

# Career Cruising and the ASCA National Model Career Development Standards for RAMP

Career Cruising's [ccSpringboard](#) program is a comprehensive web-based career and college planning tool used in over 20,000 schools, centers, and libraries in North America. ccSpringboard is aligned with the ASCA National Model Career Development standards (competencies and indicators), the set of standards that provide structure for RAMP.

Career Development Standard	Career Cruising Section	Career Cruising Online Feature/Activity	Career Cruising Supplementary Activity/Worksheet
<b>Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions</b>			
<b>C:A1 Develop Career Awareness</b>			
C:A1.1 Develop skills to locate, evaluate and interpret career information	Explore Careers  Career Matchmaker  My Plan Tool	<ul style="list-style-type: none"> <li>Explore career profiles</li> <li>Explore career cluster profiles and pathways</li> <li>View multimedia interviews and PhotoFiles</li> <li>Complete Career Matchmaker interest assessment</li> <li>Explore Suitable for You? feedback from Career Matchmaker</li> <li>Create a My Plan account and explore the various sections</li> <li>Save careers of interest and record thoughts</li> </ul>	<ul style="list-style-type: none"> <li>Activity 1 – School Subjects &amp; Careers</li> <li>Activity 2 – Using School Subjects in the Workplace</li> <li>Activity 3 – Using Career Matchmaker</li> <li>Activity 4 – Your Career Ideas &amp; Career Matchmaker</li> <li>Activity 5 – Using Career Selector</li> <li>Activity 6 – Comparing Careers</li> <li>My Plan Activity 1 – Creating Your Account</li> </ul>
C:A1.2 Learn about the variety of traditional and nontraditional occupations	Explore Careers      Career Matchmaker  My Plan Tool	<ul style="list-style-type: none"> <li>Explore career profiles</li> <li>Explore military careers section</li> <li>Explore career cluster profiles and pathways</li> <li>Use Career Selector search tool to find careers based on a variety of criteria</li> <li>View multimedia interviews for perspectives from people in each career</li> <li>Complete and reflect on Green Careers Activities</li> <li>Complete Career Matchmaker interest assessment and explore results</li> <li>Save careers of interest and record thoughts</li> </ul>	<ul style="list-style-type: none"> <li>Activity 3 – Using Career Matchmaker</li> <li>Activity 4 – Your Career Ideas &amp; Career Matchmaker</li> <li>Activity 5 – Using Career Selector</li> <li>Activity 9 – Career Interview Project</li> <li>My Plan Activity 3 – Careers that Interest Me</li> <li>Green Careers Activities 1-3</li> </ul>
C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations	Career Matchmaker  Ability Profiler	<ul style="list-style-type: none"> <li>Complete Career Matchmaker interest assessment</li> <li>Complete My Skills component of Career Matchmaker</li> <li>Take Ability Profiler assessment and review results</li> </ul>	<ul style="list-style-type: none"> <li>Activity 3 – Using Career Matchmaker</li> <li>Activity 10 – Discovering Your Work Skills</li> <li>Activity 11 – Using My Skills</li> </ul>

