

# CAREER CRUISING AND THE CENTRAL VALLEY SCHOOL DISTRICT CAREER GUIDANCE DEVELOPMENTAL CURRICULUM

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The tables below illustrate how Career Cruising, a comprehensive web-based career exploration and portfolio program used in over 9,500 schools nationwide, supports the learning objectives of the Central Valley School District Career Guidance Developmental Curriculum. Through the use of customization and reporting tools that accompany student resources, counselors, teachers and administrators can monitor students' progress and communicate completion requirements.

**Career Development 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.

A:1 Develop Career Awareness		
Competency	Career Cruising Section/Feature	Career Cruising Supplementary Activity/Worksheet
C: A1.1 Develop Skills to locate, evaluate and interpret career Information	<b>ccSpark!</b> <ul style="list-style-type: none"> <li>Interact with the various characters to learn about their roles and responsibilities</li> </ul> <b>ccSpringboard</b> <ul style="list-style-type: none"> <li>Explore Careers</li> <li>Career Matchmaker</li> </ul>	Activity #1 – School Subjects & Careers Activity #3 – Using Career Matchmaker Activity #4 – Your Career Ideas & Career Matchmaker Activity #5 – Using Career Selector Activity #6 – Comparing Careers Activity #7 – Career Cluster Research Project Activity #8 – Career Fair Project
C: A1.2 Learn about the variety of traditional and nontraditional occupations	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>Explore Careers</li> </ul>	

C: A1.3 Develop an awareness of personal abilities, skills, interests and motivations	<b>ccSpark!</b> <ul style="list-style-type: none"> <li>• My Profile</li> </ul> <b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Career Matchmaker</li> <li>• Learning Styles Inventory</li> <li>• My Skills</li> <li>• Ability Profiler<sup>1</sup></li> </ul> <b>ccTheRealGame</b> Unit 1: Making a Living Session 2: The Dream Unit 4: The Personal Journey Session 2: Follow our Heart <b>ccTheBeRealGame</b> Unit 1: Time Travel Session 4: My Lifestyle Choices Session 9: My Lifestyle Adjustments Unit 2: The Personal Journey Session 2: Who Am I Really? Session 3: My Dream Role	Activity #3 – Using Career Matchmaker Activity #4 – Your Career Ideas & Career Matchmaker Activity #11 – Using My Skills Activity #14 – Learning Styles
C: A1.4 Learn how to interact and work cooperatively in teams	<b>ccTheRealGame</b>	
C: A1.5 Learn how to make decisions	<b>ccTheRealGame</b> <b>ccTheBeRealGame</b>	
C: A1.6 Learn how to set goals	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• My Goals and Plans</li> </ul>	My Plan Activity # 7 – Career Preparation & Planning
C: A1.7 Understand the importance of planning	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• My Goals and Plans</li> </ul> <b>ccTheRealGame</b> Unit 2: Quality of Life <b>ccTheBeRealGame</b> Unit 1: Time Travel:	My Plan Activity # 7 – Career Preparation & Planning

<sup>1</sup> Please note: This assessment has been normalized for students 16 years of age and older.  
*Career Cruising And The Central Valley School District Career Guidance Developmental Curriculum*

C: A1.8 Pursue and develop competency in areas of interest	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Career Matchmaker helps identify careers of interest and My Skills and the Ability Profiler can help students identify areas of skills and abilities to further develop.</li> </ul>	Activity #3 – Using Career Matchmaker Activity #4 – Your Career Ideas & Career Matchmaker Activity #11 – Using My Skills
C: A1.9 Develop hobbies and vocational interests	<b>ccSpark!</b> <ul style="list-style-type: none"> <li>• My Profile</li> </ul> <b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• My Activities and Experiences</li> </ul>	My Plan Activity #8 – Activities & Experiences
C: A1.10 Balance between work and leisure time	<b>ccTheRealGame</b> Unit 2: Quality of Life Session 1 – After Work <b>ccTheBeRealGame</b> Unit 1: Time Travel Session 5: My Life/Work Balance	
<b>A:2 Develop Employment Readiness</b>		
C: A2.1 Acquire employability skills such as working on a team, problem solving and organizational skills	<b>ccTheRealGame</b>	
C: A2.2 Apply job readiness skills to seek employment opportunities	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Employment Guide</li> <li>• Job Search</li> </ul> <b>ccInspire</b> <ul style="list-style-type: none"> <li>• Connect with local employers</li> </ul> <b>ccTheBeRealGame</b> Unit 2: The Personal Journey Session 4: Making Connections	My Plan Activity #9 – Using the Resume Builder
C: A2.3 Demonstrate knowledge about the changing workforce	<b>ccInspire</b> <ul style="list-style-type: none"> <li>• Connect with local employers</li> <li>• Ask career coaches</li> </ul> <b>ccTheBeRealGame</b> Unit 2: The Personal Journey Session 4: Making Connections	
C: A2.4 Learn about the rights and responsibilities of employers and employees	<b>ccTheRealGame</b> Unit 3: Changes and Choices Session 1: Fair Play	

