



Juniors

ECAP

Meet the Counselors

Student Last Name	Counselor	Room Number
A-BROM	Ms. Howard	C125
BROO-DASH	Mrs. Harris	C125
DAU-GEN	Mrs. Trujillo	C223
GEO-HUSS	Ms. Celaya	C223
HEY-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	Mrs. Bravo	A122
Social Worker	Ms. Pourbastani	H127D
Career Center	Mr. Bell	D100

What's Next?

Today we are:

1. Discussing Resumes
2. Considering how well prepared you are for the next stage of your life
3. Completing the shell of your resume



All Resumes Answer These 4 Questions

1. Who Am I?
→ Your Contact Information
2. What Do I Want?
→ Objective
3. What Have I Done?
→ Experience
→ Qualifications
→ Accomplishments
4. What Do I Know?
→ Education

**I Am Who I Am
I Like What I Like
I Do What I Do!**

You Have Skills...Tell Me What They Are!



- ❑ Computer Skills
- ❑ Language
- ❑ Job Skills
- ❑ Landscaping
- ❑ Childcare
- ❑ Food Service
- ❑ Mechanics



Accomplishments/Achievements

- ★ Leadership
- ★ Clubs/Extracurricular Activities
- ★ Volunteer Hours
- ★ Awards
- ★ Certifications



The Resume is Your Advertisement!

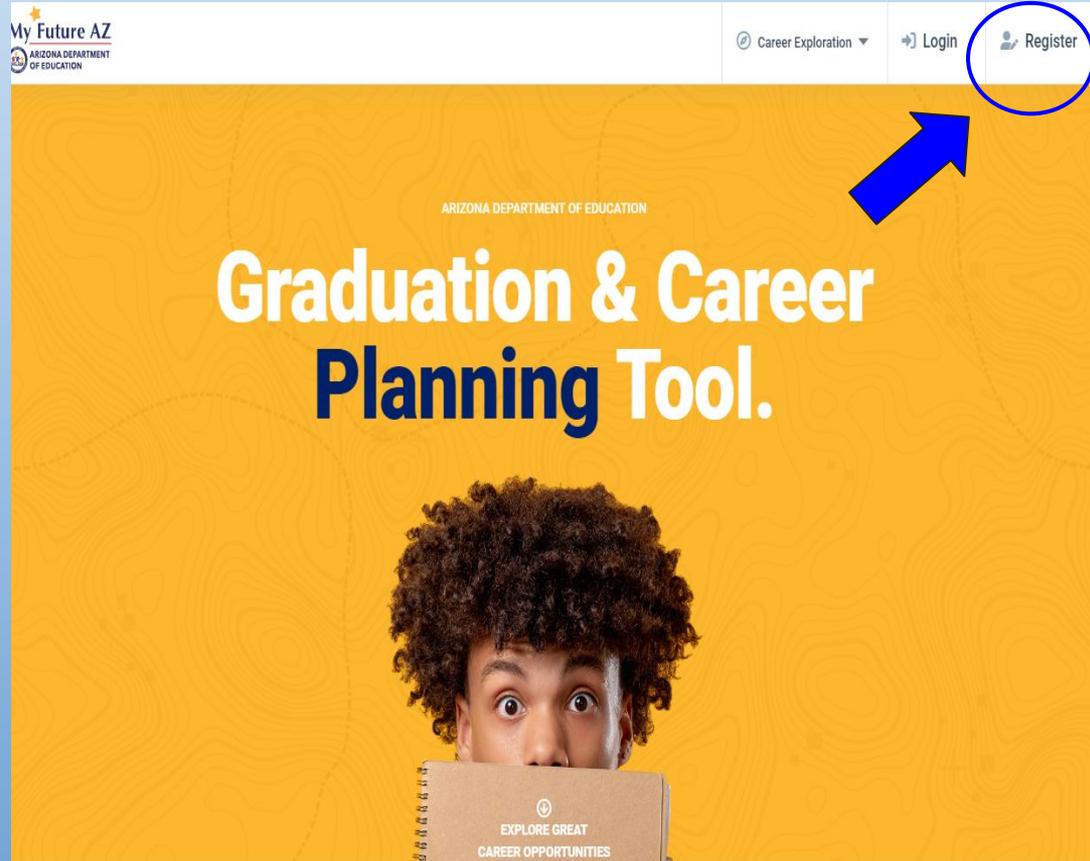
- A Resume is your marketing tool.
 - It's main goal is to help you gain a competitive edge in the college/job pool.
 - Don't be afraid to market yourself.
- It takes an employer an average of 6-7 seconds to review your resume.
- Make a good first impression and show them how great you are!