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	My Plan Tool	<ul style="list-style-type: none"> <li>• Create a My Plan account and explore the various sections</li> <li>• Save Career Matchmaker &amp; My Skills results</li> <li>• Record hobbies &amp; interests</li> <li>• Record skills &amp; abilities</li> </ul>	<ul style="list-style-type: none"> <li>• My Plan Activity 2 – Career Matchmaker</li> <li>• My Plan Activity 8 – Activities &amp; Experiences</li> </ul>
C:A1.4 Learn how to interact and work cooperatively in teams	Classroom Activities	<ul style="list-style-type: none"> <li>• Complete and reflect on Activity 8 – Career Fair Project</li> <li>• Complete and reflect on Activity 9 – Career Interview Project</li> <li>• Complete and reflect on Activity 15 – Why Study This? A Cross-Curricular Game</li> </ul>	<ul style="list-style-type: none"> <li>• Activity 8 – Career Fair Project</li> <li>• Activity 9 – Career Interview Project</li> <li>• Activity 15 – Why Study This? A Cross-Curricular Game</li> </ul>
C:A1.5 Learn to make decisions	Explore Careers  Explore Education  My Plan Tool	<ul style="list-style-type: none"> <li>• Compare career profiles</li> <li>• View multimedia interviews: Likes, Dislikes, and Advice</li> <li>• Use Career Selector search tool to find careers based on a variety of criteria</li> <li>• Explore Suitable for You? feedback</li> <li>• Use School Selector search tools</li> <li>• Explore Compare Schools tool</li> <li>• Save careers of interest and record thoughts</li> <li>• Save schools of interest and record thoughts</li> <li>• Complete Post-Secondary Plan</li> <li>• Enter Career &amp; Life Goals</li> </ul>	<ul style="list-style-type: none"> <li>• Activity 4 – Your Career Ideas &amp; Career Matchmaker</li> <li>• Activity 5 – Using Career Selector</li> <li>• Activity 6 – Comparing Careers</li> <li>• Activity 13 – Finding the Right College</li> <li>• My Plan Activity 3 – Careers that Interest Me</li> <li>• My Plan Activity 4 – Schools that Interest Me</li> <li>• My Plan Activity 7 – Career Preparation &amp; Planning</li> </ul>
C:A1.6 Learn how to set goals	My Plan Tool	<ul style="list-style-type: none"> <li>• Enter Career &amp; Life Goals</li> <li>• Complete Post-Secondary Plan</li> </ul>	<ul style="list-style-type: none"> <li>• My Plan Activity 7 – Career Preparation &amp; Planning</li> </ul>
C:A1.7 Understand the importance of planning	Explore Careers  Explore Education  My Plan Tool	<ul style="list-style-type: none"> <li>• Explore career profiles: Education section</li> <li>• View multimedia interviews for perspectives from people in each career</li> <li>• Explore school profiles for admissions application requirements</li> <li>• Complete Career Planning Activities section</li> <li>• Enter Career &amp; Life Goals</li> <li>• Complete Post-Secondary Plan</li> <li>• Plan high school courses in the My Education Plan section (or using ccPathfinder)</li> </ul>	<ul style="list-style-type: none"> <li>• Activity 12 – College Research Exercise</li> <li>• Activity 13 – Finding the Right College</li> <li>• My Plan Activity 6 – High School Education Plan</li> <li>• My Plan Activity 7 – Career Preparation &amp; Planning</li> </ul>

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C:A1.8 Pursue and develop competency in areas of interest	Career Matchmaker  My Plan Tool	<ul style="list-style-type: none"> <li>• Complete Career Matchmaker interest assessment and My Skills component</li> <li>• Explore Suitable for You? feedback</li> <li>• Use the My Plan tool to track personal achievements and experiences</li> <li>• Complete Career Planning Activities section</li> <li>• Record activities &amp; abilities</li> <li>• Complete Work Experience and Volunteer Experience sections</li> </ul>	<ul style="list-style-type: none"> <li>• Activity 3 – Using Career Matchmaker</li> <li>• Activity 10 – Discovering Your Work Skills</li> <li>• Activity 11 – Using My Skills</li> <li>• My Plan Activity 2 – Career Matchmaker</li> <li>• My Plan Activity 7 – Career Preparation &amp; Planning</li> <li>• My Plan Activity 8 – Activities &amp; Experiences</li> </ul>
C:A1.9 Develop hobbies and vocational interests	Explore Careers  My Plan Tool	<ul style="list-style-type: none"> <li>• Explore career profiles: Education and Other Qualifications sections</li> <li>• View multimedia interviews: Advice and Breakdown of Activities</li> <li>• Record hobbies &amp; interests</li> <li>• Record extracurricular activities</li> <li>• Complete Work Experience and Volunteer Experience sections</li> </ul>	<ul style="list-style-type: none"> <li>• My Plan Activity 8 – Activities &amp; Experiences</li> </ul>
C:A1.10 Balance between work and leisure time	Explore Careers  My Plan Tool	<ul style="list-style-type: none"> <li>• View multimedia interviews: Advice, A Day in the Life and Breakdown of Activities</li> <li>• Use the My Plan tool to track personal activities</li> <li>• Record extracurricular activities, hobbies &amp; interests</li> <li>• Complete Work Experience and Volunteer Experience sections</li> </ul>	<ul style="list-style-type: none"> <li>• My Plan Activity 8 – Activities &amp; Experiences</li> </ul>
<b>C:A2 Develop Employment Readiness</b>			
C:A2.1 Acquire employability skills such as working on a team, problem-solving and organizational skills	Career Matchmaker  My Plan Tool Classroom Activities	<ul style="list-style-type: none"> <li>• Complete My Skills component of Career Matchmaker</li> <li>• Explore Suitable for You? feedback</li> <li>• Record skills &amp; abilities</li> <li>• Complete and reflect on Activity 8 – Career Fair Project</li> </ul>	<ul style="list-style-type: none"> <li>• Activity 8 – Career Fair Project</li> <li>• Activity 10 – Discovering Your Work Skills</li> <li>• Activity 11 – Using My Skills</li> <li>• My Plan Activity 8 – Activities &amp; Experiences</li> </ul>
C:A2.2 Apply job readiness skills to seek employment opportunities	My Plan Tool	<ul style="list-style-type: none"> <li>• Create a resume using the Resume Builder</li> <li>• Record a career objective in the Resume Builder</li> <li>• Complete the References section of the Resume Builder</li> </ul>	<ul style="list-style-type: none"> <li>• My Plan Activity 9 – Using the Resume Builder</li> </ul>