C: A2.5 Learn to respect individual uniqueness in the workplace	<b>ccTheRealGame</b> Unit 3: Changes and Choices Session 1: Fair Play	
C: A2.6 Learn how to write a resume	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Employment Guide</li> <li>• Build My Resume</li> </ul> <b>ccTheBeRealGame</b> Unit 1: Time Travel Session 3: My Job Search	My Plan Activity #9 – Using the Resume Builder
C: A2.7 Develop a positive attitude toward work and learning		
C: A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the work place	<b>ccTheBeRealGame</b> Unit 1: Time Travel Session 2: The Real World of Work	
C: A2.9 Utilize time – and – task – management skills	<b>ccTheRealGame</b> Unit 2: Quality of Life Session 1 – After Work <b>ccTheBeRealGame</b> Unit 1: Time Travel Session 5: My Life/Work Balance	

### **Career Development Standard B:** Students will employ strategies to achieve future career goals with success and satisfaction

<b>B:1 Acquire Career Information</b>		
<b>Competency</b>	<b>Career Cruising Section/Feature</b>	<b>Career Cruising Supplementary Activity/Worksheet</b>
C: B1.1 Apply decision-making skills to career planning, course selection and career transition	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• My Goals and Plans</li> <li>• Post-Secondary Plan</li> </ul> <b>ccPathfinder</b> <ul style="list-style-type: none"> <li>• Create a 4-year plan using the information stored in My Plan</li> </ul> <b>ccTheBeRealGame</b> Unit 1: Time Travel Session 7: Change is Constant Session 8: Focus on the journey Session 9: My Lifestyle Adjustments	My Plan Activity # 7 – Career Preparation & Planning Course Planner Classroom Activity

C: B1.2 Identify personal skills, interests, and abilities and relate them to current career choice	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Career Matchmaker</li> <li>• My Skills</li> <li>• Ability Profiler</li> </ul>	Activity #3 – Using Career Matchmaker Activity #4 – Your Career Ideas & Career Matchmaker Activity #11 – Using My Skills
C: B1.3 Demonstrate Knowledge of the career-planning process	<b>ccSpringboard</b>	My Plan Activity # 7 – Career Preparation & Planning
C: B1.4 Know the various ways in which occupations can be classified	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Explore Careers</li> </ul>	Activity #1 – School Subjects & Careers Activity #5 – Using Career Selector Activity #6 – Comparing Careers Activity #7 – Career Cluster Research Project Activity #8 – Career Fair Project
C: B1.5 Use research and information resources to obtain career information	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Explore Careers</li> </ul>	Activity #1 – School Subjects & Careers Activity #3 – Using Career Matchmaker Activity #4 – Your Career Ideas & Career Matchmaker Activity #5 – Using Career Selector Activity #6 – Comparing Careers Activity #7 – Career Cluster Research Project Activity #8 – Career Fair Project
C: B1.6 Learn to use the Internet to access career planning information	<b>ccSpringboard</b>	Classroom Activities
C: B1.7 Describe traditional and nontraditional career choices and how they relate to career choice	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Explore Careers</li> </ul>	
C: B1.8 Understand how changing economic and societal needs influence employment trends and future training	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Explore Careers</li> <li>• Interviews</li> </ul> <b>ccInspire</b> <ul style="list-style-type: none"> <li>• Career Coaches</li> </ul> <b>ccTheBeRealGame</b> Unit 1: Time Travel Session 7: Change is Constant	
<b>B:2 Identify Career Goals</b>		
C: B2.1 Demonstrate awareness of the education/training needed to achieve career goals	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Career profiles</li> <li>• Explore Education</li> </ul> <b>ccPathfinder</b>	Activity # 12 – College Research Exercise Activity #13 – Finding The Right College Course Planner Classroom Activity

