

xello

**Illinois PaCE:
Postsecondary and
Career Expectations and
Xello**





Xello's future readiness model helps meet the standards for Illinois PaCE: Postsecondary and Career Expectations. This document highlights the specific components and interactive lessons in Xello that support the PaCE key domains and corresponding expectations. Also included are custom lessons that can be created for additional learning objectives and activities not covered by Xello's interactive lessons.

Reference: <https://www.isac.org/pace/il-pace-resource-materials.html>

By the end of 6th grade...

KEY DOMAINS & EXPECTATIONS	WHERE TO FIND IT IN XELLO
<p>Aspiration</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● explore their interest <p>Students should be exposed to:</p> <ul style="list-style-type: none"> ● information about and examples of a wide range of careers 	<p>ABOUT ME</p> <p>Matchmaker</p> <p>Favorite clusters</p> <p>Experiences</p> <p>Interests</p> <p>EXPLORE OPTIONS</p> <p>Careers</p> <p>Pathways</p> <p>GOALS & PLANS</p> <p>Plans</p> <p>Goals</p> <p>LESSON</p> <p>Interests</p>
<p>Planning</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● practice their strengths <p>Students should be exposed to:</p> <ul style="list-style-type: none"> ● language that emphasizes individual skills, strengths, and assets 	<p>ABOUT ME</p> <p>Learning style</p> <p>Skills</p> <p>GOALS & PLANS</p> <p>Plans</p> <p>Goals</p> <p>LESSONS</p> <p>School subjects at work</p>

	<p>CUSTOM LESSON</p> <p>Transferable skills</p>
<p>Self-Advocacy</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● develop their confidence in their abilities <p>Students should be exposed to:</p> <ul style="list-style-type: none"> ● practices that develop a growth mindset 	<p>ABOUT ME</p> <p>Skills</p> <p>Experiences</p> <p>School subjects</p> <p>GOALS & PLANS</p> <p>Plans</p> <p>Goals</p> <p>LESSONS</p> <p>Decision making</p> <p>CUSTOM LESSON</p> <p>Building resilience and perseverance</p>

By the end of 7th grade...

KEY DOMAINS & EXPECTATIONS	WHERE TO FIND IT IN XELLO
<p>Aspiration</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● engage in guided self-reflection ● articulate aspirations ● envision a positive future 	<p>ABOUT ME</p> <p>Interests</p> <p>Experiences</p> <p>Portfolios</p> <p>EXPLORE OPTIONS</p> <p>Careers</p>

	<p>Pathways</p> <p>GOALS & PLANS</p> <p>Plans</p> <p>Goals</p> <p>LESSONS</p> <p>Discover learning pathways</p> <p>CUSTOM LESSON</p> <p>Create a career portfolio</p>
<p>Planning</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● explore their habits ● create or change a habit ● record their progress ● explore career interests 	<p>ABOUT ME</p> <p>Matchmaker</p> <p>Interests</p> <p>Favorite clusters</p> <p>Experiences</p> <p>EXPLORE OPTIONS</p> <p>Careers</p> <p>Pathways</p> <p>GOALS & PLANS</p> <p>Goals</p> <p>Plans</p> <p>LESSONS</p> <p>Time management</p> <p>CUSTOM LESSON</p> <p>Starting a new helpful habit</p>

<p>Self-Advocacy</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● explore their strengths ● effectively ask for help ● understand a growth mindset 	<p>ABOUT ME</p> <p>Experiences</p> <p>GOALS & PLANS</p> <p>Goals</p> <p>Plans</p> <p>LESSONS</p> <p>Self-advocacy</p>
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By the end of 8th grade...

KEY DOMAINS & EXPECTATIONS	WHERE TO FIND IT IN XELLO
<p>Aspiration</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● explore barriers to aspirations ● articulate personal strengths ● identify sources of motivation 	<p>ABOUT ME</p> <p>Interests</p> <p>Matchmaker</p> <p>Personality style</p> <p>Learning style</p> <p>Favorite clusters</p> <p>Skills</p> <p>Interests</p> <p>Resume builder</p> <p>EXPLORE OPTIONS</p> <p>Careers</p> <p>Pathways</p> <p>GOALS & PLANS</p> <p>Goals</p>