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C:A2.3 Demonstrate knowledge about the changing workplace	Explore Careers          Classroom Activities	<ul style="list-style-type: none"> <li>Explore career profiles: Job Description and Working Conditions sections</li> <li>Examine wage and outlook information in the Earnings section of career profiles</li> <li>Explore employment outlook in the cluster profiles</li> <li>View multimedia interviews for perspectives from people in each career</li> <li>View PhotoFile for photographs from a real work environment</li> <li>Complete and reflect on Green Careers Activities</li> </ul>	<ul style="list-style-type: none"> <li>Activity 2 – Using School Subjects in the Workplace</li> <li>Activity 9 – Career Interview Project</li> <li>Green Careers Activities 1-3</li> </ul>
C:A2.4 Learn about the rights and responsibilities of employers and employees	Explore Careers       Employment Guide	<ul style="list-style-type: none"> <li>Explore career profiles</li> <li>View multimedia interviews: Questions &amp; Answers, Likes, Dislikes, and Advice</li> <li>Read the "On the Job" section of the Employment Guide</li> </ul>	<ul style="list-style-type: none"> <li>Activity 9 – Career Interview Project</li> </ul>
C:A2.5 Learn to respect individual uniqueness in the workplace	Explore Careers       Employment Guide	<ul style="list-style-type: none"> <li>View multimedia interviews to learn about workplace culture</li> <li>Read the "On the Job" section of the Employment Guide</li> </ul>	
C:A2.6 Learn how to write a resume	My Plan Tool       Employment Guide	<ul style="list-style-type: none"> <li>Create a resume using the Resume Builder</li> <li>Complete the References section of the Resume Builder</li> <li>Explore different resume formats using the Format &amp; Print option</li> <li>Use the My Plan tool to track personal achievements and experiences</li> <li>Read the "Resumes" section of the Employment Guide</li> </ul>	<ul style="list-style-type: none"> <li>My Plan Activity 9 – Using the Resume Builder</li> </ul>
C:A2.7 Develop a positive attitude toward work and learning	Explore Careers  Explore Education  Career Matchmaker My Plan Tool	<ul style="list-style-type: none"> <li>Use Career Selector search tool to find careers that match particular interests</li> <li>Explore school profiles for schools and programs of interest</li> <li>Complete Career Matchmaker interest assessment</li> <li>Save careers of interest and record thoughts</li> <li>Save schools of interest and record thoughts</li> </ul>	<ul style="list-style-type: none"> <li>Activity 4 – Your Career Ideas &amp; Career Matchmaker</li> <li>Activity 5 – Using Career Selector</li> <li>Activity 13 – Finding the Right College</li> </ul>

