

## **Timberline K-8 ICAP Activities**

### **ICAP Grade 5-**

**Activity 1-** Self-Awareness/Short and Long Term Goals

**Activity 2-** Career Exploration

**Activity 3-** Self Management (Study and Social Skills)

At the start of the year, Counselor will go into the classroom and give students an introduction to ICAP using the [ICAP presentation](#).

### **Activity 1: Self-Awareness/Short and Long Term Goals (SA and AP)**

**Counselors Will-** Train and guide teachers on College in Colorado and the 8 ICAP Indicators

**Teachers Will-** Have students go to College in Colorado to write in their journals.

**Students Will-** Go to College in Colorado and click on the Left tab labeled, “Index”. Scroll down until you see, “Your Journal”. Here, students will keep reflective journals at the beginning and end of each trimester, tracking their goals for the trimester. At the end of the trimester, students will reflect on their goals, if they obtained them, and what they could do differently.

#### **Standards:**

CCSS.ELA-LITERACY.CCRA.W.10

Write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of tasks, purposes, and audiences.

### **Activity 2: Career Exploration (CA)**

**Counselors Will-** Be available to assist and offer more trainings for teachers.

**Teachers Will-** Have students log into CIC and go to the Career O Matic screen. Have students open a new google doc to record their three careers that the Career O Matic provides to them. Once they have completed this task, inform students to choose one career that they will be writing a short story for. You can fit this into your unit on short stories/narrative writing. Students will also need to conduct research for career specific terminology such as, behaviorist, hypnotist, therapist, hygienist, assistant, etc. (These are words that came directly from the Career O Matic program)

**Students Will-** Log into CIC, click on the home button and from there, you will click on “Why Not Leave Your Life to Chance” icon to go to the Career O Matic screen. Pull the lever three times and record the three careers that you were given on a google document. This will be a prompt for a short story that you will write in Language Arts about a person who ended up in this career.

**Integration of Knowledge and Ideas:**

CCSS.ELA-Literacy.CCRA.R.7

Integrate and evaluate content presented in diverse media and formats, including visually and quantitatively, as well as in words.

CCSS.ELA-LITERACY.CCRA.W.3

Write narratives to develop real or imagined experiences or events using effective technique, well-chosen details and well-structured event sequences.

CCSS.ELA-LITERACY.CCRA.W.6

Use technology, including the Internet, to produce and publish writing and to interact and collaborate with others.

**Activity 3- Self Management (Study and Social Skills) (SA, AP)**

**Counselors Will-** Come into classes and discuss importance of study habits as they progress through their education.

**Teachers Will-** Decide what assessment students will create note cards for and then guide students through the process of creating note cards for notes they have taken in class. (This does not have to be note cards; it can be any type of study skill the teacher feels would be effective for the specific assessment).

**Students Will-** Demonstrate self-discipline by preparing and planning for an upcoming exam or assessment during class assignment