

sophomore

Learn MORE.
Achieve MORE.

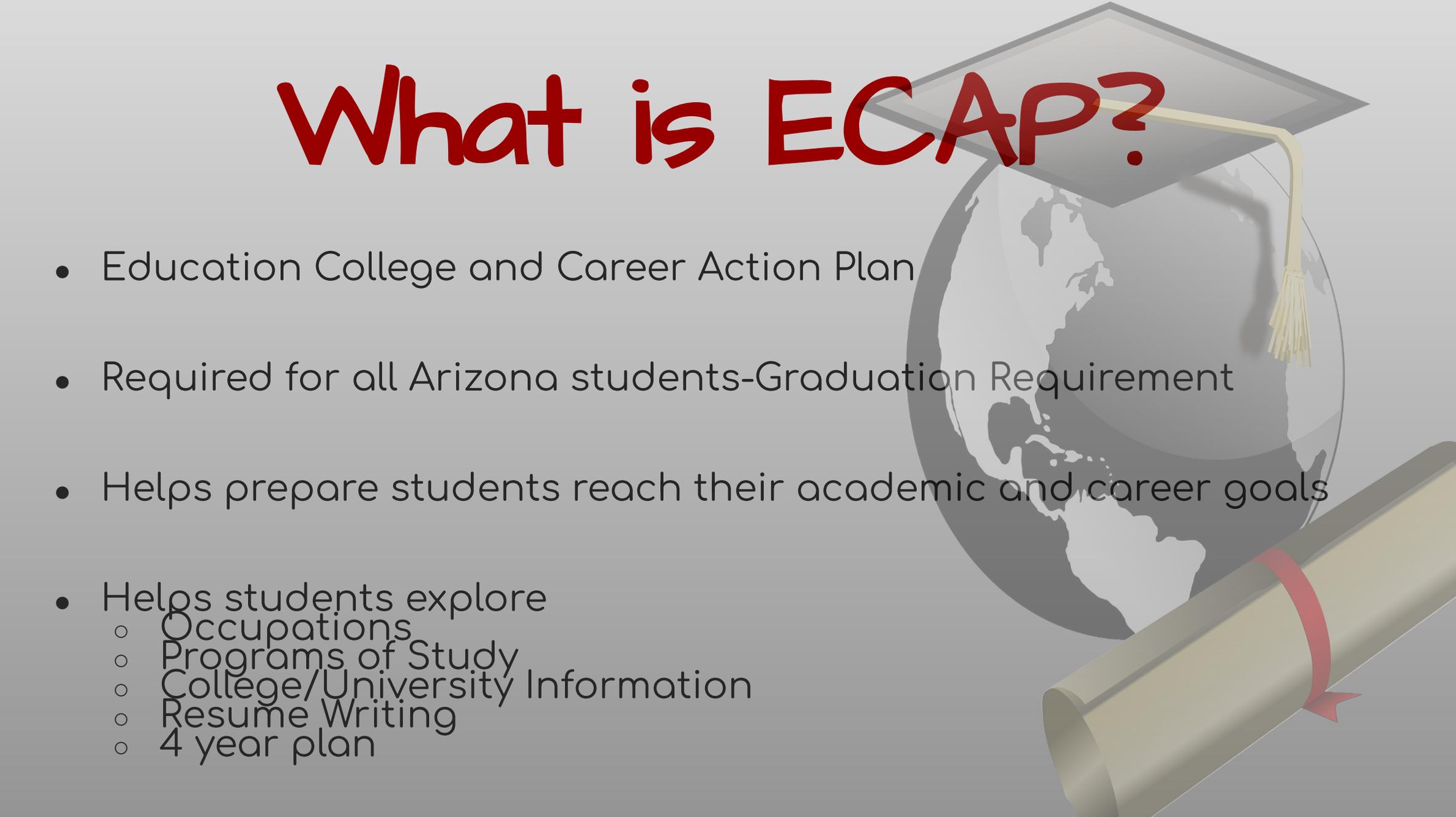
ECAP
10TH GRADE

S.O.P.H.O.M.O.R.E.S

Meet the Counselors

Student Last Name	Counselor	Room Number
A-BROM	Ms. Celaya	C125
BROO-DASH	Dr. Massey	C125
DAU-GEN	Mrs. Trujillo	C223
GEO-HUSS	Ms. Bopp	C223
HUY-LEV	Ms. Furrow	E100
LEW-MOH	Mrs. Anaya	E100
MOI-PHAM	Mr. Spykstra	E200
PHAN-SEAW	Mrs. Tietjen	E200
SEB-TUP	Mrs. Romero	C227
TUR-Z	Mr. Kanner	C226
Social Worker	Ms. Bravo	A122
Social Worker	Mrs. Azurdia	H127D

What is ECAP?



