



Grade 10 CAP First Quarter Assessment

Student _____
CAP Teacher _____
Date _____
Grade (circle one): S U
Advisory Coach (initials) _____

The rubric below indicates all the evidence required and the level of achievement each student must MEET in order for a S-satisfactory credit to be awarded. Students should use the information in the rubric below to help meet the standards and earn credit. It is the students' responsibility to make up missing assignments and/or any incomplete work.

Task(s):

- Submit a student- and parent-signed CAP Syllabus
- Complete the Goal Setting Packets

EVIDENCE	S-ATISFACTORY MEETS	U-NSATISFACTORY APPROACHING	U-NSATISFACTORY WELL BELOW
CAP Syllabus	Both student and parent/guardian signed CAP syllabus	-----	Student did not submit CAP syllabus.
Goal Setting Packets <i>Are your goals clear, specific, measurable, & attainable?</i>	Completed the 7 steps in both Goal Setting Packets: <ul style="list-style-type: none"> • State goals clearly • Identify obstacles and how to overcome them • Create an action plan • Set up a timeline • Build a support system • Review and Revise your plan 	Student completed 4 out of 7 steps in both Goal Setting Packets	Student has not completed the Goal Setting Packet

Career and Technical Learning Objectives

Strand: CAREER PLANNING
 Career Planning: Explore and understand educational and career options in order to develop and implement personal, educational, and career goals

Topic: Career Goals and Options				
Analyze annual individual education and career goals				
KNOW	UNDERSTAND	DO	LESSON	RELEVANCE
Resources required to pursue career Time management	Goal Setting	Goal Setting Worksheet	CAP10 – Q1 lessons (refer to CAP calendar)	<ul style="list-style-type: none"> • Students will gain awareness of a process to formulate and pursue goals. • Students will gain awareness of benefits of goal setting