

ASCA Correlations for **i have a plan** IOWA

IHaveaPlanIowa's Features Correlation with ASCA Career Development Standards

At a glance, discover how you can help students meet the career development standards of the American School Counselors Association (ASCA) using the correlating features found in IHaveaPlanIowa.

ASCA STANDARDS	PORTFOLIO*	FEATURES
ACADEMIC STANDARDS		
STANDARD A		
IMPROVE ACADEMIC SELF-CONCEPT		
Articulate feelings of competence and confidence as a learner	Your Profile: How You See Yourself > Annual Reflection	
Display a positive interest in learning	High School Planning: Your Plan of Study	Your Plan of Study, Test Prep
Take pride in work and in achievement	Your Profile: Experiences and Activities	
Accept mistakes as essential to the learning process	Your Profile: How You See Yourself > Self Knowledge	
Identify attitudes and behaviors which lead to successful learning	Your Profile: How You See Yourself > Self Knowledge	High School Timeline, College Planning Timeline, Getting Ready for College: College Skills and Tips
ACQUIRE SKILLS FOR IMPROVING LEARNING		
Apply time management and task management skills	High School Planning: Your Plan of Study, College Planning: Postsecondary Plans, Financial Aid Planning	Your Plan of Study, High School Timeline, College Planning Timeline, Financial Aid Timeline, Getting Ready For College: Know the Steps/College Skills and Tips, Time Management 101 (Article)
Demonstrate how effort and persistence positively effect learning		Getting Ready for College: College Skills and Tips, Test Prep
Use communication skills to know when and how to ask for help when needed		Financial Aid 101
Apply knowledge of learning styles to positively influence school performance	Career Planning: All About You > Learning Style Inventory**	
ACHIEVE SCHOOL SUCCESS		
Take responsibility for their actions	Your Profile: Looking Ahead/How You See Yourself	Your Plan of Study, High School Timeline, College Planning Timeline
Demonstrate the ability to work independently as well as the ability to work cooperatively with other students	Note 1	Note 1
Develop a broad range of interests and abilities	Career Planning: Work Experiences, High School Planning: Extracurricular Activities, Your Profile: Experiences and Activities	Interest Profiler, Basic Skills Survey, Transferable Skills Checklist, Test Prep
Demonstrate dependability, productivity and initiative	High School Planning > Your Plan of Study, Your Profile: Looking Ahead/How You See Yourself	Your Plan of Study
Share knowledge	Note 2	Note 2

ASCA STANDARDS	PORTFOLIO*	FEATURES
STANDARD B		
IMPROVE LEARNING		
Demonstrate the motivation to achieve individual potential	High School Planning, College Planning: Postsecondary Plans, Your Profile: Looking Ahead	Your Plan of Study, High School Planning Timeline, College Planning Timeline
Learn and apply critical thinking skills		Compare Careers, Compare Colleges, Your Plan of Study, ACT Explore, Test Prep, Getting Ready for College: College Skills and Tips
Apply the study skills necessary for academic success at each level		High School Timeline, Getting Ready for College: College Skills and Tips, Successful Study Techniques (Article), Test Prep
Seek information and support from faculty, staff, family and peers	Your Profile: Portfolio Reviews, Index: Invite a Parent or Guardian	
Organize and apply academic information from a variety of sources	Your Profile: Experiences and Activities > Projects	Note 3
Use knowledge of learning styles to positively influence school performance	Career Planning: All About You > Learning Style Inventory**	
Become self-directed and independent learners	High School Planning > Your Plan of Study, Your Profile: Looking Ahead/How You See Yourself	Your Plan of Study, Test Prep
PLAN TO ACHIEVE GOALS		
Establish challenging academic goals in elementary, middle/junior high, and high school	High School Planning > Your Plan of Study/ Secondary/Post-Secondary Learning Options/ Enrichment Courses and Workshops	Your Plan of Study
Use assessment results in educational planning	High School Planning > Your Plan of Study	Interest Profiler/Career Cluster Survey+Your Plan of Study
Develop and implement an annual plan of study to maximize academic ability and achievement	High School Planning > Your Plan of Study	Your Plan of Study
Apply knowledge of aptitudes and interests to goal setting	Career Planning: Your Skills/All About You/Career Plans, High School Planning, College Planning: Postsecondary Planning/Test Scores	Interest Profiler/Career Cluster Survey/Basic Skill Survey/Transferable Skills Checklist > Career Profile > Add to Your Portfolio, School Finder > School Profile > Add to Your Portfolio, Career Plan Builder, Your Plan of Study
Use problem solving and decision making skills to assess progress toward educational goals	High School Planning, College Planning: Postsecondary Planning, My Profile: How You See Yourself	Your Plan of Study > College Requirements Checkup, High School Planning Timeline, College Planning Timeline, Financial Aid Timeline
Understand the relationship between classroom performance and success in school	Your Profile : Looking Ahead : Goals + Goals Into Action	
Identify post-secondary options consistent with interests, achievement, aptitude and abilities	College Planning: Post-Secondary Planning	Search for Programs and Majors, Browse Programs and Majors, School Finder, College Matching Assistant, Compare Schools, Interest Profiler/Career Cluster Survey/Basic Skills Survey/Transferable Skills Checklist/Career Clusters > Career Profile > What to Learn, Getting Ready for College: College Choice/Insight on Programs/Post-Secondary Options

