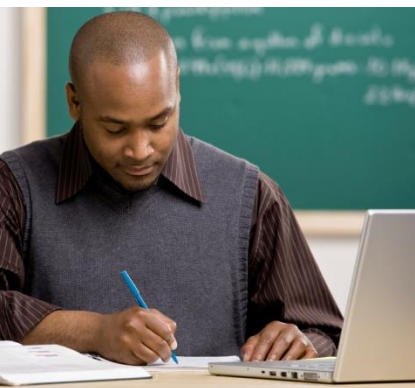


GRADE-SPECIFIC ACTIVITIES FOR THE ONTARIO IPP **Career Cruising**



Students



Educators



Parents

GRADE 7 IPP

FOR EDUCATORS AND STUDENTS

WHO AM I? – Activity #1

Estimated time: 45 - 60 minutes

Purpose: In this activity, students will learn about how they best acquire and retain information by completing the Learning Styles Inventory to identify their learning style(s). Students will then reflect on the results of the inventory in My Journal.

Resources:

- Classroom Activity #14 – Learning Styles¹

Suggested Implementation:




- This activity could support the Living Skills component of the *Health and Physical Education* curriculum.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

You are an Auditory-Tactile Learner!

[Delete Results](#)

Your Learning Style Inventory results indicate you have a strong preference for **auditory and tactile learning**. This means that you will find it easier to understand and recall information if you can make use of both these methods, although you may find that the method you prefer to use will depend on the situation. Read more about the auditory and tactile methods and how to use them to help you learn.

Your Learning Styles

	Visual Learning	20 %
	Auditory Learning	40 %
	Tactile Learning	40 %



¹Classroom activities can be found under Help in Career Cruising or in the Helpful Documents section of CAMS.

WHAT ARE MY OPPORTUNITIES – Activity #2

Estimated time: 45 - 60 minutes

Purpose: In this activity, students will explore careers by school subject and see what careers are tied to favourite school subjects and save them to their IPP. Students will then reflect on why the careers they have saved are a good fit.

Resources:

- Classroom Activity #1 – School Subjects and Careers
- Classroom Activity #2 – Using School Subjects in the Workplace

Suggested Implementation:

- This activity can be completed in any classroom subject and will help teachers demonstrate the value of that particular subject in the workplace.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

WHO DO I WANT TO BECOME? – Activity #3

Estimated time: 15 - 30 minutes

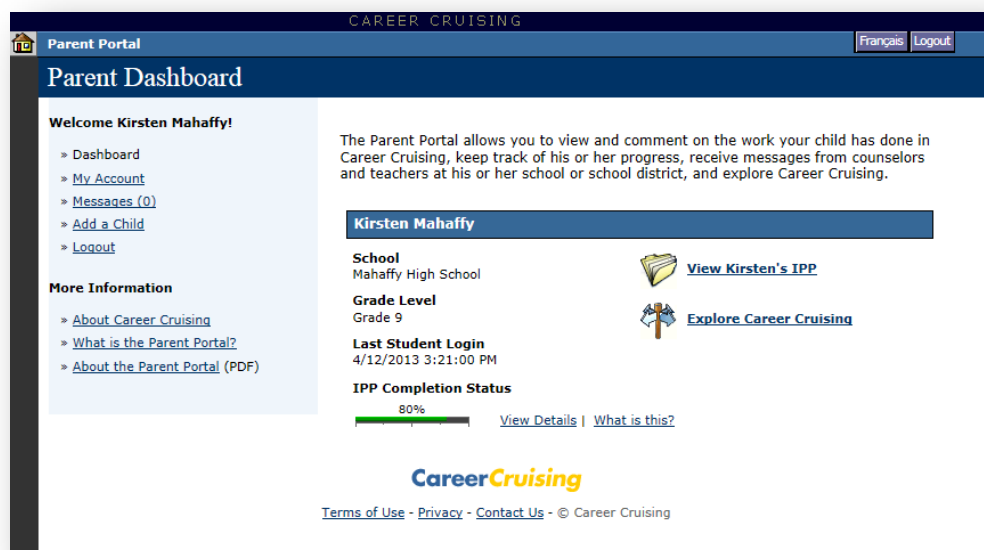
Purpose: In this activity, students will identify one short and one long-term goal in their IPP.

Suggested Implementation:

- This activity could support the Living Skills component of the *Health and Physical Education* curriculum.