- Education College and Career Action Plan
- Required for all Arizona students-Graduation Requirement
- Helps prepare students reach their academic and career goals
- Helps students explore
 - Occupations
 - Programs of Study
 - College/University Information
 - Resume Writing
 - 4 year plan

Graduation Requirements

Curriculum area	Graduation Requirements	In-state University
English	4 Credits	4 Credits
Math	4 Credits	4 Credits
Lab Science	3 Credits	3 Credits
Social Studies	3 Credits	2 Credits
Career/Fine arts	1 credit	1 credit
Foreign Language	NONE	2 Credits
PE	1 Credit	0 Credit
Health	.50 Credit	0 credit
Required Courses	16 ½ credits	16 credits
Elective Courses	5 ½ Credits	4 Credits
Total Required Credits	22 Credits	16 Credits

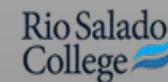
2 Year Colleges

Technical:

- Offer programs that emphasize hands on skills
- Students often go right into careers in technical or industrial fields
- Work with local employers to make sure students get the skills they need
- Instructors are also often professionals in their field
- Students can earn - Certificates, Diplomas, Associates Degrees

Community:

- Provide first 2 years of a 4-year degree
- Students often transfer to a 4-year institution to complete a bachelor's degree
- Also offer career specific training for professionals
- Students can receive - Certificates, Diplomas, Associates Degrees





GRAND CANYON
UNIVERSITY™

4-Year Colleges and Universities

- ❑ Can be Public or Private
 - ❑ Public colleges are funded by local and state governments and usually offer lower tuition rates.
 - ❑ Private colleges rely mainly on tuition, fees and private sources of funding.
- ❑ Usually have on-campus housing
- ❑ Offer a wide range of majors
- ❑ Offer a wide range of athletic programs as well as programs in the arts such as music and theater
- ❑ Students must meet certain requirements to be accepted
- ❑ Degrees take 4 years to complete
- ❑ Students can receive - Bachelor's Degree, Masters Degree and Professional or Doctoral Degrees



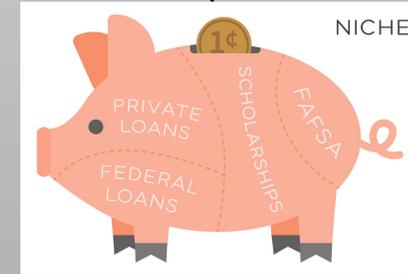
5 Steps to Creating a College List:

1. Ask yourself questions – What am I interested in? What do I want to do in future?
2. Search for colleges – search locations, majors, size of campus, etc.
3. Add colleges of interest to your list
4. Get to know the options – Visit campuses virtually to explore options
5. What matters most to you – explore activities, campus life, sports, etc.

Paying for College:

Financial Aid – applying for federal financial aid (FAFSA) can help support students for paying for college. Counselors and Career Specialist will provide more information junior/senior year.

Grants & Scholarships – Some students may be eligible for a grant or scholarship or both to help pay for college. Check with your counselor junior/senior year for more information regarding scholarship search opportunities.