It's ECAP Time!

1. Open Chrome and type in

<https://myfutureaz.pipelineaz.com>

2. Click on **REGISTER** in the top Right Corner



Enter the Following Information

First Name

Last Name

Email- USE YOUR GSE ACCOUNT!

Password- **Ch@ndler1!**

Zipcode-85248

Grade-11

School: Hamilton High School

Click the “I am 13 years of age or older or attend a school that is within the Arizona Department of Education”

Click Register

Let's get to work!

Fill in the form to get access.

Already have an account? [Sign in](#)

First Name *

Last Name *

Email Address *

Email Address Confirmation *

Password *

- One lowercase character
- One uppercase character
- One number
- Eight characters minimum

Password Confirmation *

Grades 9-12 Career Planner

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

Click Here



Everything 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](#)

 Career Interests Quiz

 Career Exploration

 Graduation Goals

 High School Course Planning

 ECAP Tasks

 Build Your Courses

My Future AZ
ARIZONA DEPARTMENT OF EDUCATION

Profile Completeness 44% [Add More](#) [Preview Resume](#) [Download Resume](#)

Personal Details

[Upload Photo](#)

First Name*
Hammy

Last Name*
Husky

Job That I Want* [?](#)

Email Address*
hhshuskies@gmail.com

Document Library
Include optional resume and cover letter files for employers to have access to.
[Upload a Document](#)

Employment History
Include your last 10 years of relevant experience and dates in this section. List your most recent position first.
[Add Employment](#)

Education
If relevant, include your most recent educational achievements and the dates here.
What is your highest level of education?

Click on the **Plus Signs** to add

1. Employment
2. Education
3. Your Skills
4. Certifications
5. Volunteer Work
6. Awards
7. Extracurricular Activities
8. Academic Achievements

Click Here
to return to
main
screen



Profile Completeness 44%

Add More

Preview
Resume

Download
Resume

Personal Details



Upload Photo

First Name*

Hammy

Last Name*

Husky

Job That I Want*

Email Address*

hhshuskies@gmail.com

Document Library

Include optional resume and cover letter files for employers to have access to.

Upload a Document

Employment History

Include your last 10 years of relevant experience and dates in this section. List your most recent position first.

Add Employment

Education

If relevant, include your most recent educational achievements and the dates here.

What is your highest level of education?

Click View
All
Resources

Dashboard

Profile

Career Exploration



Susi

Grades 9-12 Career Planner

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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



Career Interests Quiz



Career Exploration



Graduation Goals



High School Course Planning



ECAP Tasks



Build Your Courses

Scroll Down and Find Reality Check

Mesa Counts on College

Mesa Counts on College provides services that educate the community on the process for which students can both achieve and obtain post-secondary success.

[Visit Site](#)

NACRC

The NACRC is designed to provide information, technical assistance, advising, and referrals to students and their parents/guardians regarding all aspects of the college admissions and financial aid process.

[Visit Site](#)

Reality Check

Use Reality Check to discover which careers will allow you to afford your desired lifestyle.

