

8th Grade Lesson Plan

Career Exploration



I. Objective

Students will learn about the importance of researching college and career opportunities. Students will explore, research and learn about different career professions.

(Activities can be presented over several class periods or days.)

II. Lesson Plan

Investigating Careers

Career development is a lifelong pursuit of answers to the questions: Who am I? Why am I here? What am I meant to do with my life? It is vital that students have a clear sense of direction for their career choice. Career planning is a critical step and is essential to success.

The career development process is unique to every person and evolves throughout one's life. Students will use decision-making and problem-solving skills for college and career planning. Students will explore valid, reliable educational and career information to learn more about themselves and their interests and abilities. Students integrate skills from academic subjects, information technology, and interpersonal communication to make informed decisions. This course is designed to guide students through the process of investigation and in the development of a college and career readiness achievement plan. Students will use interest inventory software or other tools available to explore college and career areas of personal interest. Students will use this information to explore educational requirements for various colleges and a variety of chosen career paths.

The student analyzes college and career opportunities. The student is expected to discuss the impact of effective college and career planning;

The student evaluates skills for personal success. The student is expected to:

- (A) Use interpersonal skills to facilitate effective teamwork;
- (B) Use problem-solving models and critical-thinking skills to make informed decisions;
- (D) Identify skills that can be transferable among a variety of careers;
- (G) Identify entrepreneurial opportunities within a field of personal interest.

III. Materials

Career Exploration PowerPoint

Worksheet: Career Self-Assessment (10 mins)

Worksheet: Educating Myself Benefits the World! (25 mins)

Worksheet: Scavenger Hunt-Homework Assignment (15 mins)

Worksheet: Online College Scavenger Hunt (25 mins)

IV. Procedure

Warm-up Activity:

Begin by asking students if they have given thought to their future career interests. Ask students the following questions:

- How many of you have an idea of what the line of work you want to do when you're older?
- What are some of the duties of that profession?
- How do you become one?
- Which colleges/universities offer that study?



Activity A

Present Career Exploration PowerPoint. Emphasize the importance of early career exploration. Thoughtful research and consideration of each profession in mind will provide a better understanding, preparation and selection of future study.

Activity B

This activity will be in conjunction with the Career Exploration PowerPoint. Slide # 16 will prompt you to hand out and give students time to do the Career Self-Assessment activity. Results can be discussed after students are done and additional career and college major examples will follow on additional presentation slides.

Activity C

After PowerPoint (or other activity), hand out worksheet “Educating Myself Benefits the World!”. This will be a group activity. Discuss with students possible benefits that a profession can provide for themselves, their family and their community. As a group they will select a profession and describe their benefits. Then individually they will have to consider their future profession and also describe their possible benefits.

Activity D

After PowerPoint (or other activity), hand out worksheet “Scavenger Hunt-Homework Assignment”. Explain to student that this will be a homework assignment where they can use the underlined site from the U.S. Department of Labor – Bureau of Labor Statistics to research various careers within the 16 plus career clusters.

Activity E

After PowerPoint (or other activity), hand out worksheet “Online College Scavenger Hunt”. Explain to students that this will be a homework assignment where they can use any official college or university website to obtain needed answers. Debrief by asking what are some interesting things learned when visiting that specific college/university website.

V. Check for Comprehension

- Why is career exploration important?
- What is something that you learned from the presentation?
- How have these activities helped you with your career decision process?
- What are some questions that you may have now?
- What is something that you learned from researching careers online?

Career Self-Assessment

Your personality is major factor to consider when deciding which careers you might enjoy most. The quick assessment can help you understand how the tasks and work environment of different careers are associated with personality types and which careers may fit you the best.

Step One: Take the Assessment

In each section below, check the items you think you would enjoy the most. Check as many as apply.

