

Course Name: CAP (Career and Academic Preparation)

Duration: 1 Semester Full Year

Grade Level: 9th 10th 11th 12th (check all that apply)

Are there any prerequisites for the course?

This course requires an IEP and Case Manager approval.

WHAT this course is about:

This course is designed to provide strategies and support to help you in your effort be a successful student at LC.

WHY take this course:

Sometimes it is a struggle to keep up with the demands of high school. This course will provide you with the tools, support, and time needed to work towards your potential in each class.

WHAT you'll learn:

- How to self-advocate (communicate with teachers in person and through email, ask questions, ask for help, etc.)
- How to track progress
- How to manage time
- Develop personalized systems to organize materials
- How to prioritize assignments
- How to get work started and persist with challenging work
- How to break assignments into smaller parts and plan when to do work
- How to improve study skills
- How to apply strategies to stay on task and maintain attention
- How to use technology to improve your productivity
- Develop self-reflection skills to help you improve
- How to understand your IEP
- How to understand your specific accommodations and modifications

WHAT you'll do:

- Bring assignments and/or homework to class
- Check PowerSchool, review grades, and missing assignments
- Email teachers about assignments/concerns
- Have extra time to complete assignments, quizzes, tests

- Organize classwork for other classes
- Set goals and reflect on progress
- Review your IEP
- Review accommodations and modifications
- Complete interest inventories to help determine post-secondary goals
- Work towards progress on your IEP goals

WHERE this could take you:

Whether you are interested in a transition program, workforce, trade school, or college after high school, the skills you develop in this course will help prepare you for life after high school.

OPTIONAL Course Outline (“scope and sequence”, sequence chart, etc.)

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