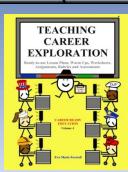
# CAREER EXPLORATION LESSON 1



This lesson was extracted from the Teaching Career Exploration Curriculum Guide



# **Unit A** Career Exploration



This first unit of Teaching Career Exploration offers seven lessons to help r self-knowledge in order to explore careers that fit their learning style, interests, strengths, and abilities. It is imperative that students begin exploring careers by increasing their self-awareness.

Assignment A is a Career Map Report. Introduce and review Assignment A at the beginning of the unit, but do not have students complete it until *after* Lessons 1-7. All the lessons in Unit A build toward the completion of Assignment A.

A Career Map Report asks students to summarize and reflect on the results of a series of assessments, meant to guide them toward deeper self-understanding. By the end of the unit, they will have completed their Career Map Report and presented it to their parent or guardian. This is an important step because students do not journey through education or careers alone.

There are several smaller assignments within this unit, each appearing *before* the lesson that addresses the assignment. In addition to learning more about themselves through career, personality, and learning style assessments, students will learn how to create a PowerPoint slide show, give an oral presentation, learn to create tables in Microsoft Word, learn to track data, and create graphs in Microsoft Word—all important business and technology skills for their futures.

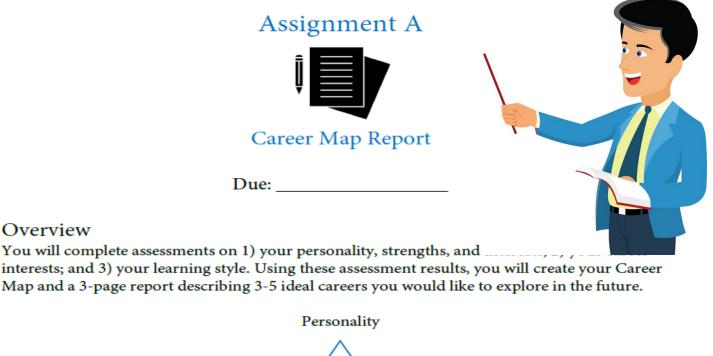
It's important to keep students focused on *exploring* careers during this unit. There is no imperative for them to find their one right or perfect career at this time. They should be asked to question their previous assumptions about themselves, their imagined careers, and their yet undiscovered abilities and talents. They should also be encouraged to conduct research and talk to experts to gain insight into real careers.

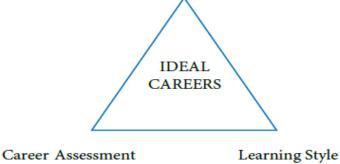
The ultimate purpose of this unit is to expose students to career resources and encourage them to explore careers through their unique set of likes, strengths, abilities, styles, and desires.

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### Purpose

Your Career Map Report will help guide you toward your strengths, likes, abilities, talents, and learning styles as you search for your ideal career. This assignment will help you learn about yourself and set realistic goals that fit with who you are.

### Assessment Requirements

- 1. Complete 1 Partner Personality assessment (Lesson 1 Warm-up)
- 2. Complete 2 Learning Style assessments (Lesson 1 Worksheet A)
- 3. Complete 2 Personality assessments (Lesson 1 Worksheet B)
- 4. Complete 4 Career assessments (Lesson 1 Worksheet C)

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# **Report Requirements**

- 1. Career Map Title Page (See sample on the next page)
- 2. 1-paragraph report introduction
- 3. 1-page summary and reflection on your personality assessments
- 4. 1-page summary and reflection on your learning style assessments
- 5. 1-page summary and reflection on your career assessments
- 6. 1-paragraph report conclusion
- 7. Signed Parent Presentation Form (See Lesson 7 Worksheet C)

# Audience

You will practice presenting your report to the class, then present your rep parents/guardians.

# Formatting

- 1. Typed Microsoft Word Document
- 2. Double-spaced

Keys to Success Honesty Self-reflection Thoroughness Open communication

# Performance Indicators

#### Instructional Area: Career Exploration

MS. 01.01: Assess personal interests and skills needed for success in business.
MS. 01.02: Analyze employer expectations in the business environment.
MS. 01.04: Identify sources of career information.
MS. 01.05: Identify tentative occupational interest.
MS. 01.07: Assess personal strengths and weaknesses.
MS. 02.01: Set personal goals.

Instructional Area: Communication Skills

MS. 08.02: Utilize effective communication skills.

