

# Freshman Transitions

## Your Job as a Freshman:



### #1- Learn your Info

- ◇ Set your goal G.P.A.
- ◇ Learn how to read a transcript & what credits are
- ◇ Learn what credits & capstones your need to graduate
- ◇ Learn how to get high school & College Credits for FREE while you are here!
- ◇ Learn how to “ACE” (*Academics, Community Service, Extra-Circular’s*) high school & don’t be afraid to try something new!

### #2- Begin YOUR Journey & start your MyCap in Naviance!

- ◇ Begin with the end in mind:
  - What are your goals, values and wants?
  - What are your interests, abilities, classes you like, your learning style?
- ◇ Start the transition into high school and “Select Your Path”
- ◇ Identify your strengths and skills so you can capitalize on them & do the “Strengths Explorer”
- ◇ Start AQUIRING your fit and begin your “4 year plan”. This is something you will re-tune each year as you grow. Fit your High School classes to what strengths and careers you are finding

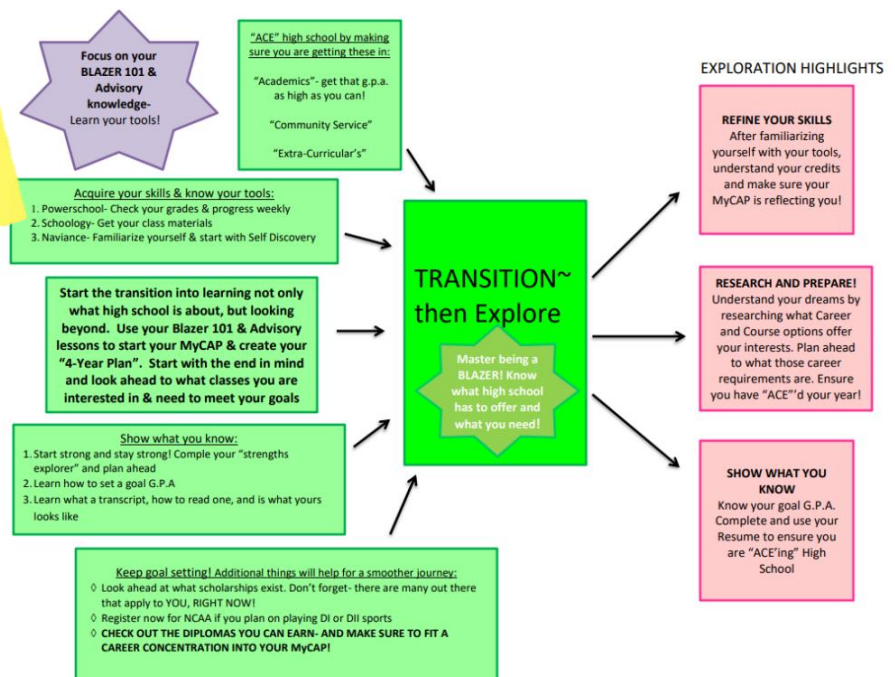
### #3- Acquire your skills by using your tools:

- ◇ Check Powerschool at least once a week to monitor your standing & progress
- ◇ Check Schoology to access your courses
- ◇ **Begin your MyCap & use Naviance, Naviance, Naviance. MyCap is the name of the game!**

**MyCAP**  
My Career and Academic Plan

MyCaps help:

- Identify my interests
- Explore Careers that fit my goals, strengths & interests
- Discover what requirements those careers have
- Fit matching classes into my school schedule
- Help me plan ahead & find the schools that offer those programs I’m interested in
- Discover what G.P.A and test scores those schools want



# Navigate MyCap Tasks

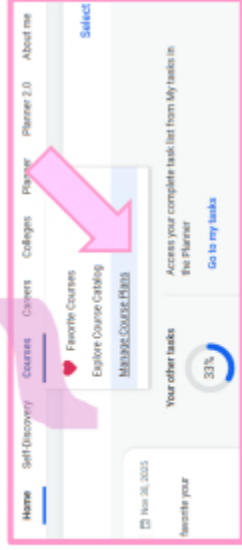
How to Log on:



**TASK #1 - Select Your Path** in Naviance to get customized information -this is what will set your Home Screen & your path can be changed as you choose



**TASK #2- Create your 4-year plan** to include the courses you are in & plan to take next year -from the Courses tab → “Manage Course Plans” → hit “Create New” & select the MyCap Plan



Go through **EACH** subject category → hit + **edit courses** Find your classes in **EACH** grade to select the course (start with 9<sup>th</sup>)

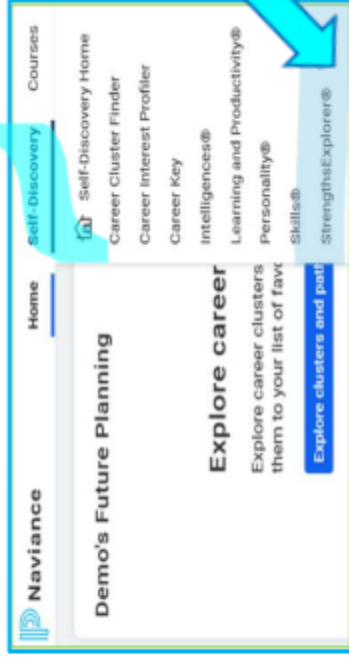
→ scroll **down** & hit

scroll **back up** → & hit

Go to the next category until you have finished. For subjects without drop downs, or to add additional cores (in elective category), click open “List 1” + **List 1** → **Select** the course(s) → Select the grade level you took/plan to take in & hit **ADD COURSES TO YOUR PLAN** → scroll **up** & hit **Save and Close**

(online classes & waivers can not be added here)

**TASK #3- Take the Strengths Explorer & explore your results.** You can only take this one time -from the Self Discovery tab → “Strengths Explorer” & take assessment.



After you get your results, click **SEE RELATED CAREER PATHWAYS** & start to explore what your strengths indicated!