ASCA STANDARDS	PORTFOLIO*	FEATURES
STANDARD C		
RELATE SCHOOL TO LIFE EXPERIENCES		
Demonstrate the ability to balance school, studies, extracurricular activities, leisure time and family life	Career Planning: Work Experiences, High School Planning; Extracurricular Activities, Your Profile: Looking Ahead/Experiences and Activities	
Seek co-curricular and community experiences to enhance the school experience	Career Planning: Work Experiences, High School Planning; Extracurricular Activities, Your Profile: Experiences and Activities	
Understand the relationship between learning and work		Career Plan Builder, Career Clusters, Career Finder > Educational Level/Post-Secondary Programs, Career Profile, Your Plan of Study
Demonstrate an understanding of the value of life long learning as essential to seeking, obtaining, and maintaining life goals	College Planning: Lifelong Education/Training Plans	Career Plan Builder
Understand that school success is the preparation to make the transition from student to community member	Your Profile: Looking Ahead	Career Clusters, College Planning Timeline
Understand how school success and academic achievement enhance future career and vocational opportunities		Career Clusters, Career Finder > Your Educational Level/Aptitudes, Your Plan of Study

CAREER DEVELOPMENT STANDARDS

STANDARD A		
DEVELOP CAREER AWARENESS		
Develop skills to locate, evaluate, and interpret career information		Search Career, Career finder, Compare Careers, Career Clusters, Review Today's Job Market
Learn about the variety of traditional and nontraditional occupations		Search Careers, Browse Careers, Career Clusters, Career Finder > Career by Gender
Develop an awareness of personal abilities, skills, interests, and motivations	Career Planning: Your Skills/All About You/How You See Yourself, Your Profile: Looking Ahead/How You See Yourself	Interest Profiler, Career Cluster Survey, Work Values Sorter, Basic Skills Survey, Transferable Skills Checklist, ACT Explore, Test Prep
Learn how to interact and work cooperatively in teams	Note 3	Note 3
Learn to make decisions	Career Planning: Career Plans, High School Planning, College Planning: Post-Secondary Plans/Lifelong Education/Training Plans, Financial Aid Planning	Career Plan Builder Your Plan of Study, Career Finder, Your Profile: Looking Ahead, How You See Yourself
Learn how to set goals	Career Planning: Career Plans, High School Planning, College Planning: Postsecondary Plans/ Lifelong Education/Training Plans, Financial Aid Planning, Your Profile: Looking Ahead/How You See Yourself	Career Plan Builder, Your Plan of Study, EFC Calculator, College Savings Calculator, SLOPE Calculator
Understand the importance of planning	Career Planning: Career Plans, High School Planning, College Planning: Postsecondary Plans, Financial Aid Planning, Your Profile: Looking Ahead/ How You See Yourself	Career Plan Builder, Your Plan of Study, High School Timeline, College Planning Timeline, Financial Aid Timeline, Financial Aid Wizard, EFC Calculator, College Savings Calculator, SLOPE Calculator