	<p>Plans</p> <p>LESSON</p> <p>Skills</p>
<p>Planning</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● explore career interests ● develop an educational plan for at least one career interest ● compare possible financial futures ● complete a career cluster survey ● attend a career exploration day <p>Students should be exposed to:</p> <ul style="list-style-type: none"> ● the concept of career clusters of interest ● relationship between community service/extracurricular activities and postsecondary (PS)/career goals 	<p>ABOUT ME</p> <p>Matchmaker</p> <p>After high school</p> <p>Interests</p> <p>Favorite clusters</p> <p>Experiences</p> <p>EXPLORE OPTIONS</p> <p>Careers</p> <p>Schools</p> <p>Majors</p> <p>Pathways</p> <p>GOALS & PLANS</p> <p>Goals</p> <p>Plans</p> <p>LESSONS</p> <p>Jobs and employers</p> <p>Transition to high school</p> <p>CUSTOM LESSON</p> <p>8th grade CCRI and your 4-year course plan</p>
<p>Self-Advocacy</p>	<p>ABOUT ME</p> <p>Learning style</p>

<p>Students should be supported to:</p> <ul style="list-style-type: none"> ● demonstrate a growth mindset ● explore learning styles ● map a support network ● complete a unit on education planning <p>Students should be exposed to:</p> <ul style="list-style-type: none"> ● a finance literacy unit in a course or workshop 	<p>GOALS & PLANS</p> <p>Goals</p> <p>Plans</p> <p>LESSONS</p> <p>Explore learning styles</p> <p>Transition to high school</p> <p>CUSTOM LESSON</p> <p>Budgeting basics</p>
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By the end of 9th grade...

KEY DOMAINS & EXPECTATIONS	WHERE TO FIND IT IN XELLO
<p>Career Exploration & Development</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● complete a career cluster survey ● complete a career interest survey <p>Students should know:</p> <ul style="list-style-type: none"> ● one or two careers for further exploration 	<p>ABOUT ME</p> <p>Matchmaker</p> <p>Personality style</p> <p>Skills lab</p> <p>Favorite clusters</p> <p>ABOUT ME</p> <p>Careers</p> <p>Pathways</p> <p>LESSON</p> <p>Explore career matches</p>

Post-Secondary Education Exploration, Preparation & Selection

Students should be supported to:

- attend a postsecondary options workshop
- select course work for PS/career plans aligned with the ISBE College and Career Readiness Indicators
- enroll as appropriate in early college credit courses
- outline a plan for community service/ extracurricular activities related to postsecondary plans

Students should know:

- the relationship between HS coursework, attendance, and grades to postsecondary plans
- importance of community service and extracurricular activities to postsecondary and career plans

Financial Aid & Literacy

Students should be supported to:

- Attend a basic financial aid presentation with a trusted adult

Students should know:

- general cost ranges of various postsecondary options

ABOUT ME

Experiences

Resume builder

GOALS & PLANS

Course planner

Goals

Plans

LESSONS

[Getting experience](#)

CUSTOM LESSONS

[9th grade - High school course plan review](#)

[Program research](#)

EXPLORE OPTIONS

Schools

CUSTOM LESSONS

[Cost of postsecondary school](#)

[9th grade - Financial aid presentation follow-up](#)

By the end of 10th grade...

KEY DOMAINS & EXPECTATIONS	WHERE TO FIND IT IN XELLO
<p>Career Exploration & Development</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● visit at least one workplace aligned to career interests ● Explore opportunities along the Work Based Learning Continuum ● Participate in activities related to their career cluster of interest ● Select a career area of interest: enroll in career pathway (CP) as available <p>Students should know:</p> <ul style="list-style-type: none"> ● skills related to career interests ● educational requirements, cost, expected entry level, and midpoint salary for occupations in selected career pathway 	<p>ABOUT ME</p> <p>Experiences</p> <p>Favorite clusters</p> <p>EXPLORE OPTIONS</p> <p>Careers</p> <p>Schools</p> <p>Opportunities</p> <p>GOALS & PLANS</p> <p>Goals</p> <p>Plans</p> <p>LESSONS</p> <p>Work values</p> <p>Workplace skills and attitudes</p> <p>Careers and lifestyle costs</p>
<p>Post-Secondary Education Exploration, Preparation & Selection</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● Connect and build relationships with 2-3 adults to support the post secondary and career selection process ● review coursework, and postsecondary/career plans in relation to the ISBE College and Career Readiness Indicators (every year) 	<p>EXPLORE OPTIONS</p> <p>Schools</p> <p>GOALS & PLANS</p> <p>Course planner</p> <p>LESSONS</p> <p>Program prospects</p>

<p>Students should know:</p> <ul style="list-style-type: none"> ● different types of postsecondary credentials and institutions ● general timing of post secondary entrance exams and applications ● benefit of early college credit opportunities to postsecondary access and completion 	<p>CUSTOM LESSONS</p> <p>Building career connections</p> <p>10th grade - High school course plan review</p>
<p>Financial Aid & Literacy</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● Attend a basic financial aid presentation with a family member 	<p>CUSTOM LESSON</p> <p>10th grade - Financial aid presentation follow-up</p>

By the end of 11th grade...

