



GRADE

8

Pre-ICAP Development Checklist

Here are the activities you need to complete in eighth 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 or retake the Career Interests Assessment and Skills Confidence Assessment.	
Compare your interests to your skills.	
Explore Occupations Suggested by a Pathway.	
Explore Programs of Study.	
Review sample plans of study.	
Update Education Plans.	
Work-Based Learning.	
Explore the continuum of Work-Based Learning.	
Work-Based Learning Opportunity (Extension Activity).	
Document your skills and accomplishments. Mapping out a Plan.	
Start a resume.	
Review the Pre ICAP cards.	
Set Goals.	
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 _____