FOR PARENTS

- Using the Parent Portal, review the results of the Learning Styles Inventory with your child and discuss ways that you can assist your child in using some of the strategies when completing homework.
- Discuss the career(s) your child has saved to his/her IPP and identify ways your child can continue to explore those careers.



GRADE 8 IPP

FOR EDUCATORS AND STUDENTS

WHAT ARE MY OPPORTUNITIES? – Activity #1

Estimated time: 60 – 75 minutes

Purpose: In this activity, students will explore careers based on their interests and using the feedback provided by the Career Matchmaker assessment and reflect on their career suggestions in My Journal in their IPP.

Resources:

- Classroom Activity #3 - Using Career Matchmaker
- Classroom Activity #4 - Your Career Ideas & Career Matchmaker²

Suggested Implementation:

- This activity could support the Living Skills component of the *Health and Physical Education* curriculum.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

The screenshot displays the 'Matchmaker & My Skills' interface. At the top, a progress bar indicates 'Completion Standards' at 80%. The left sidebar contains 'Career Cluster Recommendations' with radio buttons for 'Arts & Culture', 'Natural Resources & Transportation', and 'All Clusters' (selected). Below this is 'Level of Education' with checkboxes for 'H' (High School), 'C' (Community College or Technical Training), and 'U' (University), all of which are checked. An 'Update My Results' button is present. The main area, titled 'Your Results for: Grade 8', includes a 'Printer Friendly' link and a note about suggested careers. A 'Matchmaker' section lists 'Career Interest Rank' with a list of 9 careers: 1. Tow Truck Driver, 2. Tour Guide, 3. Desktop Publisher, 4. Cartoonist, 5. Animator, 6. Purchaser, 7. Physical Education Teacher, 8. Sports Instructor, and 9. Coach. Each career has a brief description. At the bottom left, an 'Improve My Results' section shows '39/116 Questions Answered' and buttons for 'Answer More Questions' and 'Review My Answers'.

WHO AM I? – Activity #2

Estimated time: 15 minutes

Purpose: In this activity students will record at least one of their hobbies or interests into their IPP

Suggested Implementation:

- Students can complete this activity during free time in a computer lab or as homework.

WHAT ARE MY OPPORTUNITIES – Activity #3

Estimated time: 45 - 60 minutes

Purpose: In this activity, students will explore careers by cluster and see what professions are tied to clusters of interest and save them to their IPP. Students can then create a My Journal reflection on why the careers they have saved are a good fit.

²Classroom activities can be found under Help in Career Cruising or in the Helpful Documents section of CAMS.

Resources:

- Activity #7 - Career Clusters Research Project

Suggested Implementation:

- This activity can be completed in any classroom subject and will help teachers demonstrate the value of the clusters associated with that school subject in the workplace.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

WHO DO I WANT TO BECOME? – Activity #4

Estimated time: 15 - 30 minutes

Purpose: In this activity, students will review any previously entered goals and/or identify one short and one long-term goal in their IPP.

Suggested Implementation:

- This activity could support the Living Skills component of the *Health and Physical Education* curriculum.

WHAT IS MY PLAN? – Activity #5

Estimated time: 30-45 minutes

Purpose: In this activity, students will create a high school course plan for grades 9 through 12 using either the Canadian Education Plan or the Course Planner in Career Cruising.

Resources:

- My IPP Activity #5 - High School Education Plan³; or
- Course Planner Classroom Activity⁴

Suggested Implementation:

- The high school course plan can be completed as part of the grade 9 course selection process.
- Students can also work with their parents at home on outlining their plans.

FOR PARENTS

- Using the Parent Portal, review the results of the Career Matchmaker Interest Inventory with your child and discuss which careers they are most interested in and which aspects of those careers they find most appealing.
- Discuss the career(s) your child has saved to his/her IPP and identify ways the child can continue to explore those careers.
- Work with your child to create his or her high school course plan and discuss the courses they are interested in, which courses they feel will be most helpful for their future aspirations and what challenges they foresee.

³ My IPP activities can be found under Help in Career Cruising or in the Helpful Documents section of

⁴ CAMS. The Course Planner Classroom Activity can be found in the Helpful Documents section of CAMS.