C: B2.2 Assess and modify education plan to support career	<b>ccSpringboard</b> • Post-secondary Plan <b>ccPathfinder</b>	My Plan Activity # 7 – Career Preparation & Planning Course Planner Classroom Activity
C: B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience	<b>ccInspire</b> • Career Development Opportunities <b>ccSpringboard</b> • My Activities and Experiences	My Plan Activity #8 – Activities & Experiences
C: B2.4 Select course work that is related to career interests	<b>ccPathfinder</b>	Course Planner Classroom Activity
C: B2.5 Maintain a career-planning portfolio	<b>ccSpringboard</b> • My Plan	My Plan Classroom Activities

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

<b>C:1 Acquire Knowledge to Achieve Career Goals</b>		
<b>Competency</b>	<b>Career Cruising Section/Feature</b>	<b>Career Cruising Supplementary Activity/Worksheet</b>
C: C1.1 Understand the relationship between educational achievement and career success	<b>ccSpringboard</b> • Career profiles • Explore Education <b>ccPathfinder</b>	Activity #15 – Why Study This?
C: C1.2 Explain how work can help to achieve personal success and satisfaction	<b>ccSpringboard</b> • Interviews <b>ccInspire</b> • Career Coaches <b>ccTheRealGame</b> <b>ccTheBeRealGame</b>	Activity #9 – Career Interview Project
C: C1.3 Identify personal preferences and interests influencing career choice and success	<b>ccSpringboard</b> • Career Matchmaker <b>ccTheRealGame</b> Unit 1: Making a Living Session 2: The Dream Unit 4: The Personal Journey	Activity #3 – Using Career Matchmaker Activity #4 – Your Career Ideas & Career Matchmaker
C: C1.4 Understand that the changing workplace requires lifelong learning and acquiring new skills	<b>ccTheRealGame</b> Unit 3: Changes and Choices Session 2: The Pink Slip	

	Session 3: Disaster Strikes Session 4: Transitions Unit 4: The Personal Journey Session 3: The Big Picture <b>ccTheBeRealGame</b> Unit 1: Time Travel Session 7: Change is Constant Session 8: Focus on the journey Unit 2: The Personal Journey My Life Story	
C: C1.5 Describe the effect of work on lifestyle	<b>ccTheRealGame</b> Unit 2: Quality of Life <b>ccTheBeRealGame</b> Unit 1: Time Travel Session 4: My Lifestyle Choices Session 5: My Life/Work Balance Session 6: My Monthly Budget Session 9: My Lifestyle Adjustments <b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Interviews</li> </ul> <b>ccInspire</b> <ul style="list-style-type: none"> <li>• Career Coaches</li> </ul>	Activity #9 – Career Interview Project
C: C1.6 Understand the importance of equity and access in career choice	<b>ccTheRealGame</b> Unit 3: Changes and Choices Session 1: Fair Play	
C: C1.7 Understand that work is an important and satisfying means of personal expression	<b>ccTheRealGame</b> Unit 4: The Personal Journey Session 2: Follow Your Heart	
<b>C:2 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	<b>ccSpringboard</b> <ul style="list-style-type: none"> <li>• Career Matchmaker</li> <li>• Learning Styles Inventory</li> <li>• My Skills</li> <li>• Ability Profiler</li> <li>• Post-secondary Plan</li> </ul> <b>ccPathfinder</b>	Activity #3 – Using Career Matchmaker Activity #4 – Your Career Ideas & Career Matchmaker Activity #11 – Using My Skills Activity #14 – Learning Styles My Plan Activity #7 – Career Planning & Preparation Course Planner Classroom Activity

C: C2.2 Learn how to use conflict management skills with peers and adults		
C: C2.3 Learn to work cooperatively with others as a team member	<b>ccTheRealGame</b>	
C: C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing, and/or mentoring experiences	<b>ccInspire</b> <ul style="list-style-type: none"> <li>Career Development Opportunities</li> </ul> <b>ccSpringboard</b> <ul style="list-style-type: none"> <li>My Activities and Experiences</li> </ul>	My Plan Activity #8 – Activities & Experiences