ASCA STANDARDS	PORTFOLIO*	FEATURES
Pursue and develop competency in areas of interest	Career Planning: Work Experiences, High School Planning: Extra-Durricular Activities/Your High School Plan, Your Profile: Looking Ahead	Your Plan of Study, Test Prep
Develop hobbies and vocational interests	Career Planning: Work Experiences, Your Profile: Experiences and Activities, High School Planning: Extra-Curricular Activities	
Balance between work and leisure time	Career Planning: Work Experiences, High School Planning: Extracurricular Activities, Your Profile: Experiences and Activities	
DEVELOP EMPLOYMENT READINESS		
Acquire employability skills such as working on a team, problem solving and organizational skills	Career Planning: Your Skills, Your Profile: Experiences and Activities	Your Plan of Study, Time Management 101 (Article)
Apply job readiness skills to seek employment opportunities	Career Planning: Getting Ready for Work	Resume Builder, Job Interview Practice, Cover Letter Creator, Thank You Letter Builder, Review Today's Job Market
Demonstrate knowledge about the changing work place		Career Finder > Outlook+Journal, Getting Ready for College: Insight on Programs
Learn about the rights and responsibilities of employers and employees		
Learn to respect individual uniqueness in the work place	Career Planning: Your Skills: General Workplace Skills: Social Skills	
Learn how to write a resume	Career Planning: Getting Ready for Work > Resume Builder	Resume Builder
Develop a positive attitude toward work and learning	High School Planning: Your Plan of Study	Career Plan Builder, Your Plan of Study
Understand the importance of responsibility, dependability, punctuality, integrity, and effort in the work place	Career Planning: Your Skills: General Workplace Skills: Social Skills	
Utilize time and task management skills	High School Planning, College Planning: Post-Secondary Plans, Financial Aid Planning, Your Profile: Looking Ahead	Your Plan of Study, High School Timeline, College Planning Timeline, Financial Aid Timeline, Time Management 101 (Article)
STANDARD B		
ACQUIRE CAREER INFORMATION		
Apply decision making skills to career planning, course selection and career transitions	Career Planning: Career Plans, High School Planning, College Planning: Postsecondary Plans	Career Plan Builder, Your Plan of Study
Identify personal skills, interests, and abilities and relate them to current career choices	Career Planning: Your Skills/All About You/Career Plans	Interest Profiler/ Career Cluster Survey/ Basic Skills Survey/ Transferable Skills Checklist > Career Profile > Add to Portfolio, Career Finder > Skills/My Characteristics/Career Facts
Demonstrate knowledge of the career planning process	Career Planning: Career Plans	Career Plan Builder, Your Plan of Study, High School Timeline, College Planning Timeline
Know the various ways which occupations can be classified	Career Planning: Career Plans	Career Clusters, Career Finder

ASCA STANDARDS	PORTFOLIO*	FEATURES
Use research and information resources to obtain career information		Career Profile > Connections, Today's Job Market
Learn to use the internet to access career planning information		Transitions
Describe traditional and nontraditional occupations and how these relate to career choice		Career Finder > Careers by Gender+Journal
Understand how changing economic and societal needs influence employment trends and future training		Career Profile, Today's Job Market, Career Finder > Outlook, Getting Ready for College: Insight on Programs
IDENTIFY CAREER GOALS		
Demonstrate awareness of the education and training needed to achieve career goals	High School Planning, College Planning: Postsecondary Plans, Your Profile: Looking Ahead	Career Finder > Educational Level, Career Plan Builder, Your Plan of Study, High School Timeline, College Planning Timeline
Assess and modify their educational plan to support career goals	High School Planning > Your Plan of Study	Career Plan Builder, Your Plan of Study
Use employability and job readiness skills in internship, mentoring, shadowing, and/or other world of work experiences	Career Planning: Work Experiences	
Select course work that is related to career interests	High School Planning > Your Plan of Study	Career Plan Builder, Your Plan of Study
Maintain a career planning portfolio	Portfolio	Portfolio
STANDARD C		
ACQUIRE KNOWLEDGE TO ACHIEVE CAREER GOALS		
Understand the relationship between educational achievement and career success		Career Clusters, Career Finder
Explain how work can help to achieve personal success and satisfaction	Your Profile: Looking Ahead/How You See Yourself	
Identify personal preferences and interests that influence career choices and success	Career Planning: All About You/How You See Yourself	Interest Profiler, Career Cluster Survey, Work Values Sorter
Understand that the changing workplace requires lifelong learning and acquiring new skills	College Planning: Lifelong Education/Training Plans	
Describe the effect of work on life styles	Career Planning: How You See Yourself > Life Roles	Career Plan Builder+Journal, Career Finder+Journal, Work Values Sorter+Journal
Understand the importance of equity and access in career choice		[Gender Stereotyping Article]
Understand that work is an important and satisfying means of personal expression	Your Profile: Looking Ahead/How You See Yourself	