[Visit Site](#)

Regional College Access Center

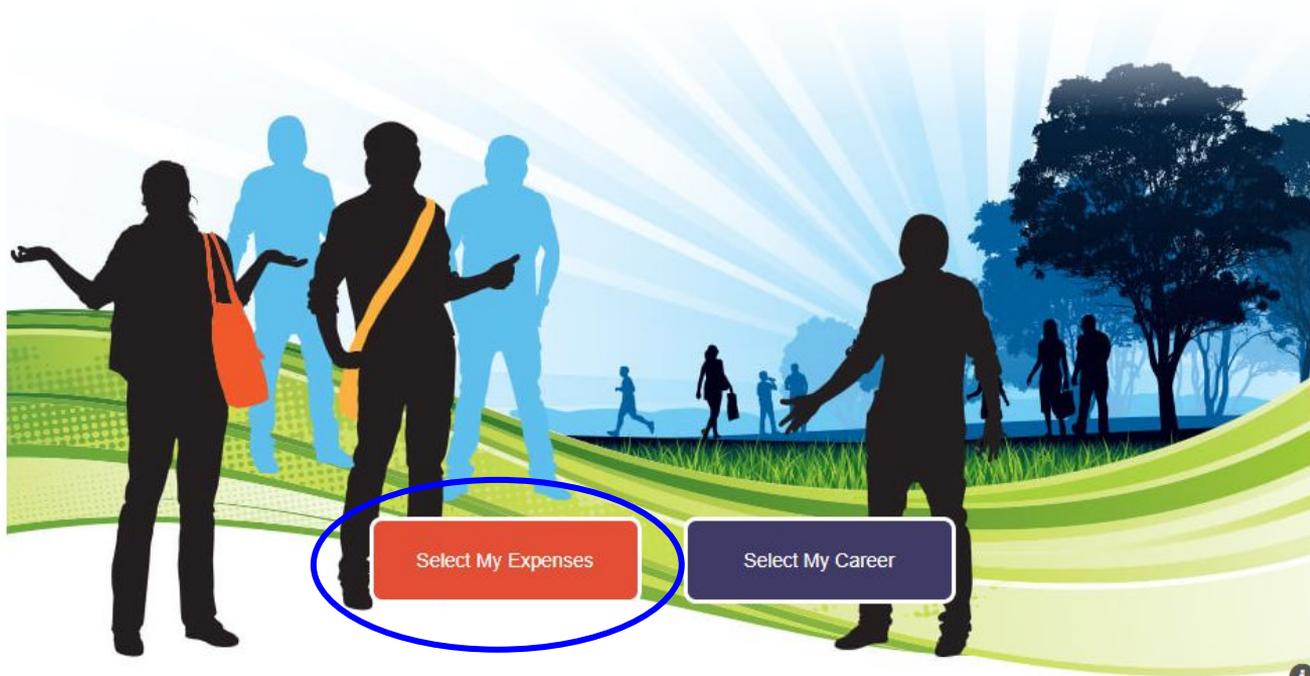
The RCAC mission is to facilitate access to and success in college for all Pima County students. Goals include preparing for college, paying for college, graduating and developing workforce skills.

[Visit Site](#)

RealityCheck

How do you see your future?

Use Reality Check to discover which careers will allow you to afford your desired lifestyle.



Select the box that pertains to the lifestyle you would like to live as an adult.

You will be able to select multiple boxes for some categories.

The screenshot shows the EducationQuest Foundation website. At the top, there is a navigation bar with links for STUDENTS, PROFESSIONALS, RESOURCES, BLOG, ABOUT US, and a search icon. Below the navigation bar is the 'Reality Check' title. A horizontal bar displays various categories with their current values: Location (highlighted in orange), Housing (\$0), Utilities (\$0), Food (\$0), Transportation (\$0), Student Loans (\$0), Digital Media (\$0), Health Care (\$0), and Total (\$0). The main content area features the question 'Where do you want to live?' above a stylized illustration of four people pointing towards different cityscapes. At the bottom of the illustration are three selection boxes: 'Large City' (red), 'Medium Size Town' (purple), and 'Small Town' (blue). Each box has an information icon (i) in the top right corner. A right-pointing arrow is located in the bottom right corner of the illustration area.