#### Instructional Area: Information Technology

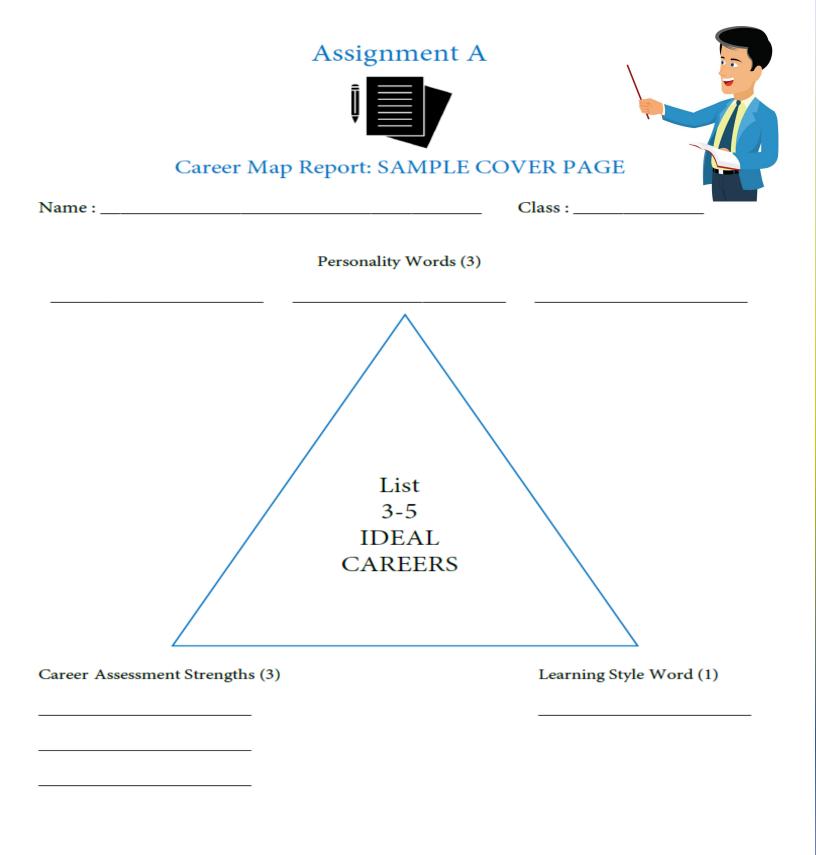
MS. 14.11: Demonstrate basic presentation skills.

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# Summative Assessment Scoring Career Map Report

Name:	Class:	
Development	Points	Possible
Minimum number of required assessments were completed.		5
1-page personality assessment reflection is thorough.		5
1-page learning style assessment reflection is thorough.		10
1-page career assessment reflection is thorough.		10
Organization	Points	Possible
Report contains a correctly formatted title page.		5
Report leads to 3-5 ideal careers.		5
Each of the three reflection sections is clearly labeled.		10
Report contains introduction and conclusion paragraphs.		10
Presentation	Points	Possible
Reflections are honest and thorough.		5
Reflections consider strengths and weaknesses.		5
Reflections are open to change, based on assessment results.		5
Report pages are numbered.		10
Correctness	Points	Possible
Turned in on-time and complete.		5
Minimal spelling, grammar, and punctuation errors.		5
Followed directions completely.		5
TOTAL		100

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# Summative Assessment Feedback Career Map Report

Name:

Class:

What the student did well:

What the student needs to expand, revise, edit, or improve:

Teacher's summative comments:

Grade: A B C D F Incomplete Other\_\_\_\_

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# Lesson 1 Introduction

Career Assessments

Overview	Students will begin their career exploration with a series of self- assessments, meant to provide reflections on their learning styles, interests, and personality. The first assessment on personal interests will be conducted via partner interview. The other assessments will be completed online.
Your announcements, reminders, or recaps	
Time	4-6 class periods
Materials	<ul> <li>Computer and Smart Board</li> <li>Student pen/paper or computer</li> <li>Dry Erase Board</li> <li>Worksheet copies</li> </ul>
Student Objectives	<ul> <li>Students will <u>complete</u> 4 self-assessments.</li> <li>Students will <u>reflect</u> on their assessment results.</li> <li>Students will <u>interview</u> each other to complete a personal interest self-assessment.</li> </ul>
Accommodations	Students may receive reading assistance for the online assessments. Students may complete their online assessments in a distraction-free environment with extended time.

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# Lesson 1 Activities Career Assessments

Guided Learning	<ul> <li>Begin by discussing <i>why</i> it matters to investigate careers that match your interests. What is the risk of entering a career you are not suited for?</li> <li>You can ask students to make a class list of their desired careers <i>before</i> they complete any assessments. After they receive all their results, students can compare their career choices and recommendations.</li> <li>Finally, class discussion can broaden to who students see in careers that fit or don't fit. Who and what do they notice about the working adults in their lives? What do they want to learn from their observations?</li> </ul>
Independent Practice	Students first interview each other using the questions on Lesson 1 Warm-up. Then students independently complete the recommended number of Learning Style, Personality, and Career Assessments, recording all of their results along the way. Allow multiple class periods for students to take Assessment quizzes.
Synthesis	Students report on their partner's interests and personality answers, creating a class profile of interest. Students also write reflectively in Lesson 1 Worksheet D about their results.
Formative Assessment	<ul> <li>Name a career you are not suited for and explain why.</li> <li>What career do you <i>wish</i> you were suited for? Why?</li> <li>What's important to you in a career: money, fame, satisfaction, impact, stability, contribution?</li> </ul>

