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.

Session Two:
**Helping Middle Grade Students and Families Understand the Value and Affordability of Postsecondary Education**
Middle school is a crucial state at which students and their parents must begin to make a variety of complex choices that range from pursuing a challenging academic curriculum to developing an understanding of college financing. This session will equip participants with tools and strategies to communicate the value and affordability of a postsecondary education and the steps that are necessary to take now in order to plan for college.

Session Three:
**Engaging Middle Grade Students in Self-Exploration of Career Interests and Skills**
In this session, participants will review methods to learn about employment area forecasts, explore state-adopted career clusters and explore tools and strategies to help students understand the connections between career aspirations and academic planning.

Session Four:
**Using Data to Address Equity and Create Early Warning Systems**
This session will address the importance of exploring school data from multiple perspectives. First, it explores the use of data to uncover issues related to equity. It also explores the importance of using disaggregated school-level data and individual student data to identify early warning signs for at-risk students, and plan interventions to support students who may be demonstrating signs that they will struggle to be college and career ready as they progress through middle and high school.

Session Five:
**Engaging Middle Grade Students and Families in Academic Planning and Transitions**
Involving students in transition activities and academic planning to support their career assessments and interests is 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. Additionally, participants will read about ways to support students in their transitions from elementary to middle and from middle to high school.

Session Six:
**Helping Students Develop Mindsets and Skills for Academic and Career Success**
Research suggests that non-cognitive factors not only contribute to students’ academic performance, but also that racial/ethnic and gender differences in school performance can be reduced by focusing on students’ attitudes and behaviors. This session will expose participants to strategies for helping adolescents develop a growth mindset and how academic mindsets, social skills and career-ready skills lead to success in college and careers.

“The CAP course gives administrators and teachers the opportunity to collaborate about the college culture they have developed on their campus. Through collaboration we can grow and learn from each other building awareness on our own campus.”

Heather Wacker College and Career Readiness Coach, Cottonwood—Oak Creek School District