

Name _____

California Career Center

My Stuff CAP Mobile App Quick Start

Use the My Stuff CAP mobile app to create a Career Action Plan where you can write down your career goals and the steps you'll take to reach your goals.

Get started!

Go to your app store and download the app (My Stuff CAP).

1. Select "Create Account". Fill in the form. Select the "submit" button.
2. Open the first category, "Explore Occupations I".
3. Follow the instructions.
4. When you're finished, enter the 3 occupations you chose into your Explore Occupations I textbox in your Career Action Plan. Also list them here:

Occupation 1: _____

Occupation 2: _____

Occupation 3: _____

5. Continue working at your own pace until you have your action steps. Use the next page to track your work.

You can also access your plan on the web at the California Career Center, <https://www.calcareercenter.org/>. Sign in with the same email address and password you used for the mobile app. (Using the same email address and password syncs the two versions so whatever you change in one is automatically changed in the other.)

Your notes:

California Career Center Career Action Plan

Categories

Explore Occupations I

Find occupations that match your interests.

Date Completed _____

Explore Occupations II

Find occupations that match your lifestyle goals.

Date Completed _____

Occupation to Research

Choose one occupation to research.

Date Completed _____

Degree and/or Certification Required

Identify this occupation's entrance requirements.

Date Completed _____

Education and/or Training Programs

Find high school programs you can take to prepare you for this occupation.

Date Completed _____

Related Experiences

List things you've done in the past that prepare you for this occupation.

Date Completed _____

Future Experiences

List things you can do *in the future* to prepare you for this occupation.

Date Completed _____

Supporters

Identify people and organizations that can help you.

Date Completed _____

Action Steps

Describe the steps you'll take—starting now—to enter this occupation.

Date Completed _____

Plan B

Select an alternate occupational goal.

Date Completed _____

Resources

Keep track of the resources you use—you may have to go back to use them again.

Your notes: