

My Career and Academic Plan

This workshop introduces a professional development effort being coordinated by the Massachusetts Department of Elementary and Secondary Education (MA DESE) in collaboration with the Massachusetts School Counseling Association (MASCA) and Boston University. The workshop will describe the design of a [three-day professional development workshop series](http://www.doe.mass.edu/ccte/ccr/mycap/) that builds capacity among high schools for implementing a college and career readiness strategy referred to as My Career and Academic Plan (MyCAP). MyCAP was launched in response to [Massachusetts Commission report](https://www.mass.gov/files/documents/2016/12/wr/six-year-career-plan-advisory-committee-report-.pdf) on the nature and promise of ILPs in Massachusetts.

MyCAP is a robust career and workforce development program that prepares students for post-secondary success. It is a student-driven, whole-school program led by school counselors and implemented by teachers throughout the school and across content areas. MyCAP activities are designed to help students identify their talents and skills, identify an expanded range of occupations and careers that align to their talent and skills as well as helps them establish academic and postsecondary options. MyCAP uses an ePortfolio that showcases student’s career and workforce development.

Workshop participants will engage in a number of activities that demonstrates how MyCAP provides youth with access to encouraging adult mentors who facilitate group and online activities that enable youth to examine their talent, skills and interests and discover how their talent aligns with a wide range of future work opportunities (self-exploration skills), learn how to examine labor market information when considering viable career goals (career exploration skills), identify the academic skills and coursework needed to pursue a given career and life goal (career planning and management skills) and be able to identify work-based learning and early college opportunities that enable them to learn more deeply about their goals as well as development the skills and experiences needed to pursue them.

*Dr. V. Scott H. Solberg*Ph.D, is Professor at the Boston University Wheelock College of Education and Human Development.  Dr. Solberg is working internationally and nationally on the design, implementation, and evaluation of effective career development programs and services for especially high-need youth populations, including youth with disabilities. His most recent book is “Making School Relevant with Individualized Learning Plans: Helping Students Create Their Own Career and Life Goals” from Harvard Education Press.