, Goals & Strategies, My Tools, and My User. The main content area features a user profile for "Hi, Fake S." at "Now Bodford High" in "Grade 6". A performance summary shows "LAST ACTIVITY" on "October 31, 2023", "DAYS SINCE LAST ACTIVITY" as "0", and "ACTIVITY DURATION LAST 30 DAYS" as "Nice work! You have been very active." with a small bar chart. Below the profile, the section "My Pathway - 6th Grade" includes a "Career Discovery Zone" with three interactive cards: "Everyday Things" (Find Careers Related to Things You Like), "says who?" (Identify Careers Through Their On-the-Job Lingo), and "FAVORITE SUBJECTS" (See how your favorite subjects relate to careers). To the right, there are three informational panels: "Grow your Digital Portfolio" (Remind me to keep it updated as your interests and skills develop and change), "Set Goals & Strategies" (Add short and long-term Personal, Career, & Academic goals and match these goals up with strategies), and "Prep for MCAS" (Be sure to prepare for your MCAS by taking the practice test).

MyCAP Plans for 2023-2024

School Implementation Grade 6

- Clever integration
- Teacher Training (Health & School Counselors)
- Plan out lessons/ materials and create packets

MyCAP Development

- Professional Development
- Planning lessons/curriculum for 7th grade
- Laying foundation at HS

Barnstable High School



 <p>Massachusetts Partnership for DIVERSITY IN EDUCATION Multicultural Staffing Initiatives for Public Schools</p> <p>This district is a proud member of MPDE Inc.</p> <p>To learn more, please visit mpde.org</p>	<p>Barnstable Public Schools</p> <p>District and School Improvement Plans October 5, 2022</p>  <p>BARNSTABLE PUBLIC SCHOOLS Achieving Excellence Together</p>	<p>TECHNOLOGY</p>  <p>IPad Chromebook</p>	 <p>WE ARE EQUAL</p>
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Erin Eastman, Career Readiness Counselor/ Department Head, Barnstable High School

Assembling a Team

Recommendations from DESE:

- Administrator
- Counselor
- Teacher
- Special Education

Can feel like a revolving door.



Scope & Sequence

We mostly use the [scope & sequence from DESE](#).

Process starts in 8th Grade BHS Experience (create account, inventories and set goals).

Career Research in 9th grade and start course planning (History classes).

Starting 10th grade this year which will include post secondary research and more course planning (English or History classes).

11th and 12th grades to follow (English classes).



Challenges

Changing staff.

Back burner.

Understanding what it is and why it's important.



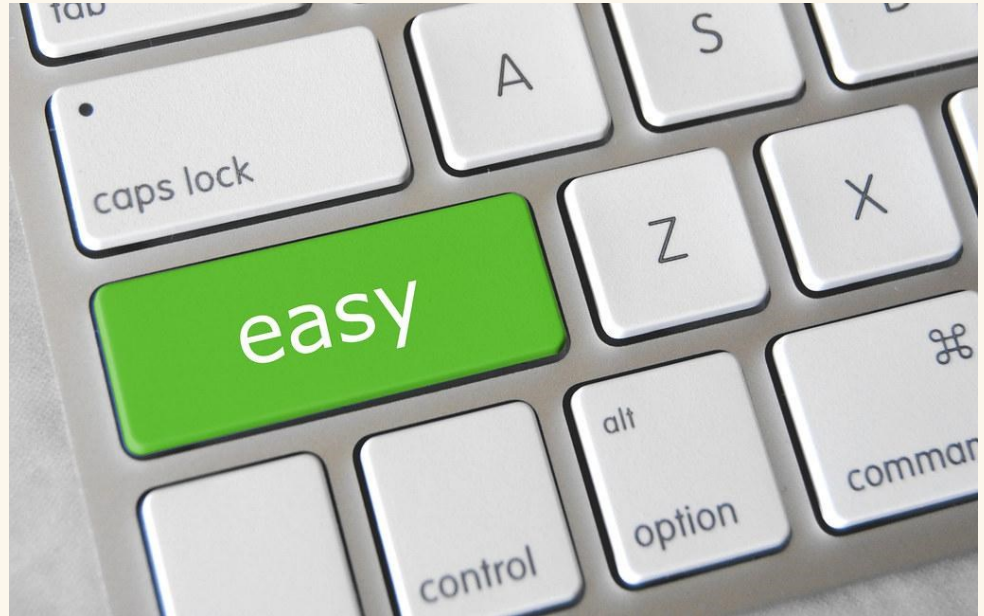
Helpful Things

MyCAP is required if you have Ch 74 or Innovation Pathways.

Makes sense and is easy to use.

Students like it.

Easy to generate stories about how it helps students.



Thank You

QUESTIONS?

Call (800) 449-MEFA (6332)
or email collegeplanning@mefa.org

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Contact Us

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