

## ECAP Resources

This document contains links to FREE resources to assist educators, parents, and students in the ECAP process.

On February 25, 2008 the Arizona State Board of Education approved Education and Career Action Plans for all Arizona students grades 9-12. An ECAP (Education and Career Action Plan) reflects a student's current plan of coursework, career aspirations, and extended learning opportunities in order to develop the student's individual academic, career goals and postsecondary plans.

Here are the ECAP requirements as outlined in Board Rule R7-2-302.05 (Approved February 25, 2008):

- Academic Goals
- Career Goals
- Postsecondary Education Goals
- Extracurricular Goals

Click [here](#) to read more about what should be included in those 4 areas.

Please contact Amanda Nolasco at [amanda.nolasco@azed.gov](mailto:amanda.nolasco@azed.gov) or 602.542.5353 with any questions.



**Career Exploration**

| <b>Website</b>  | <b>Description</b>   | <b>Assessment</b>   |
|---|--|---|
| Pipeline AZ<br><a href="http://www.pipelinaz.com">www.pipelinaz.com</a>                                     | Career Exploration<br>Industry Exploration<br>Career Exploration<br>School Search Based Upon<br>Industry & Job Title | Interest Inventory  |
| O*NET Online<br><a href="http://www.onetonline.org">www.onetonline.org</a>                                  | Occupation Search<br>Career Exploration  | None  |
| uwanndu<br>(you•wanna•do)<br><a href="http://www.uwannadu.com">www.uwannadu.com</a>                         | Career Exploration<br>College Search<br>Job Search<br>Curriculum/Lesson Plans  | Interest Inventory  |
| Career One Stop<br><a href="http://www.careeronestop.org">www.careeronestop.org</a>                         | Career Exploration<br>Find Training<br>Job Search  | Interest Inventory<br>Work Values Matcher<br>Skills Matcher   |
| My Next Move<br><a href="http://www.mynextmove.org">www.mynextmove.org</a>                                  | Career Exploration<br>Industry Exploration   | Interest Inventory  |
| Bureau of Labor Statistics<br><a href="http://www.bls.gov">www.bls.gov</a>                                  | Labor Market Data  |   |
| Your Free Career Test<br><a href="http://www.yourfreecareertest.com">www.yourfreecareertest.com</a>         | Career Exploration   | General Career Test<br>Health Career Test<br>Art Career Test<br>Business Career Test<br>Trade Career Test<br>Volunteer Match Test<br>Job Quiz |
| Occupational Outlook<br>Handbook<br>www.<br><a href="https://www.bls.gov/ooh/">https://www.bls.gov/ooh/</a> | Career Exploration   |   |



**Post Secondary Planning**

| <b>Website</b>   | <b>Description</b>   | <b>Assessment</b>   |
|--|--|---|
| Big Future<br><a href="http://www.bigfuture.collegeboard.org">www.bigfuture.collegeboard.org</a>   | College Search<br>College Planning<br>Paying for School<br>Career Search                           | Know Yourself   |
| Missouri State University<br>“What Can I Do with this Major”<br><a href="http://www.careercenter.missouristate.edu">www.careercenter.missouristate.edu</a> | Match majors to jobs<br>Click on Career Planning Toolkit<br>Click on What Can I do with this Major |   |
| Arizona State University – me3<br>Download in the App Store or get it on Google Play   | Major Exploration<br>Chart Academic Plan<br>Career Exploration                                     |   |
| College Xpress<br><a href="http://www.collegexpress.com">www.collegexpress.com</a>   | College Search<br>College Planning<br>Paying for School  |   |
| Your Free Career Test<br><a href="http://www.yourfreecareertest.com">www.yourfreecareertest.com</a>  | College Search<br>Degree Exploration<br>Financial Aid Information                                  | General Career Test<br>Health Career Test<br>Art Career Test<br>Business Career Test<br>Trade Career Test<br>Volunteer Match Test<br>Job Quiz |

**Additional Resources**

| <b>Website</b>  | <b>Description</b>   | <b>Assessment</b> |
|---|--|-------------------|
| Webinar – ECAP without AzCIS<br><br>Electronic ECAP created by Glendale High School using Google Docs | Webinar the reviews the ECAP components, compliance, and example from Glendale High School<br><br>To access the recorded webinar, click <a href="#">here</a> |                   |



## Arizona Department of Education – ECAP

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|  | To access the sample Electronic ECAP created by Glendale High School, click <a href="#">here</a>   |  |
| <p>Truity<br/><a href="http://www.truity.com">www.truity.com</a></p>   | <p>Multiple online assessments.<br/>Basic reports are free.</p>  | <p>Personality Tests</p> <ul style="list-style-type: none"> <li>• Myers Briggs</li> <li>• Enneagram</li> <li>• Big Five</li> <li>• Disc</li> </ul> <p>Career Tests</p> <ul style="list-style-type: none"> <li>• Career Personality Profiler</li> <li>• Type Finder for Career Planning</li> <li>• Holland Code Career Test</li> <li>• Photo Career Quiz</li> </ul> <p>Personal Strengths Inventory</p> |
| <p>Overcoming Obstacles<br/><a href="http://www.overcomingobstacles.org">www.overcomingobstacles.org</a></p>   | <p>K-12 curriculum on “Life Skills”<br/>Full Lesson Plans<br/>Activity Sheets<br/>Training Guides<br/>Aligned to CASEL, ASCA, and Common Core Standards</p>              | <p>Student survey to collect pre and post data</p>   |
| <p>Career Fluency HQ<br/><a href="http://www.careerfluencyhq.com">www.careerfluencyhq.com</a></p>  | <p>High School Curriculum<br/>Career Success<br/>Network and Social Capital<br/>Professional Etiquette<br/>College Access, Transition, and Success</p>                   | <p>Student survey to collect pre and post data</p>   |
| <p>NACAC<br/><a href="https://www.nacacnet.org/advocacy--ethics/initiatives/steps/">https://www.nacacnet.org/advocacy--ethics/initiatives/steps/</a></p> | <p>Step by Step: College Awareness and Planning for Families, Counselors, and Communities<br/>Curricula for K-12<br/>PowerPoint presentations in English and Spanish</p> |  |

