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
- Complete online computer training – Microsoft Office certification, etc. on Grow.Google
- Start application process for SNAP, subsidized child care, housing assistance, and/or Medicaid
- Complete soft skill training on 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
  - 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