

## **Self-Awareness (ASSESS)**

- Periodic self-assessment of interests and strengths
- Reflection and goal-setting
- Financial knowledge and understanding of resources
- Academic courses and skill preparation
- Behavioral and employability skill preparation

## **Career Exploration (EXPLORE)**

- Middle school career exploration activities and opportunities
- High school career exploration activities and opportunities
- World of work and labor market trends
- Understanding and comparing different postsecondary education and training

## **Career Planning (PLAN)**

- Planning skills
- Middle school plan
- High school plan

## **Career Management (ACT)**

- Implementing the plan
- Updating the plan with new information and artifacts
- Conferencing, advising, and mentoring with students
- Transitioning ICAP components