ASCA STANDARDS	PORTFOLIO*	FEATURES
APPLY SKILLS TO ACHIEVE CAREER GOALS		
Demonstrate how interests, abilities and achievement relate to achieving academic, career and personal/social goals		Career Plan Builder, Your Plan of Study
Learn how to use conflict management skills with peers and adults	Career Planning: Your Skills: General Workplace Skills: Social Skills	
Learn to work cooperatively with others as a team member	Note 3	Note 3
Apply academic and employment readiness skills in work based learning situations such as internships, shadowing and for mentoring experiences	Career Planning: Work Experience	

PERSONAL/SOCIAL DEVELOPMENT STANDARDS

STANDARD A		
ACQUIRE SELF-KNOWLEDGE		
Develop positive attitudes toward self as a unique and worthy person	Career Planning: How You See Yourself/All About You, Your Profile (Entire Section)	Interest Profiler, Work Values Sorter, Career Cluster Survey, Transferable Skills Checklist, Basic Skills Survey, Do What You Are***
Identify values, attitudes and beliefs	Career Planning: How You See Yourself/All About You, Your Profile: How You See Yourself	Work Values Sorter, Cluster Finder, Career Finder
Learn the goal-setting process	Career Planning: Career Plans, High School Planning, College Planning: Post-Secondary Plans, Financial Aid Planning: Components of My Financial Aid Plan/Financial Aid Planning for My Colleges, Your Profile: Looking Ahead	Career Plan Builder, Your Plan of Study, College Planning Timeline, High School Planning Timeline, Build Your Financial Aid Plan
Understand change is a part of growth	Your Profile: How You See Yourself > Annual Reflection	
Identify and express feelings	Your Profile: How You See Yourself > Personal Statement, Your Journal	
Distinguish between appropriate and inappropriate behavior	Journal (Note 4)	
Recognize personal boundaries, rights and privacy needs	Journal (Note 4)	
Understand the need for self-control and how to practice it	Journal (Note 4)	
Demonstrate cooperative behavior in groups	Note 3	
Identify personal strengths and assets	Career Planning: All About You/Your Skills/Work Experiences, College Planning: Test Scores/ Postsecondary Experiences, Your Profile: Personal Experiences/How You See Yourself	Basic Skills Survey, Transferable Skills Checklist, Resume Builder
Identify and discuss changing personal and social roles	Career Planning: How You See Yourself > Life Roles, Your Profile: How You See Yourself > Personal/ Social Goals	
Identify and recognize changing family roles	Career Planning: How You See Yourself > Life Roles	

ASCA STANDARDS	PORTFOLIO*	FEATURES
ACQUIRE INTERPERSONAL SKILLS		
Recognize that everyone has rights and responsibilities	Your Journal (Note 4)	
Respect alternative points of view	Your Journal (Note 4)	
Recognize, accept and appreciate ethnic and cultural diversity	Your Journal (Note 4)	
Recognize and respect differences in various family configurations	Your Journal (Note 4)	
Use effective communication skills	Career Planning: Getting Ready to work, College Planning: Postsecondary Plans > My Personal Statement, Your Profile: How You See Yourself > Personal Statement, Journal	Resume Builder, Cover Letter Creator, Thank You Letter Builder, Job Interview Practice
Know that communication involves speaking, listening and nonverbal behavior	Your Journal (Note 4)	
Learn how to make and keep friends	Your Journal (Note 4)	
STANDARD B		
SELF-KNOWLEDGE APPLICATION		
Use a decision-making and problem-solving model	Career Planning: Career Plans, High School Planning, College Planning: Postsecondary Plans/Lifelong Education/Training Plans, Financial Aid Planning: Components of My Financial Aid Plan/Financial Aid Plan for My Colleges, Your Profile: Looking Ahead	Career Plan Builder, Your Plan of Study, Build Your Financial Aid Plan
Understand consequences of decisions and choices	Career Planning: Career Plans > Career Plan Builder, High School Planning > Your Plan of Study	Career Plan Builder, Your Plan of Study, Financial Fitness
Identify alternative solutions to a problem	Career Planning: Career Plans > Career Plan Builder, High School Planning > Your Plan of Study	Your Plan of Study, Career Plan Builder, Build Your Financial Aid Plan
Develop effective coping skills for dealing with problems	Journal (Note 4)	
Demonstrate when, where and how to seek help for solving problems and making decisions	Journal (Note 4)	
Know how to apply conflict resolution skills	Journal (Note 4)	
Demonstrate a respect and appreciation for individual and cultural differences	Journal (Note 4)	
Know when peer pressure is influencing a decision	Journal (Note 4)	
Identify long- and short-term goals	Career Planning: Career Plans > Career Plan Builder, High School Planning > Your Plan of Study, College Planning: Postsecondary Plans/Lifelong Education Plans, You Profile: Looking Ahead	Career Plan Builder, Your Plan of Study, Build Your Financial Aid Plan, High School Planning Timeline, College Planning Timeline
Identify alternative ways of achieving goals	Career Planning: Career Plans > Career Plan Builder, High School Planning > Your Plan of Study	Career Plan Builder, Your Plan of Study, Build Your Financial Aid Plan

