



PSD Middle School **Xello/ICAP** Lessons

Xello is the platform Poudre School District utilizes to help students in grades 6–12 create their very own ICAP (Individual Career and Academic Plan). Students are able to discover their own personalized pathway through self-knowledge, exploration, and planning.

LOGIN AS A STUDENT:

1. Go to www.psdfutureready.org/xello - Click on the “student” tab

CUSTOMIZE YOUR XELLO PROFILE:

1. Click on your avatar in the top right corner of your Xello profile
2. Click on **ACCOUNT**, then **update your contact info and add a photo**

EXPLORE AND SHARE YOUR SKILLS AND INTERESTS:

1. From the Xello homepage click on the **ABOUT ME** tab
2. Click on **FAVORITE CLUSTERS**, choose 2 that you are interested in

6th Grade Lessons:



Lesson #1: What is ICAP?/Build your Xello Profile

Custom Lesson

- Upload a profile picture and cover photo
- Learn about ICAP and Xello

Lesson #2: Explore Learning Styles

30 to 40 minutes

Before you begin: Complete the *Learning Style* quiz Save 3 careers

- Investigate visual, auditory, and tactile learning styles
- Explore how understanding their own learning style can help them in school and in their career

Lesson #3: Create Portfolio - “Tell Me About Yourself”

25-30 minutes

Answer 3 reflection questions and hit submit

Build Portfolio - “Tell Me About Yourself”

Add an image

Add Title and description

Add Media Section - links, external media, text, etc.

Additional suggested activities for 6th graders:

Interests (Peardeck optional)

20 to 30 minutes

Before you begin: Do “interest inventory,” add 5 interests, and save 3 careers (15 minutes-ish)

- Reflect on a few of the interests they’ve saved in Xello’s interest inventory (Reflect on 1 or 2 in Peardeck)
- Explore the link between interests and various careers (How do your career interests correlate to the interests that you have in life?)
- Investigate how their interests match up with a career they like
 - Are you thinking that you would like to have a job or career in life and explain each with an example
 - What are some things that you can do right now to work towards a job or career that you might be interested in someday?
 - Explain that we may have some ideas of things that we want to do someday, like being a professional athlete, but that we should have other ideas that we might want to pursue or other similar jobs within that field that we start to think about as well.

School Subjects at Work

20 to 30 minutes

Before you begin: Add at least 5 interests and save 3 careers

- Investigate how people in various careers use a school subject they like on the job
- Explore the school subjects related to careers they like
- Explore how people in a variety of careers apply different school subjects on the job

**Mention that it will be shared with parents

**What are your top three career prospects currently, and what is a short description of them to avoid dream killing statement

**Click share with parents button

ABOUT ME:

- Add hobbies and interests to *Interests*
- Explore *Career Clusters* and save ones of interest
- Save personal work or relevant files to your *Storyboard*

EXPLORE OPTIONS

- Explore careers and use filters to refine results based on specific school subjects Research some career profiles and save ones of interest

7th Grade Lessons:



Lesson #1: Explore Career Matches

30 to 40 minutes

Before you begin: Before you begin: Complete the *Matchmaker* quiz and save 3 careers

- Investigate central, secondary, and other aspects of the career match assessment, and how they relate to careers
- Reflect on their own career assessment results
- Explore the aspects of a career that interests them

Lesson #2: Discover Learning Pathways

30 to 40 minutes

Explore the postsecondary pathways to various careers

- Evaluate pathways to a career that interests them
- Investigate their postsecondary pathway options

Lesson #3: Goal Setting

20 to 30 minutes

- Begin to explore goal setting and postsecondary workforce planning
- Set one future plan goal
- Students could explore personal goals if time allows

Additional suggested activities for 7th graders:

ABOUT ME:

- Complete the *Learning Style* quiz
- Identify areas of expertise and add skills in *Skills*

EXPLORE OPTIONS

- Select a career profile and read interviews with real people currently in that career
- Select a few career profiles, save ones they might be interested in, and record their feelings about them

Decision Making

20 to 30 minutes

- Explore the importance of making informed decisions, and using the information they have to make the best decisions at the time
- Learn about the importance of considering the consequences of potential decisions
- Reflect on an important decision they've recently made

Time Management

20 to 30 minutes

- Create a time budget to assess how they currently manage their time
- Explore ways to improve their time management skills

- Explain why time management is important in school and on the job

8th Grade Lessons:



Lesson #1: Skills

30 to 40 minutes

- Identify the skills needed for a variety of occupations
- Investigate career options related to their own skills
- Explore how school, extracurricular, and leisure activities help build skills

Lesson #2: Transition to High School

20 to 30 minutes

- Explore ways to make their transition to high school easier and more successful
- Identify questions and concerns they might have about transitioning to high school
- Explore clubs, activities, and other resources to help handle the transition to high school
- Develop strategies to deal with transitions

Lesson #3: Plan your High School Courses

Custom Lesson - After school of choice deadline/prior to registration (After February 4th)

- Watch the [Course Planner Video](#), Spanish version of the [video](#)
- Choose which high school you will be attending
- How many credits do you need to graduate high school?

Additional suggested activities for 8th graders:

ABOUT ME:

- Complete/Retake the *Matchmaker* quiz
- Update *Skills*, *Interests*, and *Storyboard*
- Save *Career Clusters* of interest

GOALS & PLANS:

- Begin a four-year high school course plan

EXPLORE OPTIONS:

- Focus on the education section in a career profile and explore schools offering related training

Biases and Career Choices

20 to 30 minutes

- Identify biases of gender, ethnicity, ability, and class in the workplace
- Explore how biases can influence career choices

Jobs and Employers

20 to 30 minutes

- Reflect on the advantages and disadvantages of various work search strategies
- Research potential employers in their community
- Explore ways to find employment