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C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace	Explore Careers  Employment Guide	<ul style="list-style-type: none"> <li>View multimedia interviews to learn about workplace culture</li> <li>Read the "On the Job" section of the Employment Guide</li> </ul>	<ul style="list-style-type: none"> <li>Activity 9 – Career Interview Project</li> </ul>
C:A2.9 Utilize time- and task-management skills	My Plan Tool	<ul style="list-style-type: none"> <li>Use the My Plan tool to track personal achievements, activities and experiences</li> </ul>	<ul style="list-style-type: none"> <li>My Plan Activities 1-9</li> </ul>
<b>Standard B: Students will employ strategies to achieve future career goals with success and satisfaction</b>			
<b>C:B1 Acquire Career Information</b>			
C:B1.1 Apply decision-making skills to career planning, course selection and career transition	Explore Careers  Explore Education My Plan Tool	<ul style="list-style-type: none"> <li>Explore career profiles: Education (Related College Programs and Suggested High School Subjects) section</li> <li>Use Career Selector search tool to sort careers</li> <li>Use School Selector search tools to sort schools and programs</li> <li>Explore Compare Schools tool</li> <li>Plan high school courses in the My Education Plan section (or using ccPathfinder)</li> <li>Complete the Post-Secondary Plan</li> <li>Save schools of interest and record thoughts</li> </ul>	<ul style="list-style-type: none"> <li>Activity 1 – School Subjects &amp; Careers</li> <li>Activity 2 – Using School Subjects in the Workplace</li> <li>Activity 5 – Using Career Selector</li> <li>Activity 13 – Finding the Right College</li> <li>My Plan Activity 6 – High School Education Plan</li> <li>My Plan Activity 7 – Career Preparation &amp; Planning</li> </ul>
C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice	Career Matchmaker  Ability Profiler Learning Styles Inventory  My Plan Tool	<ul style="list-style-type: none"> <li>Complete Career Matchmaker interest assessment</li> <li>Complete My Skills component of Career Matchmaker</li> <li>Explore Suitable for You? feedback</li> <li>Take Ability Profiler assessment and review results</li> <li>Complete Learning Styles assessment and reflect on the results</li> <li>Record hobbies &amp; interests</li> <li>Record activities &amp; abilities</li> </ul>	<ul style="list-style-type: none"> <li>Activity 3 – Using Career Matchmaker</li> <li>Activity 4 – Your Career Ideas &amp; Career Matchmaker</li> <li>Activity 10 – Discovering Your Work Skills</li> <li>Activity 11 – Using My Skills</li> <li>Activity 14 – Learning Styles</li> <li>My Plan Activity 2 – Career Matchmaker</li> <li>My Plan Activity 8 – Activities &amp; Experiences</li> </ul>

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C:B1.3 Demonstrate knowledge of the career-planning process	Explore Careers  My Plan Tool	<ul style="list-style-type: none"> <li>Explore career profiles: Education and Sample Career Path sections</li> <li>View multimedia interviews: Questions &amp; Answers and Advice</li> <li>Explore career cluster profiles and pathways</li> <li>Complete Career Planning Activities section</li> <li>Complete the Post-Secondary Plan</li> <li>Enter Career &amp; Life Goals</li> </ul>	<ul style="list-style-type: none"> <li>My Plan Activity 7 – Career Preparation &amp; Planning</li> </ul>
C:B1.4 Know the various ways in which occupations can be classified	Explore Careers  Career Matchmaker  My Plan Tool	<ul style="list-style-type: none"> <li>Use Career Clusters/Pathways search tool</li> <li>Explore career cluster profiles and pathways</li> <li>Use School Subjects search tool</li> <li>Use Career Selector search tool</li> <li>Explore career profiles: Related Jobs section</li> <li>Explore military careers section</li> <li>Sort Career Matchmaker results by recommended career cluster/pathway</li> <li>Sort Career Matchmaker results by level of education</li> <li>Save career clusters/pathways of interest to My Plan</li> </ul>	<ul style="list-style-type: none"> <li>Activity 5 – Using Career Selector</li> <li>Activity 7 – Career Cluster Research Project</li> </ul>
C:B1.5 Use research and information resources to obtain career information	Explore Careers  Explore Education	<ul style="list-style-type: none"> <li>Explore career profiles</li> <li>Examine wage and outlook information in the career profiles Earnings section</li> <li>Explore career profiles: Other Resources section, including links to BLS profiles, professional associations, and related sites</li> <li>Explore military careers section</li> <li>Explore school profiles for career and technical schools, two and four-year colleges, and graduate schools</li> </ul>	<ul style="list-style-type: none"> <li>Activities 1-15</li> </ul>
C:B1.6 Learn to use the Internet to access career-planning information	Explore Careers  Explore Education	<ul style="list-style-type: none"> <li>Explore career profiles</li> <li>Explore career profiles: Other Resources section, including links to BLS profiles, professional associations, and related sites</li> <li>Explore school profiles for career and technical schools, two- and four-year colleges, and graduate schools</li> </ul>	<ul style="list-style-type: none"> <li>Activities 1-15</li> <li>My Plan Activities 1-9</li> </ul>

