

Career Cruising and the ASCA National Model Career Development Standards for RAMP

Career Cruising, a comprehensive web-based career exploration and portfolio program used in over 9,000 schools nationwide, is aligned with the ASCA National Model Career Development standards (competencies and indicators), the set of standards that provide structure for RAMP.

Career Development Standard	Career Cruising Section	Career Cruising Online Feature/Activity	Career Cruising Supplementary Activity/Worksheet
Standard A: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions			
C:A1 Develop Career Awareness			
C:A1.1 Develop skills to locate, evaluate and interpret career information	Explore Careers Portfolio Tool	<ul style="list-style-type: none"> Explore career profiles Explore career cluster profiles and pathways Explore industry profiles Search for occupations by school subject View multimedia interviews and PhotoFile Use Career Selector search tool to find careers based on a variety of criteria Create a Portfolio and explore the various sections Save Careers of Interest and record thoughts 	<ul style="list-style-type: none"> Activity 1 – School Subjects & Careers Activity 2 – Using School Subjects in the Workplace Activity 5 – Using Career Selector Activity 6 – Comparing Careers Portfolio Activity 1 – Creating Your Personal Portfolio
C:A1.2 Learn about the variety of traditional and nontraditional occupations	Explore Careers Portfolio Tool	<ul style="list-style-type: none"> Explore career profiles Explore military careers section View multimedia interviews for perspectives from people in each career Use Career Selector search tool to find careers based on a variety of criteria Save Careers of Interest Create a related entry in My Journal 	<ul style="list-style-type: none"> Activity 5 – Using Career Selector Activity 9 – Career Interview Project Portfolio Activity 3 – Careers that Interest Me
C:A1.3 Develop an awareness of personal abilities, skills, interests and motivations	Assessments Portfolio Tool	<ul style="list-style-type: none"> Complete Career Matchmaker interest assessment and My Skills; explore Suitable for You feedback Take Ability Profiler assessment Complete Learning Styles assessment Record Hobbies & Interests Record Skills & Abilities Create and tag related entries in My Journal 	<ul style="list-style-type: none"> Activity 3 – Using Career Matchmaker Activity 4 – Your Career Ideas & Career Matchmaker Activity 10 – Discovering Your Work Skills Activity 11 – Using My Skills Portfolio Activity 7 – Abilities,

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	Employment	<ul style="list-style-type: none"> • Read "You and the Job Market" section of Employment Guide 	Activities & Awards
C:A1.4 Learn how to interact and work cooperatively in teams	Classroom Activities	<ul style="list-style-type: none"> • Complete and reflect on Activity 8 – Career Fair Project • Complete and reflect on Activity 9 – Career Interview Project 	<ul style="list-style-type: none"> • Activity 8 – Career Fair Project • Activity 9 – Career Interview Project
C:A1.5 Learn to make decisions	Explore Careers Explore Schools Assessments Portfolio Tool Employment Classroom Activities	<ul style="list-style-type: none"> • Compare career profiles • View multimedia interviews: Likes, Dislikes, and Advice • Use Career Selector search tool to find careers based on a variety of criteria • Use School Selector search tools • Explore Compare Schools tool • Reflect on Career Matchmaker and Ability Profiler feedback • Save Careers of Interest and record thoughts • Save Schools of Interest and record thoughts • Complete Post-Secondary Plan • Enter Career & Life Goals • Read "Work Search" and "Job Offers" section of Employment Guide • Complete and reflect on Activity 6 – Comparing Careers 	<ul style="list-style-type: none"> • Activity 4 – Your Career Ideas & Career Matchmaker • Activity 5 – Using Career Selector • Activity 6 – Comparing Careers • Activity 13 – Finding the Right College • Portfolio Activity 3 – Careers that Interest Me • Portfolio Activity 4 – Schools that Interest Me • Portfolio Activity 6 – Career Preparation & Planning
C:A1.6 Learn how to set goals	Portfolio Tool	<ul style="list-style-type: none"> • Enter Career & Life Goals • Complete Post-Secondary Plan • Track progress towards goals in My Journal 	<ul style="list-style-type: none"> • Portfolio Activity 6 – Career Preparation & Planning
C:A1.7 Understand the importance of planning	Explore Careers Explore Schools Portfolio Tool	<ul style="list-style-type: none"> • Explore career profiles with emphasis on Education section • View multimedia interviews for perspectives from people in each career • Explore school profiles for admissions requirements • Explore College Planning Timeline • Review Financial Aid section • Complete Career Planning Activities section • Enter Career & Life Goals 	<ul style="list-style-type: none"> • Activity 12 – College Research Exercise • Activity 13 – Finding the Right College • Portfolio Activity 5 – High School Education Plan • Portfolio Activity 6 – Career Preparation & Planning