GRADE 9 IPP

FOR EDUCATORS AND STUDENTS

WHO AM I? – Activity #1

Estimated time: 15-30 minutes

Purpose:

In this activity, students will update their IPPs to include their volunteer experiences, extracurricular activities and skills

Resources:

- My IPP Activity #7 – Activities and Experiences

Suggested Implementation:

- Students can complete this activity during free time in a computer lab or as homework.

WHAT ARE MY OPPORTUNITIES? – Activity #2

Estimated time: 45-60 minutes

Purpose: In this activity, students will explore careers based on specific criteria that are important to them using the Career Selector. Students will then reflect on the career suggestions that match their criteria in My Journal.

Resources:

- Classroom Activity #5⁵ - Using Career Selector

Suggested Implementation:

- This activity could support the Living Skills component of the *Health and Physical Education* curriculum.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

WHAT ARE MY OPPORTUNITIES? – Activity #3

Estimated time: 30-60 minutes

Purpose: In this activity, students will use a variety of options (keyword, index, school subject, cluster, selector, etc.) in Career Cruising to explore careers and save a minimum of 3 careers to their IPP.

Resources:

- Classroom Activity #6 – Comparing Careers

Suggested Implementation:

- Students can complete the career research in preparation for making course selections so they can see recommended areas of study for careers of interest.
- Students can also develop reading skills as part of the *English* curriculum while researching and reviewing career profiles.

⁵Classroom activities and My IPP activities can be found under Help in Career Cruising or in the Helpful Documents section of CAMS.

WHAT ARE MY OPPORTUNITIES? – Activity #4

Estimated time: 30-60 minutes

Purpose: In this activity, students will use a variety of tools in Career Cruising to explore post-secondary education options (schools, programs and apprenticeships) and save a minimum of one school, one program and one apprenticeship to their IPP. Students will then create a My Journal entry reflecting on the information they have gathered and saved to their IPP.

Resources:

- Classroom Activity #12 – Exploring Apprenticeship Training
- Classroom Activity #13 – Post-Secondary Research Exercise

Suggested Implementation:

- Students can complete the postsecondary research in preparation for making course selections so they can review prerequisite information for programs and apprenticeships of interest early in the planning process.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

WHO DO I WANT TO BECOME? – Activity #5

Estimated time: 15-30 minutes

Purpose: In this activity, students will review any previously entered goals and/or identify one short and one long-term goal in their IPP.

Suggested Implementation:

- This activity could support the Living Skills component of the *Health and Physical Education* curriculum.

WHAT IS MY PLAN? – Activity #6

Estimated time: 30-45 minutes

Purpose: In this activity, students will create a high school course plan for grades 10 through 12 using either the Canadian Education Plan or Course Planner in Career Cruising.

Resources:

- My IPP Activity #5 - High School Education Plan⁶; or
- Course Planner Classroom Activity⁷

Suggested Implementation:


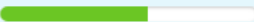
- The high school course plan can be completed as part of the grade 10 course selection process.
- Students can also work with their parents at home on outlining their plans.

⁶ My IPP activities can be found under Help in Career Cruising or in the Helpful Documents section of

⁷ CAMS. The Course Planner Classroom Activity can be found in the Helpful Documents section of CAMS.

FOR PARENTS

- Using the Parent Portal review and discuss the career(s) your child has saved to his/her IPP and identify ways your child can continue to explore those careers.
- Review and discuss the various post-secondary education options your child has saved to his/her IPP and use this information to help your child create his or her high school course plan.
- Discuss the courses they are interested in, which courses they feel will be most helpful for their future aspirations and what challenges they foresee.
- Encourage your child to complete the required volunteer hours and obtain the necessary documentation.