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	My Plan Tool	<ul style="list-style-type: none"> <li>• Create a My Plan account</li> <li>• Bookmark sites of interest using the My Links tool</li> </ul>	
C:B1.7 Describe traditional and nontraditional career choices and how they relate to career choice	Explore Careers  My Plan Tool	<ul style="list-style-type: none"> <li>• Explore career profiles</li> <li>• Explore military careers section</li> <li>• View multimedia interviews for perspectives from people in each career</li> <li>• Use Career Selector search tool to find careers based on a variety of criteria</li> <li>• Explore career cluster profiles and pathways</li> <li>• Complete and reflect on Green Careers Activities</li> <li>• Save careers of interest and record thoughts</li> </ul>	<ul style="list-style-type: none"> <li>• Activity 5 – Using Career Selector</li> <li>• Activity 7 – Career Cluster Research Project</li> <li>• Activity 9 – Career Interview Project</li> <li>• My Plan Activity 3 – Careers that Interest Me</li> <li>• Green Careers Activities 1-3</li> </ul>
C:B1.8 Understand how changing economic and societal needs influence employment trends and future training	Explore Careers	<ul style="list-style-type: none"> <li>• Explore career profiles: Earnings, Education, and Sample Career Path sections</li> <li>• Examine wage and outlook information in the Earnings section of career profiles</li> <li>• Explore employment outlook in the cluster profiles</li> <li>• View multimedia interviews: Questions &amp; Answers</li> <li>• Complete and reflect on Green Careers Activities</li> </ul>	<ul style="list-style-type: none"> <li>• Activity 9 – Career Interview Project</li> <li>• Green Careers Activities 1-3</li> </ul>
<b>C:B2 Identify Career Goals</b>			
C:B2.1 Demonstrate awareness of the education and training needs to achieve career goals	Explore Careers  Explore Education  My Plan Tool	<ul style="list-style-type: none"> <li>• Explore career profiles: Education (Education &amp; Training, Related College Programs, Other Suggested Qualifications, and Suggested School Subjects) section</li> <li>• View multimedia interviews: Questions &amp; Answers and Advice</li> <li>• Explore school profiles</li> <li>• Use School Selector search tools</li> <li>• Use Search by Major feature to identify suitable schools</li> <li>• Save schools of interest and record thoughts</li> <li>• Plan high school courses in the My Education Plan section (or using ccPathfinder)</li> <li>• Complete the Post-Secondary Plan</li> </ul>	<ul style="list-style-type: none"> <li>• Activity 12 – College Research Exercise</li> <li>• Activity 13 – Finding the Right College</li> <li>• My Plan Activity 4 – Schools that Interest Me</li> <li>• My Plan Activity 6 – High School Education Plan</li> <li>• My Plan Activity 7 – Career Preparation &amp; Planning</li> </ul>