KEY DOMAINS & EXPECTATIONS	WHERE TO FIND IT IN XELLO
<p>Career Exploration & Development</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● revisit the career interest survey ● participate in a mock job interview ● create a resume and personal statement ● Complete an experience within the Work Based Learning Continuum <p>Students should know:</p> <ul style="list-style-type: none"> ● application deadlines, test timing, cost, and preparation for industry-based certification for career pathway 	<p>ABOUT ME</p> <p>Favorite clusters</p> <p>Experience timeline</p> <p>Resume builder</p> <p>EXPLORE OPTIONS</p> <p>Find out why Opportunities</p> <p>GOALS & PLANS</p> <p>College applications</p> <p>Local scholarships</p> <p>Knowledge hub</p> <p>LESSON</p> <p>Job interviews</p>

	<p>DASHBOARD</p> <p>Links & resources (Methodize)</p> <p>CUSTOM LESSONS</p> <p>Create your resume</p> <p>CCRI: Career development experience during high school career</p>
<p>Post-Secondary Education Exploration, Preparation & Selection</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● determine readiness for college-level coursework in Math/ELA and enrolled in either "catch up" or "speed up" course ● complete or enroll in at least one early college credit opportunity ● attend a college fair ● visit at least 3 postsecondary institutions ● take at least one college entrance exam <p>Students should know:</p> <ul style="list-style-type: none"> ● entrance requirements, including application deadlines, for expected postsecondary program of study ● 3-5 match schools, one safety, one reach school for postsecondary program of study ● negative impact of remediation on postsecondary goals 	<p>EXPLORE OPTIONS</p> <p>Schools</p> <p>GOALS & PLANS</p> <p>Course planner</p> <p>College applications</p> <p>Knowledge hub</p> <p>LESSON</p> <p>Choosing a college</p> <p>CUSTOM LESSONS</p> <p>About ACT/SAT entrance tests</p> <p>11th grade - High school course plan review</p> <p>Academic goal setting</p> <p>CCRI: Dual credit career pathway course (college credit earned)</p>

<p>Financial Aid & Literacy</p> <p>Students should know:</p> <ul style="list-style-type: none"> ● financial aid deadlines for chosen postsecondary options 	<p>GOALS & PLANS</p> <p>Local scholarships Knowledge hub (FAFSA)</p> <p>CUSTOM LESSON</p> <p>Paying for college</p>
<p>All 3 key domains</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● complete a Postsecondary Plan Workshop 	<p>CUSTOM LESSON</p> <p>Postsecondary and career planning follow-up</p>

By the end of 12th grade...

KEY DOMAINS & EXPECTATIONS	WHERE TO FIND IT IN XELLO
<p>Career Exploration & Development</p> <p>Students should be supported to:</p> <ul style="list-style-type: none"> ● complete at least two team based challenges ● obtain an internship opportunity related to the career pathway, if applicable ● if applicable, receive industry-based certification(s) related to the career pathway <p>Students should know:</p> <ul style="list-style-type: none"> ● how career pathway courses and experiences articulate to degree programs at postsecondary options 	<p>EXPLORE OPTIONS</p> <p>Opportunities</p> <p>CUSTOM LESSONS</p> <p>CCRI: Career development experience during high school career</p> <p>CCRI: Industry credential Team-based challenges portfolio</p> <p>Academic goal setting</p>
<p>Post-Secondary Education Exploration, Preparation & Selection</p>	<p>EXPLORE OPTIONS</p> <p>Schools</p>