Year 9	Year 10	Year 11	Year 12	Graduation Tracking
English ENG1DI 1 74	English ENG2DI 1	English ENG3UI 1	English ENG4UI 1	Graduation Tracking 28 / 30 Credits  Achieved: 4 Credits Planned: 24 Credits Remaining: 2 Credits Learn More
Foundations of Mathe... MFM1PI 1	Science SNC2DI 1	Functions and Applica... MCF3MI 1	Mathematics of Data... MDM4UI 1	
Science SNC1DI 1 57	Principles of Mathema... MPM2DI 1	Marketing: Goods, Ser... BMI3CI 1	Advanced Functions MHF4UI 1	
Geography of Canada CGC1DI 1	Canadian History in th... CHC2DI 1	Physics SPH3UI 1	Physics SPH4UI 1	
Core French FSF1DI 1 58	Career Studies GLC2OH 0.5	American History CHA3U 1	Religious Education:... HRE4MI 1	Cluster Possibilities Saved Clusters Arts & Culture 1 Recommended Clusters Click here to add More »
Healthy Active Living PPL1OF 1	Civics CHV2OH 0.5	Construction Technol... TCJ3CI 1	+ Elective	
Religion - Be With Me HRE1OI 1	Business Technology BTT1OI 1	Visual Arts AVI3OI 1	+ Elective	Program Possibilities  Apprenticeships 223 College Programs 2427 University Programs 0 My Programs 0 All Provinces
Integrated Technologies TTI1OI 1 81	Transportation Techn... TTJ2OI 1	+ Elective	+ Elective	
Credits: 8	Sample Art Course XXXXX 1 SUBMIT + Extra Credit Credits: 8	Credits: 7	Credits: 5 Add Column	SHSM Learn More

GRADE 10 IPP

FOR EDUCATORS AND STUDENTS

WHAT ARE MY OPPORTUNITIES? – Activity #1

Estimated time: 60 – 75 minutes

Purpose: In this activity, students will explore careers based on their interests and using the feedback provided by the Career Matchmaker assessment and reflect on their career suggestions in My Journal in their IPP.

Resources:

- Classroom Activity #3 - Using Career Matchmaker
- Classroom Activity #4 - Your Career Ideas & Career Matchmaker⁸

Suggested Implementation:

- This activity supports the Personal Management component of *Career Studies (GLC20)*
- This activity could support the Living Skills component of the *Health and Physical Education* curriculum.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

WHO AM I? – Activity #2

Estimated time: 15-30 minutes

Purpose: In this activity, students will update their IPPs to include their volunteer experiences, hobbies and interests, extracurricular activities and skills

Resources:

- My IPP Activity #7 – Activities and Experiences

Suggested Implementation:

- Students can complete this activity during free time in a computer lab or as homework.

WHAT ARE MY OPPORTUNITIES? – Activity #3

Estimated time: 60-75 minutes

Purpose: In this activity, students will use a variety of options in Career Cruising to explore careers and save a minimum of 5 careers to their IPP. As part of this exploration, students will also select a preferred career pathway to save as part of their IPP. Students will then complete two reflections: (1) why the careers they have saved are a good fit; and (2) the challenges of gaining entry into one career saved to their IPP.

Resources:

- Classroom Activity #6 – Comparing Careers

Suggested Implementation:

⁸Classroom activities can be found under Help in Career Cruising or in the Helpful Documents section of CAMS.

- This activity supports the Exploration of Opportunities component of *Career Studies (GLC20)*
- Students can complete the career research in preparation for making course selections so they can see recommended areas of study for careers of interest
- Students can also develop reading skills as part of the *English* curriculum while researching and reviewing career profiles.

WHAT ARE MY OPPORTUNITIES? – Activity #4

Estimated time: 30-60 minutes

Purpose: In this activity, students will use a variety of tools in Career Cruising to explore post-secondary education options (schools, programs and apprenticeships) and save a minimum of two schools, two programs and one apprenticeship to their IPP.

Resources:

- Classroom Activity #12 – Exploring Apprenticeship Training
- Classroom Activity #13 – Post-Secondary Research Exercise

Suggested Implementation:

- This activity supports the Exploration of Opportunities component of *Career Studies (GLC20)*.
- Students can complete the career research in preparation for making course selections so they can review prerequisite information for programs and apprenticeships of interest early in the planning process.

The screenshot shows the 'My IPP' (Individualized Planning Process) dashboard on the Career Cruising website. At the top, the user 'Kirsten' is logged in. The dashboard features a progress bar for 'Completion Standards' at 80%. Below this, there are three main sections: 'My Education', 'My Saved Schools', 'My Saved Programs', and 'My Saved Apprenticeships'. Each section lists relevant items and includes a 'View More' button. The 'My Education' section also includes an 'Education History' section at the bottom.

My Saved Schools	My Saved Programs	My Saved Apprenticeships
Algoma University	Accounting Algoma University	Plumber
Bishop's University	Biological Sciences University of Windsor	View More
McMaster University	Biological Sciences Brock University	
Seneca College	Event Management - Event and Exhibit Design (Post-Diploma) Seneca College	
University of California, Los Angeles	Interior Design Georgian College	
View More	View More	

Education History
Record your educational experiences.
[View More](#)

WHO DO I WANT TO BECOME? – Activity #5

Estimated time: 15-30 minutes

Purpose: In this activity, students will review any previously entered goals and/or identify one short and one long-term goal in their IPP.