Reality Check

Transportation	Student Loans	Digital Media	Health Care	Personal	Clothing	Entertainment	Savings	Total
\$556	\$890	\$85	\$198	\$80	\$50	\$30	\$100	\$3,529

Monthly Summary

Housing	\$895
Utilities	\$256
Food	\$389
Transportation	\$556
Student Loans	\$890
Digital Media	\$85
Health Care	\$198
Personal	\$80
Clothing	\$50
Entertainment	\$30
Savings	\$100
Total Expenses	\$3,529

View careers that will cover these expenses.

Take note of your monthly expenses.

Does the amount seem Big? Small?

Click on the blue box to take a look at careers.

Click on a Career Category and see what careers are available that would cover your expenses.



The image shows the 'Reality Check' section of the EducationQuest website. It features a central wheel titled 'CAREER CHOICES' with six segments representing different career fields. The segments are: Agriculture (19), Communications (57), STEM (206), Health (52), Human Services (128), and Business (94). The background includes silhouettes of people and a landscape with trees.

EducationQuest FOUNDATION

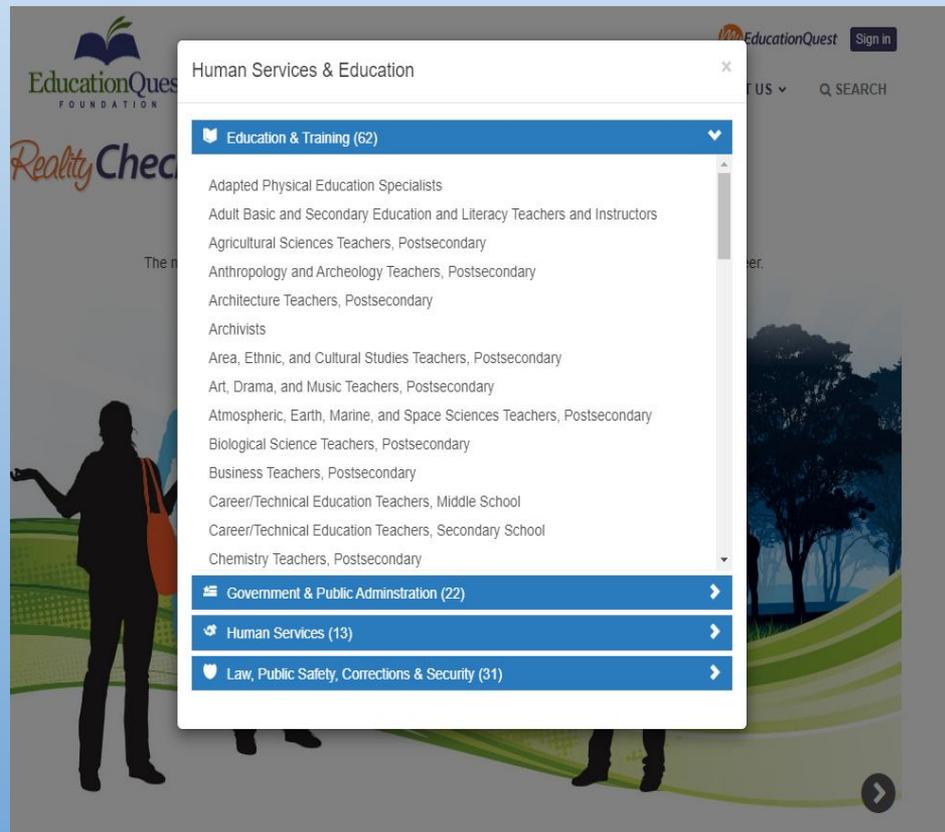
STUDENTS ▾ PROFESSIONALS RESOURCES ▾ BLOG ABOUT US ▾ Q SEARCH

Reality Check

Choose a Career

The numbers in the diagram indicate the number of careers in each field. Select a field and then a career.