<p>By 12/31 of 12th grade a student should have:</p> <ul style="list-style-type: none"> ● completed 3 or more admissions applications to postsecondary institutions ● ensure all steps in the postsecondary admissions process are completed on time <p>By the end of 12th grade a student should be supported to:</p> <ul style="list-style-type: none"> ● address any remedial needs in math/ELA 	<p>GOALS & PLANS</p> <p>College applications Knowledge hub Course planner</p> <p>CUSTOM LESSONS</p> <p>Postsecondary decision day</p> <p>Academic goal setting</p>
<p>Financial Aid & Literacy</p> <p>By 12/31 of 12th grade a student should have:</p> <ul style="list-style-type: none"> ● attended a Financial Aid Application completion workshop ● Completed a financial aid application <p>By the end of 12th grade a student should be supported to:</p> <ul style="list-style-type: none"> ● Complete a financial aid offer workshop <p>A Student should know:</p> <ul style="list-style-type: none"> ● estimated cost of each postsecondary option ● affordability of postsecondary options in relation to expected entry-level career salary and anticipated debt ● terms and conditions of any scholarship or loan 	<p>EXPLORE OPTIONS</p> <p>Schools</p> <p>GOALS & PLANS</p> <p>Local scholarships Knowledge hub (FAFSA)</p> <p>CUSTOM LESSON</p> <p>Completing the FAFSA</p>



Appendix

The following provides descriptions for each of Xello's features.

About Me / Glossary

Education Experiences

Students log their educational achievements in their Experiences timeline, reflecting on what they liked, what they found challenging, and what they learned in each case.

Experiences Timeline

Students create a graphical timeline of their education, volunteer, life, and work experiences. Entries include names, organizations, and reflective questions.

Favorite Clusters

Students can review the Career Clusters and save their favorites in the About Me. Students can also see their recommended career clusters and filter their career list by cluster when exploring their options.

Interests

Students identify their personal interests. They can select from predefined lists in categories like Science & Technology, Arts & Culture, and Clubs & Organizations, or they can enter their own.

Learning Style

The Learning Styles inventory helps students understand different ways of learning how they best learn.

Life Experiences

From extracurricular activities to travel to significant life events, students can record meaningful events and experiences, reflecting on what they liked, what they found challenging, and what they learned in each case.

Matchmaker

The career-match assessment matches students' interests directly to careers, allowing students to see exactly why a career is a strong match or not.

Mission Complete

The final portion of the career-match interest assessment will refine career matches and give students the best results.

Personality Style

A Personality profile (based on the Holland code) helps students better understand who they are and how that relates to individual occupations.



About Me / Glossary

Places

Students map out where they currently live, where they were born, and where their family is originally from.

Resume Builder

Students take the work they've already done in Xello, including skills, interests, and experiences, and quickly turn it into a professional resume, which they can download and share.

Share Your Profile

Students can activate a single page view of their profile, including their About Me profile and their Saved Options. The link can be shared with parents, mentors and others.

Skills

Students identify and rate their skills. They can select from predefined lists in categories like Communication & Teamwork, Leadership, and Information & Analysis, or they can enter their own.

Skills Lab

Skills Lab is an assessment that helps students in grades 9–12 understand career fit based on how frequently they'd like to use certain skills.

Volunteer Experiences

Students log their volunteer and community service participation in their Experiences timeline, including hours completed, reflecting on what they liked, what they found challenging, and what they learned in each case.

Work Experiences

Students log their paid and unpaid work experiences in their Experiences timeline, reflecting on what they liked, what they found challenging, and what they learned in each case.

Explore Options / Glossary

Careers

Students can explore richly descriptive, easy-to-understand career profiles with key information on education, workplaces, wages, and job outlook. When students save a career they're interested in, they are prompted to complete additional investigation, rating, and reflection.

Find Out Why

Within each career profile, students can see how their Matchmaker and/or Skills Lab results create their career match. Students can review the underlying breakdown of interests and/or skills to understand how their answers impact matches.

Majors

Students can explore and save over a thousand majors with student-friendly descriptions, typical courses, related careers, and schools that offer it.

My Saved Options

Students can save careers, schools, and majors as they explore options. Students review, reflect and update saved options overtime to keep pace with new learnings and evolving preferences. An up-to-date list of saved options is a great foundation for students' future planning.

Opportunities

If your school has purchased Xello's Work-Based Learning add-on module, this is where your students will have access to additional WBL features, such as internship and job shadowing opportunities and profiles of local businesses partnering with your district.

Pathways

Engaging Pathway Profiles educate students about their options and show them what life might look like if they choose a given path – what careers will be open to them, what their finances might look like, the education and training they'll need, and more.

Schools

Students can explore and save engaging, detailed college profiles that include key facts on enrollment, applications, costs, athletics, and majors. An interactive campus map that lets them see what's nearby and take a virtual campus tour using Google Street View



Goals and Plans / Glossary

College Applications

A suite of tools to help keep students informed and on track with their college applications. It provides a seamless transition from college and career exploration activities to the college application process.