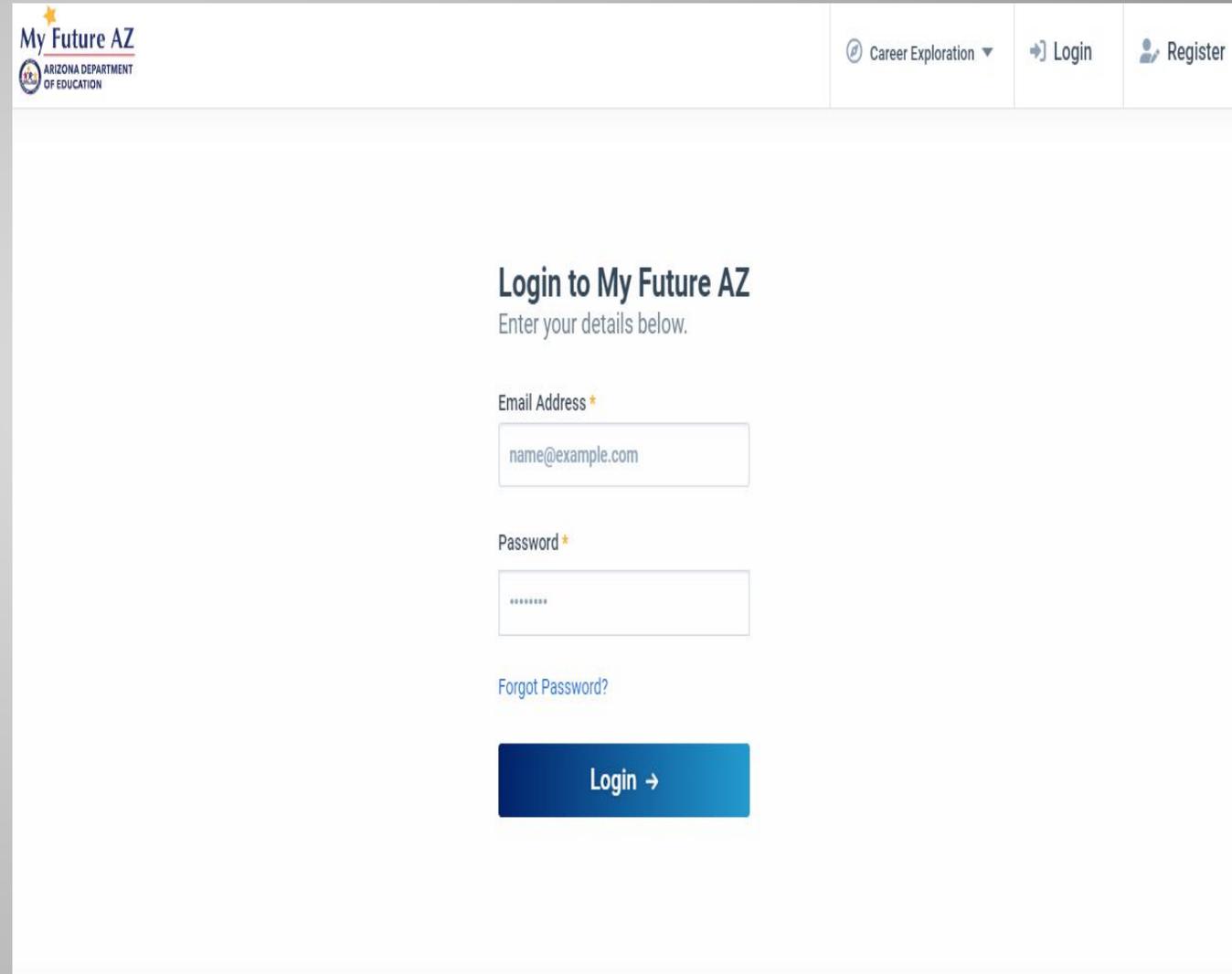


What you do in High School matters:

1. Stay on top of your grades – Turn in homework on time, study for your tests ahead of time, come in for tutoring as needed.
2. Extracurricular activities – Get involved in clubs here on campus.
3. Outside of school – Complete volunteer or community service hours, internships, jobs, etc.
4. Get involved!
5. Advocate for yourself – don't hesitate to ask questions!

Let's Go Exploring....

1. Open Chrome and type in <https://myfutureaz.pipelineaz.com>
2. Click on **LOGIN** in the top Right Corner
3. Email- USE YOUR GSE ACCOUNT!
4. Password- **Ch@ndler1!**



My Future AZ
ARIZONA DEPARTMENT OF EDUCATION

Career Exploration Login Register

Login to My Future AZ

Enter your details below.

Email Address *

Password *

[Forgot Password?](#)

[Login →](#)

MY FUTURE AZ

If you did not attend a CUSD school last year follow the steps below

1. Click on REGISTER in the top Right Corner

Enter the Following Information

First Name

Last Name

Email- USE YOUR GSE ACCOUNT!

Password- **Ch@ndler!**

Zipcode-85248

Grade-10

Career Exploration ▾ Login Register

Login to My Future AZ

Enter your details below.

