
















GRADE 7


Pre-ICAP Development Checklist

Here are the activities you need to complete in seventh grade to ensure that you are on track to completing your individual career academic plan.

Complete the following activities throughout the academic year: ✓

Create or update your account on 	
Take the Skills Confidence Assessment  	
Explore Occupations Suggested by Assessment Results 	
Update your Options After High School 	
Review the Pre ICAP cards 	
Review Favorites   	
Work-Based Learning 	
Take a learning-style assessment	
Set goals  	
Start My Ed Plans 	
Invite your parents or guardians to create an account 	
Update your grade level at the end of school year 	

How to create an OKCareerGuide.org account

1. Go to Oklahoma Career Guide at www.okcareerguide.org.
2. Select **Create an Account**. In the dropdown menu select MS or HS student and click  .
3. Type the first three letters of your site, center or organization. Typically, this will be the first few letters of your school name. For example, type "Cen" to get a list of options that begin with those letters. From that list, you may locate and select "Central HS."
4. During step 3, you will create a user name and password. Write them here for future reference:

User name: _____

Password: _____

5. Click  to complete the process.

NAME _____

SCHOOL _____