College Planning Knowledge Hub

Relevant content to help guide students through the college planning journey using short and digestible articles and videos.

Course Planner

The Course Plan allows students to create a personalized four-year course plan that fulfills graduation requirements and aligns to students' goals. Integrating student course history, custom course lists, diploma tracking ensures students' plans are complete and accurate.

Course Planner Optimization

With a click of a button, students can ensure their course plans are configured in an optimal way. Xello offers suggestions to ensure graduation requirements are met and will automatically move courses around for the most optimal plan.

Diplomas & Specializations

Xello helps ensure students are on track to graduate with a sophisticated algorithm that checks to see that students' course selections include all necessary requirements for graduation. It also tracks specializations students work towards in conjunction with their diploma.

Goals

Students define, set manageable tasks, and track personal, academic, and other types of short- and long-term goals.

Local Scholarships

A centralized platform for educators to share local scholarship information with their students.

Plans

Students explore different pathway options to build after high school plans that include a customizable to-do list with actionable next steps

Goals and Plans / Glossary

Recommendation Letters

Provides students with a simple workflow to draft and send requests for recommendation letters that includes guidance on what makes a good request.

Transcripts

Students can request a transcript and monitor the status of that request. Students can see at a glance when their transcript request goes through and the date of the latest update so they always know where they stand.

Dashboard / Glossary

Assignments

Projects can be submitted and tracked as assignments. Educators can see which students have submitted work and provide feedback to students.

Portfolios

Students create and share vibrant portfolios to showcase their work and reflect on what they've learned. Students can highlight the self-exploration and planning they've done in Xello and add their own artifacts, like photos, videos, and journal entries.

Links & Resources

Put links to websites, documents, and other resources right at students' finger tips. Educators can add resources that appear on the dashboard that students see when they log in to Xello. If your school subscribes to Methodize, this is also where it will appear.



Educator Tools / Glossary

Courses & Diplomas

In-depth reports on Course Planner progress, including course planner completion, course planner alerts, diploma completion, and more.

Educator Dashboard

See at a glance how students are engaging with Xello. The Educator Dashboard shows usage and makes assignments and groups easy to access.

Engagement Reports

These reports will show how often and how recently students have signed in to Xello, with the option to narrow by day, month, or student.

Lesson Progress Reports

These reports will track where students are at with lessons: complete, in progress, and not started.

Student Work Reports

These reports will track students' participation in activities on the About Me page, such as the assessments, post-secondary plans, and their saved careers, schools, and majors/programs.

Xello Family / Glossary

Parent/Guardian Accounts

Gives parents and guardians access to their child's work in Xello to provide them the opportunity to discuss and support their future goals and plans.

Lessons / Glossary

Biases and Career Choices

(Recommended Grade 7)

Students identify biases of gender, ethnicity, ability, and class in the workplace and explore how biases can influence career choices.

Career Backup Plans

(Recommended Grade 12)

Students understand the importance of career backup plans, and explore potential backup careers for themselves.

Career Demand

(Recommended Grade 11)

Students learn about job projections and outlook, analyze factors that impact job demand, such as changes in technology, demographics, business practices or production methods, consumer preferences, and workplace restructuring, and explore how their career plans may be shaped by demand for a career that interests them.

Career Path Choices

(Recommended Grade 12)

Students understand that career development is a process of constant change, that flexibility and adaptability can help them continually explore their career options, and the importance of re-evaluating their interests, skills, etc. in order to identify the need or desire for a career change.

Careers and Lifestyle Costs

(Recommended Grade 10)

Students identify some of their most important lifestyle goals and assess whether or not they can achieve their lifestyle goals in a career that interests them.

Choosing a College

(Recommended Grade 11)

Students identify which factors are important to them in a potential postsecondary school, and investigate how a college or university stacks up to their priorities.

Lessons / Glossary

Decision Making

(Recommended Grade 6)

Students understand the importance of making informed, responsible decisions when faced with important choices. They learn about the importance of considering the consequences of potential decisions, explore the difference between gut and logic decisions, and reflect on an important decision they've recently made.

Defining Success

(Recommended Grade 12)

Students explore what success means to them in various aspects of life, including their personal life, school, and career, and explore ways they can make a difference and achieve success in a career that interests them

Discover Learning Pathways

(Recommended Grade 7)

Students investigate their postsecondary pathway options, explore the postsecondary pathways to various careers, and evaluate the pathways they could take to a career that interests them.