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	Employment	<ul style="list-style-type: none"> • Complete Post-Secondary Plan • Plan high school courses in the Education Plan or Course Planner • Review Employment Guide 	
C:A1.8 Pursue and develop competency in areas of interest	Assessments Portfolio Tool	<ul style="list-style-type: none"> • Complete Career Matchmaker interest assessment and My Skills; explore Suitable for You feedback • Take Ability Profiler assessment • Use the Portfolio Tool to track personal achievements and experiences • Complete Career Planning Activities section • Record Activities & Abilities • Complete Work Experience and Volunteer Experience sections 	<ul style="list-style-type: none"> • Activity 3 – Using Career Matchmaker • Activity 10 – Discovering Your Work Skills • Activity 11 – Using My Skills • Portfolio Activity 6 – Career Preparation & Planning • Portfolio Activity 7 – Abilities, Activities & Awards • Portfolio Activity 8 – Work & Volunteer Experiences
C:A1.9 Develop hobbies and vocational interests	Explore Careers Portfolio Tool	<ul style="list-style-type: none"> • Explore career profiles: Education (Other Qualifications) section and At a Glance Attributes & Abilities section • View multimedia interviews: Advice and Breakdown of Activities • Record Hobbies & Interests • Record Extracurricular Activities • Complete Work Experience and Volunteer Experience sections 	<ul style="list-style-type: none"> • Portfolio Activity 7 – Abilities, Activities & Awards • Portfolio Activity 8 – Work & Volunteer Experiences
C:A1.10 Balance between work and leisure time	Explore Careers Portfolio Tool	<ul style="list-style-type: none"> • View multimedia interviews: Advice, A Day in the Life and Breakdown of Activities • Use the Portfolio Tool to track personal activities • Record Extracurricular Activities, Hobbies & Interests • Complete Work Experience and Volunteer Experience sections 	<ul style="list-style-type: none"> • Portfolio Activity 7 – Abilities, Activities & Awards • Portfolio Activity 8 – Work & Volunteer Experiences
C:A2 Develop Employment Readiness			
C:A2.1 Acquire employability skills such as working on a team,	Assessments Portfolio Tool	<ul style="list-style-type: none"> • Complete My Skills component of Career Matchmaker to evaluate skills • Record Skills & Abilities 	<ul style="list-style-type: none"> • Activity 8 – Career Fair Project • Activity 10 – Discovering Your Work Skills

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problem- solving and organizational skills	Classroom Activities	<ul style="list-style-type: none"> Complete and reflect on Activity 8 – Career Fair Project 	<ul style="list-style-type: none"> Activity 11 – Using My Skills Portfolio Activity 7 – Abilities, Activities & Awards
C:A2.2 Apply job readiness skills to seek employment opportunities	Portfolio Tool Employment	<ul style="list-style-type: none"> Create a resume using the Resume Builder Complete the References section of the Resume Builder and create a references sheet Explore the Employment Guide, including Work Search, Resumes, Letter Writing and Interview Skills sections Review sample resumes to learn how to best highlight experience and qualifications Use the Job Search Tool to explore job postings and survey employer requirements 	<ul style="list-style-type: none"> Portfolio Activity 9 – Using the Resume Builder
C:A2.3 Demonstrate knowledge about the changing workplace	Explore Careers Employment	<ul style="list-style-type: none"> Explore career profiles: Job Description and Working Conditions sections Examine wage and outlook information in the Earnings section of career profiles Explore employment outlook in the career cluster profiles Explore industry profiles; take note of wages & trends section View multimedia interviews for perspectives from people in each career View PhotoFile for photographs from a real work environment Read the "On the Job" section of the Employment Guide 	<ul style="list-style-type: none"> Activity 2 – Using School Subjects in the Workplace Activity 9 – Career Interview Project
C:A2.4 Learn about the rights and responsibilities of employers and employees	Explore Careers Employment	<ul style="list-style-type: none"> Explore career profiles View multimedia interviews: Questions & Answers, Likes, Dislikes, and Advice Read the "On the Job" section of the Employment Guide 	<ul style="list-style-type: none"> Activity 9 – Career Interview Project
C:A2.5 Learn to respect individual uniqueness in the workplace	Explore Careers Employment	<ul style="list-style-type: none"> View multimedia interviews to learn about workplace culture Read the "On the Job" section of the 	