Suggested Implementation:

- This activity supports the Exploration of Opportunities and Preparation for Transitions and Change components of *Career Studies (GLC20)*.
- This activity could also support the Living Skills component of the *Health and Physical Education* curriculum.

WHAT IS MY PLAN? – Activity #6

Estimated time: 30-45 minutes

Purpose: In this activity, students will create a high school course plan for grades 11 and 12 using either the Canadian Education Plan or Course Planner in Career Cruising.

Resources:

- My IPP Activity #5 - High School Education Plan⁹; or
- Course Planner Classroom Activity¹⁰

Suggested Implementation:

- The high school course plan can be completed as part of the grade 11 course selection process.
- This activity supports the Preparation for Transitions and Change component of *Career Studies (GLC20)*
- Students can also work with their parents at home on outlining their plans.

FOR PARENTS

- Using the Parent Portal review and discuss the career(s) your child has saved to his/her IPP and come up with strategies to overcome the challenges he/she has identified in gaining entry to a career of interest.
- Review and discuss the various post-secondary education options your child has saved to his/her IPP and use this information to help your child create his or her high school course plan.
- Discuss the courses they are interested in, which courses they feel will be most helpful for their future aspirations and what challenges they foresee.
- Encourage your child to complete the required volunteer hours and obtain the necessary documentation.

⁹My IPP activities can be found under Help in Career Cruising or in the Helpful Documents section of CAMS

¹⁰The Course Planner Classroom Activity can be found in the Helpful Documents section of CAMS

GRADE 11 IPP

FOR EDUCATORS AND STUDENTS

WHO AM I? – Activity #1

Estimated time: 60 – 75 minutes

Purpose: In this activity, students will learn about how their skills are aligned with their careers of interest and using the feedback provided by the My Skills assessment and reflect on this information in My Journal in their IPP.

Resources:

- Classroom Activity #11 – Using My Skills¹¹

Suggested Implementation:

- This activity could support the Living Skills component of the *Health and Physical Education* curriculum.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

WHO AM I? – Activity #2

Estimated time: 15-30 minutes

Purpose:

In this activity, students will update their IPPs to include their volunteer experiences, hobbies and interests, extracurricular activities and skills

Resources:

- My IPP Activity #7 – Activities and Experiences

Suggested Implementation:

- Students can complete this activity during free time in a computer lab or as homework.

WHAT ARE MY OPPORTUNITIES? – Activity #3

Estimated time: 30-60 minutes

Purpose: In this activity, students will use a variety of options in Career Cruising to explore post-secondary education options and workplace destinations and save a minimum of three schools, three programs and one apprenticeship to their IPP. Students will then create a My Journal entry to reflect on their favourite careers, as well as post-secondary options.

Resources:

- Classroom Activity #6 – Comparing Careers
- Classroom Activity #13 – Post-Secondary Research Exercise
- Employment Guide
- Job Search Tool

¹¹Classroom activities can be found under Help in Career Cruising or in the Helpful Documents section of CAMS.

Suggested Implementation:

- Students can complete the research in preparation for making course selections so they can review prerequisite information for programs and apprenticeships as well as identify educational requirements of employers in their field of interest.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

WHAT IS MY PLAN? – Activity #4

Estimated time: 30-45 minutes

Purpose: In this activity, students will review and update any previously entered goals and/or identify one short and one long-term goal in their IPP. Students will also create a post-secondary plan to identify their career and educational goals along with their financial plans. Finally, students will provide a My Journal reflection on their Post-Secondary financial plan.

Resources:

- My IPP Activity #6 – Career Preparation & Planning

Suggested Implementation:

- This activity could also support the Living Skills component of the *Health and Physical Education* curriculum.
- Students may wish to work through the post-secondary plan with a guidance counsellor or parent.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

WHAT IS MY PLAN? – Activity #5

Estimated time: 30-45 minutes

Purpose: In this activity, students will create a high school course plan for grades 12 using either the Canadian Education Plan or Course Planner in Career Cruising.