Entrepreneurial Skills

(Recommended Grade 11)

Students identify the skills and characteristics that make entrepreneurs successful, investigate paths to becoming an entrepreneur (e.g. starting your own business, buying a franchise, etc.). Students explore the benefits and challenges of becoming an entrepreneur and investigate ways to apply entrepreneurial skills within a career that interests them (develop entrepreneurial opportunities for themselves with any career).

Explore Career Matches

(Recommended Grade 8)

After completing the first part of the career-match assessment, students investigate central, secondary, and other aspects of the career match assessment, and how they relate to careers, reflect on their results, and explore the aspects for a career that interests them.

Explore Learning Styles

(Recommended Grade 7)

After completing the Learning Styles Quiz, students investigate visual, auditory, and tactile learning styles, and explore how understanding their own learning style can help them in school and on the job.

Lessons / Glossary

Exploring Career Factors

(Recommended Grade 9)

Students further explore the Investigate important factors: work/life balance, money, making a difference, education, interests, growth; assess which of these 6 core factors are important to them when making a career decision, and why; and prioritize the 6 core factors that influence their career decisions.

Getting Experience

(Recommended Grade 9)

Students explore different ways they can get work experience now. They identify several ways to get experience while still in school: community service/volunteerism, co-op programs, part-time job, internships, etc. and assess which type of experience is best suited for their career interests and goals.

Interests

(Recommended Grade 6)

Students reflect on some of the interests they have saved in Xello, explore the link between interests and various careers, and investigate how their interests match up with a career they like.

Job Interviews

(Recommended Grade 12)

Students explore ways to prepare for a job interview, describe their own abilities and qualifications in the context of an interview, investigate job interview questions in the context of a career that interests them, and explore appropriate post-interview behaviours and actions.

Jobs and Employers

(Recommended Grade 7)

Students explore ways to find employment (e.g. job boards, networking, etc.), reflect on the advantages and disadvantages to various work search strategies, and research potential employers in their community.

Personality Styles

(Recommended Grade 9)

After completing the second part of the career match assessment, students investigate personality styles, and explore how their own personality style can help them at home, school, work, and other areas of their life.

Lessons / Glossary

Program Prospects

(Recommended Grade 10)

Students distinguish between different types of postsecondary programs, such as apprenticeships and degree programs, explore career options related to different types of programs, and evaluate their program options in terms of their strengths, academic interests, and career interests.

School Subjects at Work

(Recommended Grade 6)

Students relate school subjects to various tasks, reflect on their favorite school subject, and explore ways to use their favorite school subject in a career that interests them.

Self-Advocacy

(Recommended Grade 8)

Students understand the concept of self-advocacy, identify situations where they may need to advocate for themselves or issues they may want to advocate for, identify skills and behaviors required to effectively advocate for themselves, such as leadership, confidence, and communication, and explore ways they can advocate for themselves in school, the community, at home, and in a career.

Skills

(Recommended Grade 8)

Students explore the skills required to perform various activities, as well as the link between their skills and career goals.

Lessons / Glossary

Study Skills and Habits

(Recommended Grade 9)

Students identify skills, habits, and behaviors they need to learn successfully in high school, explore potential obstacles to success in their schoolwork (such as lack of motivation, distractions, and lapses in self-confidence), and plan how to develop positive study habits and behaviors.

Time Management

(Recommended Grade 6)

Students explain why time management is important in school and on the job, create a time budget to assess how they currently manage their time, and explore ways to improve their time management skills.

Transition to High School

(Recommended Grade 8)

Students explore ways to make their transition to high school easier and more successful. They identify questions and concerns they have about entering high school; explore clubs, activities, and other resources to help handle transition to high school; and develop other strategies to deal with transitions.

Work/Life Balance

(Recommended Grade 11)

Students assess how their current work (school) demands affect family life, free time, etc., identify the work demands of a career of interest, and explore strategies for maintaining a healthy life-work balance now and in the future.

Workplace Skills and Attitudes

(Recommended Grade 10)

Students explore skills and behaviors that employers look for, such as time management (plan/organize work), dependability, good attitude, communication skills, problem solving, etc. Students explain why these skills and behaviors are important to various careers and how they manifest on the job, and assess their own employability skills.

Work Values

(Recommended Grade 10)

Students explore their own work values, and investigate careers that they may find satisfying based on their values.