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C:A2.6 Learn how to write a resume	Portfolio Tool Employment	Employment Guide <ul style="list-style-type: none"> • Create a resume using the Resume Builder • Complete the References section of the Resume Builder and create a references sheet • Explore different resume formats using the Format & View options • Use the Portfolio Tool to track personal achievements and experiences • Read the "Resumes" section of the Employment Guide • Review sample resumes to learn how to best highlight experience and qualifications 	<ul style="list-style-type: none"> • Portfolio Activity 9 – Using the Resume Builder
C:A2.7 Develop a positive attitude toward work and learning	Explore Careers Explore Schools Assessments Portfolio Tool Employment	<ul style="list-style-type: none"> • Use Career Selector search tool to find careers that match particular interests • Explore school profiles for schools and programs of interest • Take the Learning Styles assessment • Save Careers of Interest and record thoughts • Save Schools of Interest and record thoughts • Read the "Work Search" and "On the Job" sections of Employment Guide 	<ul style="list-style-type: none"> • Activity 5 – Using Career Selector • Activity 13 – Finding the Right College
C:A2.8 Understand the importance of responsibility, dependability, punctuality, integrity and effort in the workplace	Explore Careers Employment	<ul style="list-style-type: none"> • View multimedia interviews to learn about workplace culture • Read the "On the Job" section of Employment Guide 	<ul style="list-style-type: none"> • Activity 9 – Career Interview Project
C:A2.9 Utilize time- and task-management skills	Portfolio Tool	<ul style="list-style-type: none"> • Use the Portfolio Tool to track personal achievements, activities and experiences 	<ul style="list-style-type: none"> • Portfolio Activities 1-8
Standard B: Students will employ strategies to achieve future career goals with success and satisfaction			
C:B1 Acquire Career Information			
C:B1.1 Apply decision-making skills to career planning, course	Explore Careers	<ul style="list-style-type: none"> • Explore career profiles: Education section (including Related College Programs and Suggested High School Subjects) 	<ul style="list-style-type: none"> • Activity 1 – School Subjects & Careers • Activity 2 – Using School Subjects

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<p>selection and career transition</p>	<p>Explore Schools</p> <p>Portfolio Tool</p> <p>Employment Guide</p> <p>Classroom Activities</p>	<ul style="list-style-type: none"> • Use Career Selector search tool to sort careers • Review sample Programs of Study in career cluster profiles • Use School Selector search tools to sort schools and programs • Explore Compare Schools tool • Review College Planning Timeline • Plan high school courses using the Education Plan or Course Planner • Complete the Post-Secondary Plan • Save Schools of Interest and record thoughts • Read "You and the Job Market" section of Employment Guide • Complete and reflect on Activity 6 – Comparing Careers 	<p>in the Workplace</p> <ul style="list-style-type: none"> • Activity 5 – Using Career Selector • Activity 6 – Comparing Careers • Activity 13 – Finding the Right College • Portfolio Activity 5 – High School Education Plan • Portfolio Activity 6 – Career Preparation & Planning
<p>C:B1.2 Identify personal skills, interests and abilities and relate them to current career choice</p>	<p>Assessments</p> <p>Portfolio Tool</p>	<ul style="list-style-type: none"> • Complete Career Matchmaker interest assessment and My Skills; explore Suitable for You feedback • Take Ability Profiler assessment and review results • Record Hobbies & Interests • Record Activities & Abilities 	<ul style="list-style-type: none"> • Activity 4 – Your Career Ideas & Career Matchmaker • Activity 10 – Discovering Your Work Skills • Activity 11 – Using My Skills • Portfolio Activity 7 – Abilities, Activities & Awards
<p>C:B1.3 Demonstrate knowledge of the career-planning process</p>	<p>Explore Careers</p> <p>Portfolio Tool</p>	<ul style="list-style-type: none"> • Explore career profiles: Education and Sample Career Path sections • View multimedia interviews: Questions & Answers and Advice • Explore career cluster profiles and pathways • Complete Career Planning Activities section • Complete the Post-Secondary Plan • Enter Career & Life Goals 	<ul style="list-style-type: none"> • Portfolio Activity 6 – Career Preparation & Planning
<p>C:B1.4 Know the various ways in which occupations can be classified</p>	<p>Explore Careers</p>	<ul style="list-style-type: none"> • Explore career cluster profiles • Explore industry profiles • Use career clusters/pathways search tool • Use Search by School Subject search tool • Use Career Selector search tool 	<ul style="list-style-type: none"> • Activity 5 – Using Career Selector • Activity 7 – Career Cluster Research Project

