

"Valuable skills were learned
such as budgeting."
~SOL Student



Testimonials-ECAP eLearning Course

What is the ECAP Class?

ECAP stands for Education and Career Action Plan. By creating an individualized Education Career Action Plan, students can shape their own education and future. Choosing classes and extracurricular activities that fit in with their interests and future plans allows them to prepare for a successful career or college experience after high school.

ECAP Module Checklist

Module One-Know Yourself

- StrengthsExplorer® through Naviance
- Career Pathway-Holland/RIASEC Test
- Myers-Briggs Personality Type

Module Two-Career Exploration

- Career Interest Profiler
- Creating a Budget

Module Three-Education and Future

- Naviance 4 Year Plan
- Graduation Course Planner
- Future Aspirations
- Scholarships

Module Four-S.M.A.R.T. Goal

- Multiple Intelligence Self-Assessment
- Study Skills Assessment
- Time Scheduling
- Mock Interview
- Creating a Resume
- Letter of Reference
- Job Application

Final Project

- Where You Want To Be Seven Years From Now
- Final Exam

What SUSD Students Are Saying about ECAP!

Everything very easy to access

"The format of this course made everything very easy to access. The content within the course was honestly very helpful to deciding what and where you would like to be in the next few years. The assessments were different compared to other classes. This class has been my favorite one of my four years in high school. It helped me practice writing as well as filling out job applications and creating a resume. Those are the most important things I believe we need to learn that we don't get taught in an actual class. I would like to state that this class has overall made me more confident in my future successes."

~Chaparral Student

Course taught me to think about my future

"I have to say this course taught and showed me how to think about my future. There are so many options out there for me and this course showed me that. My favorite assignments were write your own recommendation letter and job application. They were really easy to understand. I don't think I would change anything about this course." ~Coronado Student

Assessments were beneficial

"I believe this course was very helpful. I wish I would have taken it before senior year. A lot of this information would have been really helpful for previous years of school. I now know how to properly apply for a job which is very helpful. I think the assessments and content were very beneficial. The format was easy to navigate and understand." ~Desert Mountain Student

Prepared for the future

"Overall this class was very important for me to take because it set me up for the future. Between making a resume and the seven year plan I feel very prepared for the future. The format of this class is very well put together; it starts with why your future is important and finishes with the seven year plan, so it is all chronological. I wouldn't change anything about the content in the course because I actually enjoyed doing most of the activities that was required for this class. The assessments that I had to take in this class were well made." ~Desert Mountain Student