Career Category	Number of Careers
Agriculture	19
Business	94
Communications	57
STEM	206
Health	52
Human Services	128



The image shows a dropdown menu for the 'Human Services & Education' category. The menu is open, displaying a list of careers. The first category is 'Education & Training (62)', which is highlighted. Below it, a list of careers is shown, including 'Adapted Physical Education Specialists', 'Adult Basic and Secondary Education and Literacy Teachers and Instructors', 'Agricultural Sciences Teachers, Postsecondary', 'Anthropology and Archeology Teachers, Postsecondary', 'Architecture Teachers, Postsecondary', 'Archivists', 'Area, Ethnic, and Cultural Studies Teachers, Postsecondary', 'Art, Drama, and Music Teachers, Postsecondary', 'Atmospheric, Earth, Marine, and Space Sciences Teachers, Postsecondary', 'Biological Science Teachers, Postsecondary', 'Business Teachers, Postsecondary', 'Career/Technical Education Teachers, Middle School', 'Career/Technical Education Teachers, Secondary School', and 'Chemistry Teachers, Postsecondary'. Other categories visible at the bottom of the menu are 'Government & Public Administration (22)', 'Human Services (13)', and 'Law, Public Safety, Corrections & Security (31)'.

EducationQuest FOUNDATION

STUDENTS ▾ PROFESSIONALS RESOURCES ▾ BLOG ABOUT US ▾ Q SEARCH

Reality Check

Human Services & Education

- Education & Training (62)
- Government & Public Administration (22)
- Human Services (13)
- Law, Public Safety, Corrections & Security (31)

Adapted Physical Education Specialists
Adult Basic and Secondary Education and Literacy Teachers and Instructors
Agricultural Sciences Teachers, Postsecondary
Anthropology and Archeology Teachers, Postsecondary
Architecture Teachers, Postsecondary
Archivists
Area, Ethnic, and Cultural Studies Teachers, Postsecondary
Art, Drama, and Music Teachers, Postsecondary
Atmospheric, Earth, Marine, and Space Sciences Teachers, Postsecondary
Biological Science Teachers, Postsecondary
Business Teachers, Postsecondary
Career/Technical Education Teachers, Middle School
Career/Technical Education Teachers, Secondary School
Chemistry Teachers, Postsecondary

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 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 teal 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 in teal, 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 at the bottom right, and the code "PEP22-08-03-004" is in the bottom right corner.

988
SUICIDE
& CRISIS
LIFELINE

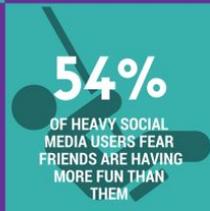
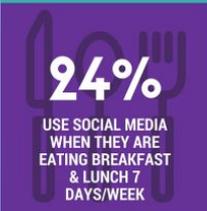
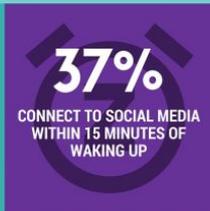
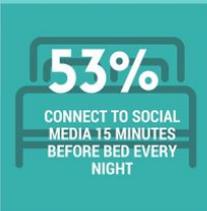
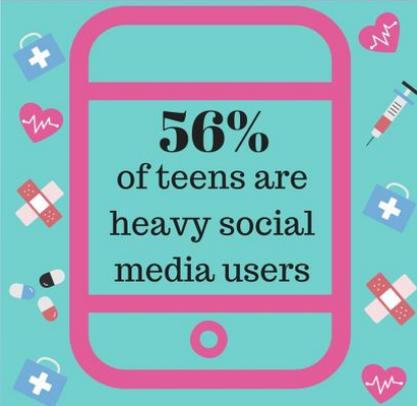
There is hope

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

PEP22-08-03-004

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