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	Assessments Portfolio Tool	<ul style="list-style-type: none"> • Explore career profiles: Related Jobs section • Explore military careers section • Sort Career Matchmaker results by recommended career cluster/pathway or by level of education • Save Career Clusters/Pathways of Interest to the Portfolio 	
C:B1.5 Use research and information resources to obtain career information	Explore Careers Explore Schools	<ul style="list-style-type: none"> • Explore career profiles • Examine wage and outlook information in the Earnings section of the career profiles • Explore career profiles: Other Resources section, including links to BLS profiles, professional associations, and related sites • Explore military careers section • Explore industry profiles and related resources • Explore school profiles for career and technical schools, two- and four-year colleges, and graduate schools 	<ul style="list-style-type: none"> • Activities 1-13
C:B1.6 Learn to use the Internet to access career-planning information	Explore Careers Explore Schools Portfolio Tool Employment	<ul style="list-style-type: none"> • Explore career profiles • Explore career profiles: Other Resources section, including links to BLS profiles, professional associations, and related sites • Explore industry profiles and related resources • Explore school profiles for career and technical schools, two- and four-year colleges, and graduate schools • Create a Career Portfolio • Bookmark sites of interest using the Your Links section • Use Job Search Tool to search for online job postings • Read "Work Search" section of Employment Guide to learn how to use social media in a job search 	<ul style="list-style-type: none"> • Activities 1-13 • Portfolio Activities 1-8
C:B1.7 Describe traditional and	Explore Careers	<ul style="list-style-type: none"> • Explore career profiles • Explore military careers section 	<ul style="list-style-type: none"> • Activity 5 – Using Career Selector • Activity 7 – Career Cluster

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nontraditional career choices and how they relate to career choice	Portfolio Tool	<ul style="list-style-type: none"> View multimedia interviews for perspectives from people in each career Use Career Selector search tool to find careers based on a variety of criteria Explore career cluster profiles and pathways Save Careers of Interest and record thoughts Create a related entry in My Journal 	<p>Research Project</p> <ul style="list-style-type: none"> Activity 9 – Career Interview Project Portfolio Activity 3 – Careers that Interest Me
C:B1.8 Understand how changing economic and societal needs influence employment trends and future training	Explore Careers	<ul style="list-style-type: none"> Explore wages and trends in the Industry Profiles Explore employment outlook in the Cluster Profiles Explore career profiles: Earnings, Education, and Sample Career Path sections Examine wage and outlook information in the Earnings section of career profiles View multimedia interviews: Questions & Answers 	<ul style="list-style-type: none"> Activity 9 – Career Interview Project
C:B2 Identify Career Goals			
C:B2.1 Demonstrate awareness of the education and training needs to achieve career goals	<p>Explore Careers</p> <p>Explore Schools</p> <p>Portfolio Tool</p>	<ul style="list-style-type: none"> Explore career profiles: Education (Education & Training, Related College Programs, Other Suggested Qualifications, and Suggested School Subjects) section View multimedia interviews: Questions & Answers and Advice Review sample Programs of Study and College Majors in career cluster profiles Explore school profiles Use School Selector search tools Use Search for Programs to find majors of interest Save Schools of Interest and record thoughts Plan high school courses using the Education Plan or Course Planner Complete the Post-Secondary Plan 	<ul style="list-style-type: none"> Activity 12 – College Research Exercise Activity 13 – Finding the Right College Portfolio Activity 4 – Schools that Interest Me Portfolio Activity 5 – High School Education Plan Portfolio Activity 6 – Career Preparation & Planning
C:B2.2 Assess and modify their educational	Explore Careers	<ul style="list-style-type: none"> Explore career profiles: Education (Related College Programs and Suggested School 	<ul style="list-style-type: none"> Portfolio Activity 5 – High School Education Plan

