



# MichiganCAP

the Michigan College Access Portal

## CAREER PLANNING ACTIVITIES

### Register for the MichiganCAP:

1. Navigate to [www.MichiganCap.org](http://www.MichiganCap.org).
2. Click on the "Register" button in the lower right corner of the screen.
  - a. Select "Student-High School" from the dropdown menu, and click "Submit."
  - b. Complete a form with personal information.
    - i. This information will be used within the Portal to populate college applications, so it is important that it is accurate.
    - ii. Your password must be at least eight characters long and contain at least one capital letter and one number. Make sure to write your password down to log back in later.
    - iii. Only the fields marked with a red asterisk must be completed. You may or may not choose to complete this section on your gender, race and status as a citizen.
    - iv. You must check the box that you agree to abide by the site's terms of use.
3. After completing this page, click "Submit."

### "What do I like?" activity (10 Minutes):

1. At the top of the page, hold the mouse over "Planning" and click on "Get To Know Yourself."
2. Then click on the "What Do I Like?" tab. This will take you to an interest quiz, which will help you determine which type of careers may best fit your interests. Click "Start Quiz."
3. You will then see a list of activities, and you can choose on a scale of 1-5 how much you would enjoy doing that activity.
4. Once the quiz is complete, click "View Results". The results page will show how many responses fell within various career categories. Further information about each career category is also available on this page.

\*If possible, allow your mentee to complete this section on their own. This will result in more accurate results\*

### "What do I Value?" activity (5 Minutes):

1. At the top of the page, hold the mouse over "Planning" and click on "Get To Know Yourself."
2. Then click on the "What Do I Value?" tab. This will take you to a value quiz, which will help you determine what you value most in a career.
3. You will then see 20 scenarios, rank scenarios from most important to least important; there will be 4 boxes in each category when complete.
4. Once your values are complete, click a "View Results". This page will show how many responses fell within various value categories. Further information about each value is also available on this page.

\*If possible, allow your mentee to complete this section on their own. This will result in more accurate results\*

### "What are my skills?" Activity (5 minutes):

1. At the top of the page, hold the mouse over "Planning" and click on "Get To Know Yourself."
2. Then click on the "What are my Skills?" tab. This will take you to a skills quiz, which will help you determine what type of career will suit you.
3. Have your mentee hover over the box for each of the provided skills to read the description and rate each as it applies to them, having no Experience, Low, Average, or High levels of experience with the provided skills. Select "Next" to go through the pages as they rate their skills, and "Done" after the last page of skills.