

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 OKCareerGuide ⚙️ Account Settings	
Take the Skills Confidence Assessment . 🏠 ✓	
Explore Occupations Suggested by Assessment Results . 📍	
Update your Options After High School . 🎓	
Review the ICAP Oklahoma cards.	
Review My Favorites . ★	
Take a learning-style assessment.	
Set goals. 🎯	
Start My Ed Plans . 📖	
Invite your parents or guardians to create an account. ⚙️ Account Settings	
Update your grade level at the end of school year. ⚙️ Account Settings	

How to create an OKCareerGuide.org account

- Go to Oklahoma Career Guide at www.okcareerguide.org.
- Select **Create an Account**. In the dropdown menu select MS or HS student and click [Next Step »](#).
- 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."
- During step 3, you will create a user name and password. Write them here for future reference:
 Username: _____
 Password: _____
- Click [✓ Sign Me Up](#) to complete the process.

NAME _____

SCHOOL _____