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plan to support career	Portfolio Tool	<p>Subjects) section</p> <ul style="list-style-type: none"> • Explore Programs of Study and College Majors in the career cluster profiles • Plan high school courses using the Education Plan or Course Planner • Complete the Post-Secondary Plan 	<ul style="list-style-type: none"> • Portfolio Activity 6 – Career Preparation & Planning
C:B2.3 Use employability and job readiness skills in internship, mentoring, shadowing and/or other work experience	<p>Assessments</p> <p>Portfolio Tool</p> <p>Employment</p>	<ul style="list-style-type: none"> • Complete My Skills component of Career Matchmaker • Complete Career Planning Activities section • Complete Work and Volunteer Experience sections • Read the "On the Job" section of the Employment Guide 	<ul style="list-style-type: none"> • Activity 10 – Discovering Your Work Skills • Activity 11 – Using My Skills • Portfolio Activity 6 – Career Preparation & Planning • Portfolio Activity 8 – Work & Volunteer Experiences
C:B2.4 Select course work that is related to career interests	<p>Explore Careers</p> <p>Portfolio Tool</p>	<ul style="list-style-type: none"> • Explore career profiles: Education (Suggested High School Subjects) section • Explore Programs of Study in the career cluster profiles and pathways • Use Search by School Subject search tool • Plan high school courses using the Education Plan or Course Planner 	<ul style="list-style-type: none"> • Activity 1 – School Subjects & Careers • Activity 2 – Using School Subjects in the Workplace • Portfolio Activity 5 – High School Education Plan
C:B2.5 Maintain a career-planning portfolio		<ul style="list-style-type: none"> • Create a Portfolio and record: <ul style="list-style-type: none"> • Assessment results • Career exploration activities • Education exploration activities • Career, education and life goals • Career planning activities • Work and community service experiences • Extracurricular activities and interests • Awards, certificates, and recognitions • Skills and abilities • Review and revise Portfolio over time • Enter thoughts in My Journal • Use Invite Others feature to share Portfolio with parents, guardians, or advisors 	<ul style="list-style-type: none"> • Portfolio Activities 1-8

Standard C: Students will understand the relationship between personal qualities, education, training and the world of work

C:C1 Acquire Knowledge to Achieve Career Goals

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importance of equity and access in career choice	Employment	workplace culture	
		<ul style="list-style-type: none"> • Read the Employment Guide, reviewing "You and the Job Market" section to learn about factors to consider in selecting a job 	
C:C1.7 Understand that work is an important and satisfying means of personal expression	Explore Careers	<ul style="list-style-type: none"> • View multimedia interviews 	
C:C2 Apply Skills to Achieve Career Goals			
C:C2.1 Demonstrate how interests, abilities and achievement relate to achieving personal, social, educational and career goals	Explore Careers Assessments Portfolio Tool	<ul style="list-style-type: none"> • Explore career profiles • View multimedia interviews • Complete Career Matchmaker interest assessment and My Skills; explore Suitable for You feedback • Take the Ability Profiler assessment and explore feedback • Enter Career & Life Goals • Record Activities & Abilities • Record Awards & Certificates 	<ul style="list-style-type: none"> • Activity 3 – Using Career Matchmaker • Activity 4 – Your Career Ideas & Career Matchmaker • Activity 10 – Discovering Your Work Skills • Activity 11 – Using My Skills • Portfolio Activity 7 – Abilities, Activities & Awards
C:C2.3 Learn to work cooperatively with others as a team member	Classroom Activities	<ul style="list-style-type: none"> • Complete and reflect on Activity 8 – Career Fair Project 	<ul style="list-style-type: none"> • Activity 8 – Career Fair Project
C:C2.4 Apply academic and employment readiness skills in work-based learning situations such as internships, shadowing, and or mentoring experiences	Portfolio Tool Classroom Activities	<ul style="list-style-type: none"> • Complete Career Planning Activities section • Complete Work and Volunteer Experience sections • Complete and reflect on Activity 9 – Career Interview Project 	<ul style="list-style-type: none"> • Activity 9 – Career Interview Project • Portfolio Activity 6 – Career Preparation & Planning • Portfolio Activity 8 – Work & Volunteer Experiences

For more information, please contact Career Cruising at 1-800-965-8541 or sales@careercruising.com