



Grade 9 – Reflect

Utilize self-assessment tools to discover more about you!
Who am I? What am I good at? What do I enjoy? Reflect upon your strengths and skills and think about which careers might be a good fit for you.

- Begin work on your Education Career Action Plan (ECAP) by reflecting on your interests and skills.
- Explore and research different careers that interest you (see SchoolLinks below).
- Enroll in at least 1 or 2 CTE course(s).
- Learn about extracurricular activities, including sports and clubs available at your school.
- Learn and practice good time management skills.
- Identify strengths, skills, and interests.
- Learn and practice collaboration (teamwork), communication and critical thinking skills.
- Develop a four-year high school course plan, that includes courses that interest you and challenge you.
- Connect your four-year plan with possible post-secondary plans and/or interesting careers.
- Think about what you would like to accomplish while in high school. Set some goals for yourself that are realistic and challenging.
- Learn how to calculate GPA and understand what is on your transcript.
- Get to know your School Counselor
- Learn helpful resources available to you at your high school.
- Athletes: Familiarize yourself with the NCAA and NAIA athletic recruiting requirements.



Utilize your SchoolLinks account to learn more about yourself and interesting careers. Complete the following items:

- Visit the Learning Hub (in Activities) and complete the “Making the Most Out of High School” and “Self-Discovery” Learning Units.
- Complete the “Learning Style” Assessment
- Create and submit your four-year course plan.
- Set a post-secondary (after high school) goal and complete your personalized plan.
- View at least five careers that are interesting to you.
- Favorite at least 3 careers that you want to learn more about.
- Record Activities you have participated in and/or start building a resume.
- Choose one of the following learning units to complete: “Planning for 4-year schools”, “Planning for 2-year schools”, or “Military”