ASCA STANDARDS	PORTFOLIO*	FEATURES
Use persistence and perseverance in acquiring knowledge and skills	High School Planning > Your Plan of Study	Your Plan of Study
Develop an action plan to set and achieve realistic goals	Career Planning: Career Plans > Career Plan Builder, High School Planning > Your Plan of Study, Financial Aid Planning: Components of My Financial Plan, Your Profile: Looking Ahead	Career Plan Builder, Your Plan of Study, Build Your Financial Aid Plan
STANDARD C		
ACQUIRE PERSONAL SAFETY SKILLS		
Demonstrate knowledge of personal information (i.e., telephone number, home address, emergency contact)	Your Profile: The Basics	
Learn about the relationship between rules, laws, safety and the protection of rights of the individual	Journal (Note 4)	
Learn about the relationship between rules, laws, safety and the protection of rights of the individual	Journal (Note 4)	
Learn about the differences between appropriate and inappropriate physical contact	Journal (Note 4)	
Demonstrate the ability to set boundaries, rights, and personal privacy	Journal (Note 4)	
Differentiate between situations requiring peer support and situations requiring adult professional help	Journal (Note 4)	
Identify resource people in the school and community, and how to seek their help	Your Profile: Experiences and Activities > Networking	
Apply effective problem-solving and decision-making skills to make safe and healthy choices	Journal (Note 4)	
Learn about the emotional and physical dangers of substance use and abuse	Journal (Note 4)	
Learn how to cope with peer pressure	Journal (Note 4)	
Learn techniques for managing stress and conflict	Journal (Note 4)	
Learn coping skills for managing life events	Journal (Note 4)	

ADDITIONAL INFORMATION AND SYMBOL KEY

KEY
When features are separated by a comma (work values sorter, interest profiler) then either of the features will achieve the standard.
When features are separated by a colon (Career Planning: All About You) the second feature listed is a sub-category of the first
When features are joined by an arrow (Career Finder > Outlook) the second item is a specific item found within the larger feature
When features are joined by a plus sign (Career Finder + Journal) completing both features will achieve the standard
When features are separated by a slash (Interest Profiler/Career Cluster Survey + Your Plan of study), it means that either activity can be used as part of the larger sequence of listed activities
Square Brackets [] Parent Career Planning article - available to parent accounts
INFORMATION AND NOTES
*The name of the related portfolio category and subcategory appear if: 1. The subcategory stores the information that meets the objective of the standard (ex. The standard: "Develop an awareness of personal abilities, skills, interests, and motivations" is met by the information stored on the Career Planning; Your Skills and/or the Career Planning: All About You pages) or 2. The completion of the majority of activities within the subcategory meets the objective of the standard (ex. The standard: "Demonstrate the motivation to achieve individual potential" is met by completing all or most of the activities in College Planning: Post-Secondary Plans). If a specific activity name follows the Category and Subcategory name, then that specific activity meets the standard (ex. The standard "Learn how to write a resume" is met by the Resume Builder on the Getting Ready to Work Page of the Career planning section).
**Schools must have access to the Learning Style Inventory
Note 1: By completing various activities within the portfolio independently or as a part of a team, students will have achieved this standard.
Note 2: By sharing aspects of their portfolio with parents, educators, and counselors or as part of a year end or graduation project, students will have achieved this standard.
Note 3: By completing some activities from the portfolio as a team activity, students will have achieved this standard
Note 4: Program features may not meet this standard, but the journal can be used to record student development in or understanding of this area.