CAP Training Includes:

- 20 Professional Development hours in an 8 week, on-line course for middle grade school counselors as well as administrators and teachers.

- 4 sessions - each session to take four to six hours to complete.

- Arizona specific course content, including Arizona-specific graduation requirements, postsecondary institutions, college planning tools, resources and scholarships.
Session One: Developing a College-Going Culture in Your School
In this session, participants will read documents that focus on the importance of developing a college-going culture in middle school and provide information about the barriers to success many students face. They will explore strategies for establishing a college-going culture in their schools. Additionally, they will practice identifying the barriers students face and propose strategies to help students overcome those barriers. In the discussion, participants will share the kinds of strategies they’ve used to create a college-going culture and to address students' barriers identified among students.

Session Two: Career Planning
In this session participants will explore state-adopted career clusters and tools and strategies to help students understand the connections between career aspirations and academic planning, and review methods to learn about employment area forecasts. Additionally, they’ll review Arizona-specific resources and share strategies they have used or will use with students at their schools to increase students’ interests in careers and understanding of their academic requirements.

Session Three: Academic Planning and Transitions
Involving students in transition and academic planning to support their career assessments and interests in an important element in student motivation for learning. Participants will read articles about the importance of middle school to students’ decisions about whether or not they will go on to college. They will learn ways to support students in their transitions from elementary to middle and then to high schools. In the activities, they’ll prepare a survey for students transitioning into and from their schools and they’ll view a video of a counselor working with students to prepare them for transition to high school and to preview the kinds of coursework they will be engaged in.

Session Four: Engaging Middle Grade Students
This session identifies strategies for student engagement and goal-setting. Participants will identify way to work with teachers and administrators to plan school-wide strategies to improve students’ resilience and their engagement in learning. Participants will also plan other strategies to guide students in goal-setting and self-monitoring activities. In the discussion, they will share their ideas for improving students’ resilience and engagement and they’ll complete the Module Portfolio for submission to the course facilitator.