






CCMEP PARTICIPANT ONLINE ACTIVITY GUIDE

Pregnant and parenting participants



- Help children at home keep up with schoolwork/homework (utilize these [tips](#) or this [resource](#) to boost student learning)
- Call/[research](#) their local Women, Infants, and Children (WIC) office
- Participate in parenting classes [online](#) or [read about parenting](#)
- Complete class for caring for newborns at the local hospital or [online](#)
- Establish a pediatrician
- Complete breastfeeding classes at the local hospital or find information [online](#)
- Complete Lamaze classes at the [local hospital](#) or [online](#)

All participants:





Becoming job ready/job searching activities

- Register on [OhioMeansJobs.com](#)
- Develop a backpack on [OhioMeansJobs.com](#) 
- Complete Career Profile on [OhioMeansJobs.com](#) 
- Complete job searches on [OhioMeansJobs.com](#) 
- Complete work values assessment on [OhioMeansJobs.com](#) 
- Complete occupation searches on [OhioMeansJobs.com](#) 
- Take entrepreneurship classes online ([edX](#) or [Class Central](#) or [SBA](#))

Educational activities

- Complete college search on [OhioMeansJobs.com](#) 
- Complete scholarship search for colleges on [OhioMeansJobs.com](#) 
- Complete [Bureau of Labor Statistics activities](#) examining the economy, career exploration and watch videos on various occupations (additional videos can be found on [CareerOneStop](#) - also offered in Spanish)
- Complete [Bureau of Labor Statistics games & quizzes](#) on the economy and occupations

Increase skill activities

- Study for GED, TASC or HiSet to get high school diploma on  [OhioMeansJobs.com](https://www.ohioMeansJobs.com)
- Complete online computer training – Microsoft Office certification, etc. on [Grow.Google](https://grow.google.com)
- Start application process for [SNAP](#), [subsidized child care](#), [housing assistance](#), and/or [Medicaid](#)
- Complete soft skill training on [OhioMeansJobs.com](https://www.ohioMeansJobs.com)  or complete the [Department of Labor – Set of 13 YouTube videos](#)
- Complete an online financial literacy class ([Class Central](#) or [edX](#)) or online [financial literacy programs](#)
- Complete financial literacy training on [OhioMeansJobs.com](https://www.ohioMeansJobs.com) 
 - [Financial Literacy Center](#) 
Courses on:
 - Money Management
 - Key Steps in Financial Planning
 - Elements that Affect Financial Planning
 - Elements of a Basic Financial Plan
 - Personal Financial Statements
 - Investing
 - The Basics of Investing
 - Stocks and Bonds
 - Mutual Funds
 - Planning for Retirement
 - Credit
 - Four Types of Consumer Credit
 - What Lenders Look for in your Finances
 - Strategies for Reducing Credit Balances
 - Protecting your Credit Score
 - Consumer Credit Rights
 - Debt
 - Elements of Loans
 - Best Strategies for Managing Debt
 - Financial Ratios
 - Secured and Unsecured Loans
 - Knowledge checks

- Complete the budgeting tool on OhioMeansJobs.com 

Budget Calculators:

- Lifestyle calculator
 - Select options based on desired lifestyle
 - Summary of selections
 - Provides gross, net and hourly salary rates based on selections
 - Connects to potential jobs within salary range
- Budget calculator
 - Enter amounts for each category
 - Estimated salary is calculated based on entered amounts
 - Supplemental information can be entered
 - A “look-up” provides typical Ohio costs
 - Summary of selections
 - Provides target salary (gross, net and hourly) with and without supplemental income
 - Includes a chart with breakdown of categories
 - Connects with potential jobs within salary range

Medical related activities

- Attend medical appointments including travel time
- Attend meetings with a nutritionist in person or learn about nutrition [online](#)
- Attend mental health [support groups](#) or find help [online](#)

Seeking additional assistance activities

- Start application process for [SNAP](#), [subsidized child care](#), [housing assistance](#), and/or [Medicaid](#)