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C:B2.2 Assess and modify their educational plan to support career	Explore Careers  My Plan Tool	<ul style="list-style-type: none"> <li>Explore career profiles: Education (Related College Programs and Suggested School Subjects) section</li> <li>Explore Programs of Study in the Career Cluster profiles and pathways</li> <li>Plan high school courses in the My Education Plan section (or using ccPathfinder)</li> <li>Complete the Post-Secondary Plan</li> </ul>	<ul style="list-style-type: none"> <li>My Plan Activity 6 – High School Education Plan</li> <li>My Plan Activity 7 – Career Preparation &amp; Planning</li> </ul>
C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience	Career Matchmaker My Plan Tool  Employment Guide	<ul style="list-style-type: none"> <li>Complete My Skills component of Career Matchmaker</li> <li>Complete Career Planning Activities section</li> <li>Complete Work and Volunteer Experience sections</li> <li>Complete and reflect on Activity 9 – Career Interview Project</li> <li>Read the "On the Job" section of the Employment Guide</li> </ul>	<ul style="list-style-type: none"> <li>Activity 9 – Career Interview Project</li> <li>Activity 10 – Discovering Your Work Skills</li> <li>Activity 11 – Using My Skills</li> <li>My Plan Activity 7 – Career Preparation &amp; Planning</li> <li>My Plan Activity 8 – Activities &amp; Experiences</li> </ul>
C:B2.4 Select course work that is related to career interests	Explore Careers  My Plan Tool	<ul style="list-style-type: none"> <li>Explore career profiles: Education (Suggested High School Subjects) section</li> <li>Explore programs of study in the career cluster profiles and pathways</li> <li>Use School Subjects search tool</li> <li>Plan high school courses in the My Education Plan section (or using ccPathfinder)</li> </ul>	<ul style="list-style-type: none"> <li>Activity 1 – School Subjects &amp; Careers</li> <li>Activity 2 – Using School Subjects in the Workplace</li> <li>My Plan Activity 6 – High School Education Plan</li> </ul>
C:B2.5 Maintain a career-planning portfolio	My Plan Tool	<ul style="list-style-type: none"> <li>Create a My Plan account and record:               <ul style="list-style-type: none"> <li>Assessment results</li> <li>Career exploration activities</li> <li>Education exploration activities</li> <li>Career, education, and life goals</li> <li>Career planning and development activities</li> <li>Work and community service experiences</li> <li>Extracurricular activities and interests</li> <li>Awards, certificates, and recognitions</li> <li>Skills and abilities</li> <li>Thoughts about the career planning process in My Journal</li> </ul> </li> <li>Review and revise My Plan over time</li> </ul>	<ul style="list-style-type: none"> <li>My Plan Activities 1-9</li> </ul>



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## Standard C: Students will understand the relationship between personal qualities, education, training and the world of work

### C:C1 Acquire Knowledge to Achieve Career Goals

C:C1.1 Understand the relationship between educational achievement and career success	<p>Explore Careers</p> <p>Explore Education</p> <p>Career Matchmaker</p>	<ul style="list-style-type: none"> <li>Explore career profiles: Education and Sample Career Path sections</li> <li>Use School Subjects search tool, sort results by level of education</li> <li>Use Career Clusters/Pathways search tool, sort results by level of education</li> <li>Use Career Selector search tool to sort careers by type of education</li> <li>View multimedia interviews: Questions &amp; Answers</li> <li>Explore school profile; take note of admissions application requirements</li> <li>Sort Career Matchmaker results by level of education</li> </ul>	<ul style="list-style-type: none"> <li>Activity 1 – School Subjects &amp; Careers</li> <li>Activity 2 – Using School Subjects in the Workplace</li> <li>Activity 12 – College Research Exercise</li> <li>Activity 13 – Finding the Right College</li> <li>Activity 15 – Why Study This? A Cross-Curricular Game</li> </ul>
C:C1.2 Explain how work can help to achieve personal success and satisfaction	Explore Careers	<ul style="list-style-type: none"> <li>View multimedia interviews: Likes, Dislikes, and Advice</li> </ul>	
C:C1.3 Identify personal preferences and interests influencing career choice and success	<p>Explore Careers</p> <p>Career Matchmaker</p> <p>My Plan Tool</p>	<ul style="list-style-type: none"> <li>Explore career profiles: Job Description and Working Conditions sections</li> <li>Use Career Selector search tool to find careers that match particular interests</li> <li>Explore career cluster profiles and pathways</li> <li>Complete Career Matchmaker interest assessment</li> <li>Explore Suitable for You? feedback</li> <li>Save careers of interest and record thoughts</li> <li>Save career clusters/pathways of interest</li> </ul>	<ul style="list-style-type: none"> <li>Activity 3 – Using Career Matchmaker</li> <li>Activity 4 – Your Career Ideas &amp; Career Matchmaker</li> <li>Activity 6 – Comparing Careers</li> <li>My Plan Activity 3 – Careers that Interest Me</li> </ul>
C:C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills	<p>Explore Careers</p> <p>Career Matchmaker</p>	<ul style="list-style-type: none"> <li>Explore career profiles: Education and Sample Career Path sections</li> <li>View multimedia interviews for perspectives from people in each career</li> <li>Explore Suitable for You? feedback from Career Matchmaker and My Skills</li> </ul>	<ul style="list-style-type: none"> <li>Activity 10 – Discovering Your Work Skills</li> </ul>

