

**281—49.3(279) Essential components.** The district is to engage each student in activities that support the following essential components of the individualized career and academic plan:

**49.3(1) *Self-understanding.*** Students are to engage in developmentally appropriate inventories and assessments that promote self-understanding and the connection to work and engage in meaningful reflective activities about the results.

**49.3(2) *Career information.*** Students are to research careers based on self-understanding results and engage in meaningful reflection about the findings.

**49.3(3) *Career exploration.*** Students are to engage in activities that reveal connections among school-based instruction, career clusters, and the world of work and engage in meaningful reflection.

**49.3(4) *Postsecondary exploration.*** Students are to engage in activities to explore relevant postsecondary education and training options related to career interests and engage in meaningful reflection on the exploration experience.

**49.3(5) *Career and postsecondary decision.*** Students are to complete relevant activities to meet their postsecondary goals consistent with the plan and stated postsecondary intention.

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