Resources:

- My IPP Activity #5 - High School Education Plan¹²; or
- Course Planner Classroom Activity¹³

Suggested Implementation:

- The high school course plan can be completed as part of the grade 12 course selection process.
- Students can also work with their parents at home on outlining their plans.

FOR PARENTS

- Using the Parent Portal review and discuss the career(s) your child has saved to his/her IPP and come up with strategies to overcome the challenges he/she has identified in gaining entry to a career of interest.
- Review and discuss the various post-secondary education options your child has saved to his/her IPP and use this information to help your child ensure he/she has achieved/planned the required courses to satisfy program, apprenticeship or employer requirements.
- Discuss your child's post-secondary plans, in particular the reflection on financial plans for students who are planning to pursue post-secondary education.
- Encourage your child to complete the required volunteer hours and obtain the necessary documentation.

¹² My IPP activities can be found under Help in Career Cruising or in the Helpful Documents section of

¹³ CAMS. The Course Planner Classroom Activity can be found in the Helpful Documents section of CAMS.

GRADE 12 IPP

FOR EDUCATORS AND STUDENTS

WHO AM I? – Activity #1

Estimated time: 30-45 minutes

Purpose: In this activity, students will use My Journal to reflect on what the results of the three assessments, (Learning Styles Inventory, Career Matchmaker, and My Skills) and the Career Selector, reveal about them.

Suggested Implementation:

- This activity could support the Living Skills component of the *Health and Physical Education* curriculum.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

WHO AM I? – Activity #2

Estimated time: 15-30 minutes

Purpose:

In this activity, students will update their IPPs to include their volunteer experiences, hobbies and interests, extracurricular activities and skills

Resources:

- My IPP Activity #7 – Activities and Experiences

Suggested Implementation:

- Students can complete this activity during free time in a computer lab or as homework.

My Plan Completion Standards 0% 20 40 60 80 100 % **83%**

My Activities & Experiences

Keep track of your activities and experiences.

Extracurricular Activities	Hobbies & Interests	Skills & Abilities
Carpentry	Cards	Able to multitask
School Newspaper	Coins	American Sign Language
Basketball	Music	Creative
View More	Video Games	English
	View More	French
		View More

Awards & Certificates	Volunteer Experiences	Work Experience
CPR Certificate January 2010	Sunbeam Nursery School Daycare Volunteer July 2009 - August 2009	Day Camp Sports Coach July 2009 - August 2009
Perfect Attendance March 2009	Local Hospital Hospital Volunteer July 2007 - August 2007	Day Camp Camp Counsellor July 2008 - August 2008
View More	View More	View More

Navigation Links:

- My Activities & Experiences
- Extracurricular Activities
- Hobbies & Interests
- Skills & Abilities
- Awards & Certificates
- Volunteer Experiences
- Work Experience
- My Assessments
- My Careers
- My Education
- My Education Plan
- My Goals & Plans
- My Assignments & Activities
- My Journal
- My Advisement Log

WHO DO I WANT TO BECOME? – Activity #3

Estimated time: 30-60 minutes

Purpose: In this activity, students will review and revise all of their saved careers, schools, programs and apprenticeships in their IPP. Students will then create a My Journal entry to reflect on their preferred career or education destination(s) and identify challenges in achieving these goal(s).

Suggested Implementation:

- Students can complete the research in preparation for making course selections so they can review prerequisite information for programs and apprenticeships as well as identify educational requirements of employers in their field of interest.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

WHAT IS MY PLAN? – Activity #4

Estimated time: 30-45 minutes

Purpose: In this activity, students will review and revise their post-secondary plan to identify their career and educational goals and establish their financial plans. Students will provide a reflection on their post-secondary financial plan in My Journal.

Suggested Implementation:

- This activity could also support the Living Skills component of the *Health and Physical Education* curriculum.
- Students may wish to work through the post-secondary plan with a guidance counsellor or parent.
- The My Journal reflection can help students develop content as part of the *English* writing curriculum.

FOR PARENTS

- Using the Parent Portal review and discuss the career(s) and various post-secondary education options your child has saved to his/her IPP
- Using this information, help your child ensure he/she has achieved/planned the required courses to satisfy program, apprenticeship or employer requirements.
- Discuss your child's post-secondary plans, in particular the reflection on financial plans for students who are planning to pursue post-secondary education.
- Ensure your child to complete the required volunteer hours and obtain the necessary documentation.