Email Address *

Password *

[Forgot Password?](#)

Login →

Let's Go Exploring...

Grades 9-12 Career Planner

Click Here



Get all you can from your account

Use My Future AZ's resources to help assist in your college and career planning.

 View All Resources

 Invite parents or guardians

Welcome to your student dashboard. Use the tools below to start building your Education and Career Action Plan (ECAP).



Career Interests Quiz



Career Exploration



Graduation Goals



High School Course Planning



ECAP Tasks



Build Your Courses

Sort by: All

Access ASU

Access ASU's programs and initiatives are designed to ensure all Arizona students graduate high school ready to thrive in college and the 21st century workforce.

Visit Site

Arizona Community Foundation Scholarship Application

The Arizona Community Foundation allows high school seniors and current college students throughout Arizona to apply for more than 100 scholarship awards online with one general application

Visit Site

Be A Leader Foundation

Our mission is to increase the number of students who are prepared for and succeed in higher education by empowering them with tools, leadership skills and consistent support, transforming lives and creating life-long opportunities for success.

Visit Site

College Board College Search

Find the right college for you with a nationwide college search.

Visit Site

College Search

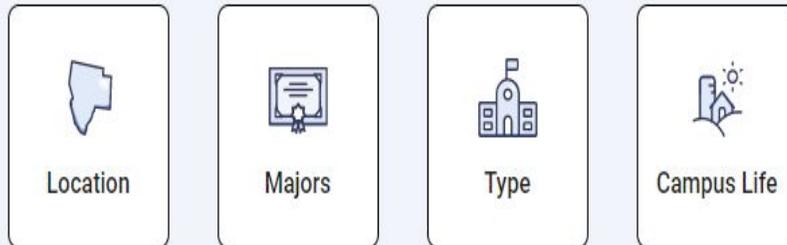
College Search

Search by college name

♡0

Find the right college for you.

Choose a category to start exploring.



- Search by
- Location
- Major
- Type
- Campus Life



↑ Back to top

🔍 Search by college name

♥ 2

University of Arizona →

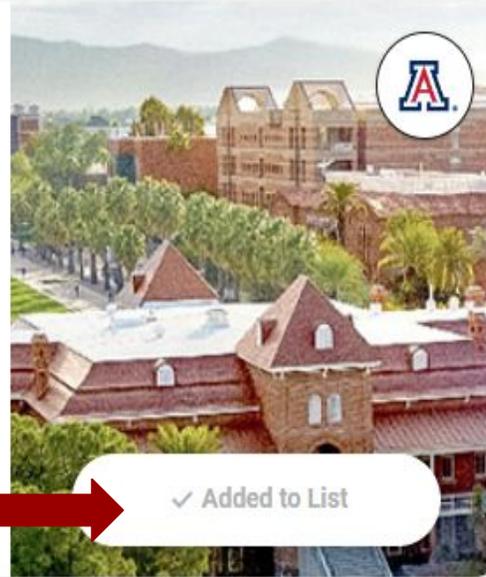
Tucson, AZ

i 4-year • Public • Very Large • Urban

🎓 65% graduation rate

💰 \$17K average per year after aid

SAT 1110–1360



Arizona State University →

Tempe, AZ

i 4-year • Public • Very Large • Urban

🎓 63% graduation rate

💰 \$14K average per year after aid

SAT 1120–1360



1. Add 3 colleges to your list
2. Click on the heart in the top right corner



My College List

You've added **3 colleges**. Sign in to save your list.

Save My College List

Sort by ▾



Arizona State University
Tempe, AZ
Net Price \$14,081 • **Acceptance Rate** 86%
SAT 1120–1360 • **Level** 4-year





University of Arizona
Tucson, AZ
Net Price \$16,580 • **Acceptance Rate** 85%
SAT 1110–1360 • **Level** 4-year





Click on each college to answer questions on google doc.