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# Lesson 1 Conclusion Career Assessments

## Questions for Teacher Reflection

- Do most students already have some sense of career goals and aspirations?
- What careers or industries do students feel *pressured* to enter or avoid? Why?
- Are students able to honestly and freely assess their interests, strengths, and abilities?
- Who was struggling today?
- What activities elicited engagement? What activities led to distraction?
- What items require my follow-up action?

Teacher's Notes

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# Lesson 1 Warm-up Exploring Your Personal Interests and Strengths

Sit with a partner. Ask each other the following questions and record your partner's answers on a separate sheet of paper. Be honest and thorough with your answers.

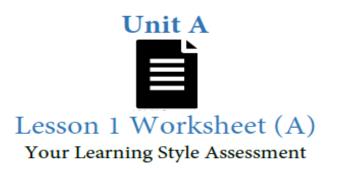
- 1. What is your favorite subject in school this year?
- 2. What has been your favorite subject in the past?
- 3. What is your least favorite subject in school?
- 4. What subjects are easy for you?
- 5. Would you rather be inside or outside?
- 6. What can you focus on for a long time without getting bored?
- 7. What do you find boring and hard to focus on?
- 8. What is something you would do for free because you enjoy it so much?
- 9. Name a location where you are happiest.
- 10. Do you like to work with noise or quiet?
- 11. Do you like to be coached or learn on your own?
- 12. What's more important to you: the details or the big picture?
- 13. Do you need help staying organized, or do you help others stay organized?
- 14. Do you have too many ideas at once, or do you struggle to find ideas?
- 15. What is an area you would like to improve your skills or knowledge?
- 16. What is a subject that makes you ask many questions?
- 17. What is a topic you could easily explain to others?
- 18. Who do you admire and respect (fellow student)?
- 19. Who do you admire and respect (adult)?
- 20. What are your parents' careers, and are you interested in them?
- 21. What clubs or teams do you belong to?
- 22. Do you prefer to be a leader or team-member?
- 23. Do you prefer to work with others or alone?
- 24. Do you prefer to communicate verbally or in writing?
- 25. Name a kind of work you try to get done as fast as possible.
- 26. Name a kind of work you take your time with and see through to the end.
- 27. Which is more appealing to you: safety or adventure?

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Complete at least TWO Learning Style Assessment Quizzes, using the links below (complete more if you have time or desire). Write down your results below the tests you took.

http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml

Your Result:

https://www.how-to-study.com/learning-style-assessment/

Your Result:

http://vark-learn.com/the-vark-questionnaire/

Your Result: \_\_\_\_\_

https://www.edutopia.org/multiple-intelligences-assessment

Your Result:

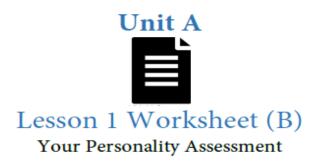
https://www.webtools.ncsu.edu/learningstyles/

Your Result:

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Complete at least TWO Personality Assessment Quizzes, using the links below (complete more it you have the time or desire). Write down your results below the tests you took.

https://www.16personalities.com/free-personality-test

Your Result:

http://www.humanmetrics.com/cgi-win/jtypes2.asp

Your Result:

https://www.truity.com/test/type-finder-research-edition

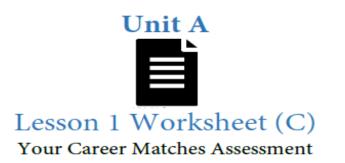
Your Result:

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Complete at least FOUR Career Assessment Quizzes, using the links below (complete more if you have the time or desire). Write down your results below the tests you took.

https://www.princetonreview.com/quiz/career-quiz

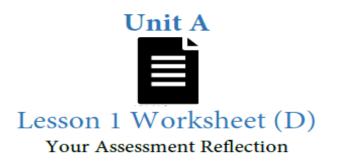
Your Result:
http://careerwise.minnstate.edu/careers/clusterSurvey
Your Result:
https://www.whatcareerisrightforme.com
Your Result:
http://www.educationplanner.org/students/career-planning/find-careers/career- clusters.shtml
Your Result:
https://www.opencolleges.edu.au/careers/career-quiz
Your Result:
https://www.careerfitter.com/free_test/careerbuilder
Your Result:

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Free-write for 10 minutes about your quiz results—Learning Style, Personality, and Career. What surprised you? What did you already know? What plans do the quizzes help you make?

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