
















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 OKCareerGuide   Account Settings	
Take or retake the Career Interests Assessment and Skills Confidence Assessment .  	
Compare your interests to your skills.  My Next Steps	
Explore Occupations Suggested by a Pathway .  	
Explore Programs of Study .	
Review sample plans of study. My Next Steps 	
Update My Ed Plans . 	
Explore the continuum of Work-Based Learning.	
Document your skills and accomplishments. 	
Start a resume. 	
Review the ICAP Oklahoma cards. 	
Set Goals. 	
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

1. Go to Oklahoma Career Guide at www.okcareerguide.org.
2. Select **Create an Account**. In the dropdown menu select "a middle school or high school 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:

Username: _____

Password: _____

5. Click  to complete the process.

NAME _____

SCHOOL _____