**YOU ARE
DONE!**

You will be able to go
back and access your
document any time.

it's okay to not be okay



A FRIEND ASKS APP

- ★ Get Help Now
- ★ How to Help a Friend
- ★ Warning Signs
- ★ Resources for Help



WARNING SIGNS

- ★ Decline in school performance and behavior
- ★ Changes in school attendance
- ★ Talking, or joking, about suicide or making suicide threats
- ★ Loss of interest in things they used to enjoy
- ★ Unusual interest in death and dying
- ★ Taking unnecessary risks
- ★ Feelings of hopelessness
- ★ Depression
- ★ Bullying - Both the target of bullying and the bully are at risk
- ★ Change in Friendships - withdrawing from friends and social activities
- ★ Mood swings or personality changes
- ★ Increased use of alcohol or drugs
- ★ Giving away prized possessions
- ★ Changes in eating and sleeping habits

988

988 offers 24/7 access to trained crisis counselors who can help people experiencing mental health-related distress. That could be:

- Thoughts of suicide
- Mental health or substance use crisis, or
- Any other kind of emotional distress

People can call or text [988](https://988lifeline.org) or chat 988lifeline.org for themselves or if they are worried about a loved one who may need crisis support.



The poster features the 988 Suicide & Crisis Lifeline logo in a blue box on the left. To the right, the text "There is hope" is written in pink above a pink heart held by two hands. Below this, the text "Talk with us." is written in blue, followed by "If you or someone you know needs support now, call or text 988 or chat 988lifeline.org". There are icons for a question mark in a speech bubble and a text message icon. A QR code is located at the bottom right, and the footer text "PEP22-06-01-004" is in the bottom right corner.

988
SUICIDE
& CRISIS
LIFELINE

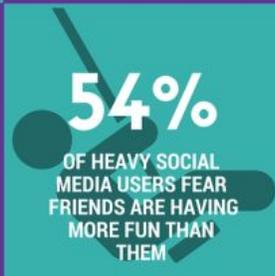
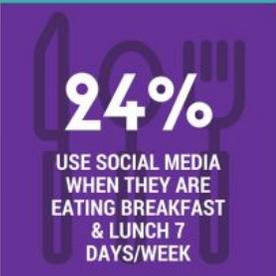
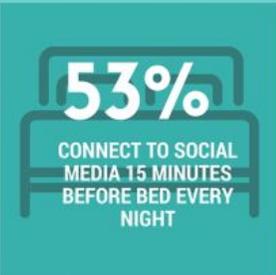
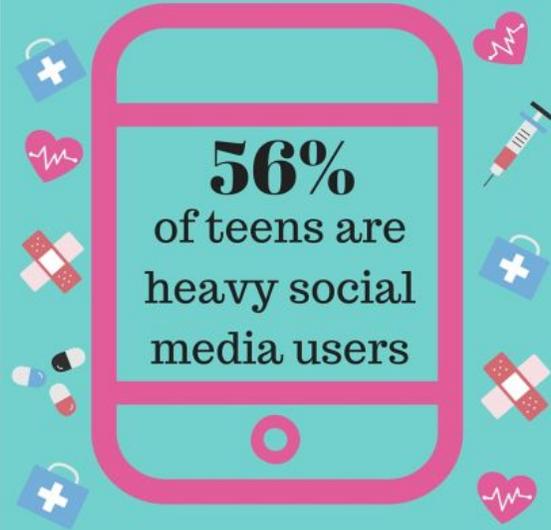
There is hope

Talk with us. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

PEP22-06-01-004

TEENS, SOCIAL MEDIA & WELLBEING

Statistics from: Australian Psychological Society. (2015)

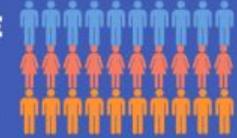


Effects of Social Media

Teen Voices

SOCIAL MEDIA STATS

75% OF TEENS SAY THEY HAVE ONE ACTIVE SOCIAL MEDIA ACCOUNT



20% OF TEENS THAT ALTER THEIR PHOTOS ARE MORE LIKELY TO DEVELOP AN EATING DISORDER

40% OF TEENS FEEL THEIR APPEARANCE IS MORE HARSHLY JUDGED ONLINE VS. IN-PERSON



51% OF TEENS SAY THEY GO ON SOCIAL MEDIA SITES DAILY

Negative impact of social media on teen mental health infographic

ADDITIONAL RESOURCES

- 911
- 988
- Teen Lifeline 602-248-TEEN (8336)
- Text Crisis Line 741-741
- Suicide Prevention Lifeline 800-273-TALK (8255)
- EMPACT 480-784-1500
- Trevor Project LGBTQIA+ 1 866 488-7386
- A Friend Asks App