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C:C1.5 Describe the effect of work on lifestyle	Explore Careers	<ul style="list-style-type: none"> <li>View multimedia interviews: Questions &amp; Answers, A Day in the Life</li> </ul>	
C:C1.6 Understand the importance of equity and access in career choice	Explore Careers	<ul style="list-style-type: none"> <li>View multimedia interviews to learn about workplace culture</li> </ul>	
C:C1.7 Understand that work is an important and satisfying means of personal expression	Explore Careers	<ul style="list-style-type: none"> <li>View multimedia interviews</li> </ul>	
<b>C:C2 Apply Skills to Achieve Career Goals</b>			
C:C2.1 Demonstrate how interests, abilities and achievement relate to achieving personal, social, educational and career goals	Explore Careers  Career Matchmaker  Ability Profiler My Plan Tool	<ul style="list-style-type: none"> <li>Explore career profiles</li> <li>View multimedia interviews</li> <li>Complete Career Matchmaker interest assessment and My Skills component</li> <li>Explore Suitable for You? feedback for interests and skills</li> <li>Take Ability Profiler assessment and review results</li> <li>Enter career &amp; life goals</li> <li>Record activities &amp; abilities</li> <li>Record awards &amp; certificates</li> </ul>	<ul style="list-style-type: none"> <li>Activity 3 – Using Career Matchmaker</li> <li>Activity 4 – Your Career Ideas &amp; Career Matchmaker</li> <li>Activity 10 – Discovering Your Work Skills</li> <li>Activity 11 – Using My Skills</li> <li>My Plan Activity 2 –Career Matchmaker</li> <li>My Plan Activity 8 – Activities &amp; Experiences</li> </ul>
C:C2.3 Learn to work cooperatively with others as a team member	Classroom Activities	<ul style="list-style-type: none"> <li>Complete and reflect on Activity 8 – Career Fair Project</li> <li>Complete and reflect on Activity 15 – Why Study This? A Cross-Curricular Game</li> </ul>	<ul style="list-style-type: none"> <li>Activity 8 – Career Fair Project</li> <li>Activity 15 – Why Study This? A Cross-Curricular Game</li> </ul>
C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing, and or mentoring experiences	My Plan Tool  Classroom Activities  Employment Guide	<ul style="list-style-type: none"> <li>Complete Career Planning Activities section</li> <li>Complete the Work and Volunteer Experience sections</li> <li>Complete and reflect on Activity 9 – Career Interview Project</li> <li>Read the "On the Job" section of the Employment Guide</li> </ul>	<ul style="list-style-type: none"> <li>Activity 9 – Career Interview Project</li> <li>My Plan Activity 7 – Career Preparation &amp; Planning</li> <li>My Plan Activity 8 – Activities &amp; Experiences</li> </ul>

For more information, please contact Career Cruising at 1-800-965-8541 or [sales@careercruising.com](mailto:sales@careercruising.com)