

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?

CAP manager and IEP approval.

WHAT this course is about:

CAP is designed both as an academic support class as well as a skill-building course. This is a for-credit, elective class. Attendance will be taken, and grades awarded. There will be time allotted daily for activities related to individual self-management skill development as well as time for academic support and work completion. Daily activities will be tailored to fit the individual needs of each student. Students will develop and Individual Semester Plan with personal goals for grade achievement as well as personal development. These plans will be evaluated monthly.

WHY take this course:

This course will provide students with the tools, support, and time needed to work towards your potential and success in each class. It also assists with the accommodation of given students extra time to complete assignments quizzes/tests.

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 / prioritize assignments
- Develop personalized systems to organize materials
- How to get work started and persist with challenging 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 (focus: accommodations & 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 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.)

Click or tap here to enter text.