“R” Section

- Repair a car
- Build things with wood
- Work outdoors
- Study electronics
- Arrest lawbreakers
- Plant a garden
- Work with animals
- Operate power tools
- Drive a truck

“A” Section

- Sing before the public
- Design clothing
- Decorate a home or office
- Act in or direct a play
- Write a poem, story or play
- Design a poster
- Create a sculpture
- Arrange flowers
- Make videos

“E” Section

- Start my own business
- Make a speech
- Supervise the work of others
- Start a club
- Save money
- Sell things
- Lead a meeting
- Take charge of a project
- Work in a political campaign

“I” Section

- Study causes of diseases
- Work on a science project
- Study human anatomy
- Work in a science lab
- Research solutions to environmental problems
- Collect minerals and rocks
- Study the solar system
- Do math problems
- Study plants and animals

“S” Section

- Work with children
- Care for a sick person
- Help people who are upset
- Interview clients
- Help a person with disabilities
- Work as a volunteer
- Study psychology
- Make people laugh
- Teach teens or adults

“C” Section

- Keep detail reports
- Operate business machines
- Organize a work area
- Take telephone messages
- Attend to details
- Balance a budget
- Use a computer
- Proofread a document
- Create a filing system

Purpose of Interest Assessment

Interest assessments aren't designed to tell you exactly which career is right for you. The purpose is to get you to think about your interests and potential careers. You decide!

1. Learn more about your personality type and careers.
2. Research careers using the website on the next page.
3. Compare information and discuss it with a counselor.
4. Choose your career and college major.

Step Two: Score Your Totals

Add up how many boxes you checked in each section above and fill in the totals for each in the space provided below.

R _____ **I** _____ **A** _____

S _____ **E** _____ **C** _____

Each letter represents a career interest category. Choose the letters in which you scored the highest and review the descriptions on the next page to discover possible careers you may want to consider.

Career Self-Assessment Results



Step Three: Understand Your Letters - Careers Interest and Personality Types

What are your two or three highest scoring interest? Place a mark by your top interest areas.

Realistic: "The Do-ers" People who enjoy practical, hands-on problems and solutions. May have athletic or mechanical ability. Prefer to work with objects, machines, tools, plants, and/or animals. May prefer to work outdoors. They like to accomplish tasks. They are dependable, punctual, detailed, hard-working, and reliable individuals. Possible careers include mechanic, chef, engineer, police officer, athlete, pilot, soldier, and firefighter.

Investigative: "The Thinkers" People who enjoy work activities that have to do with ideas and thinking more than with physical activity. They like to observe, learn, investigate, analyze, evaluate, problem-solve. They are scientific and lab-oriented, and are fascinated by how things work. They tend to have logical and mathematical abilities. They are complex, curious, research-oriented, cool, calm and collected individuals. Possible careers include architect, computer scientist, psychologist, doctor, and pharmacist.

Artistic: "The Creators" People who have artistic, innovative, intuitional ability and like to work in unstructured situations using imagination and creativity. They like self-expression in their work. Possible careers include musician, artist, interior designer, graphic designer, actor, writer, and lawyer.

Social: "The Helpers" People who like to work with others by informing, helping, training, teaching, developing, or curing them. Often are skilled with words. They enjoy helping others and have a lot of empathy for the feelings of others. Possible careers include social workers, counselor, occupational therapist, teacher, nurse, librarian, and dental hygienist.

Enterprising: "The Persuaders" People who enjoy work activities that have to do with starting up and carrying out project, especially business ventures. They like influencing, persuading, and leading people and making decisions. They may be easily bored and grow restless with routine. They prefer to work in their own unique style and like to take risks. Possible careers include business owner, lawyer, school administrator, sales person, real estate agent, judge, and public relations specialist.

Conventional: "The Organizers" People who like to work with data, have clerical and/or numerical ability, and who enjoy work activities that follow set procedures and routines. Conventional types are people who are good at coordinating people, places, or events. Possible careers include accountant, secretary, bank teller, dental assistant, and math teacher.

Step Four: Research Careers and College Majors

<i>Career and College Major Information</i>	<i>Websites</i>
Occupational Outlook Handbook	www.bls.gov/ooh
My Next Move	www.mynextmove.org
Career One Stop	www.careeronestop.org
Career Search with O*Net	www.onetonline.org
Learn How to Become	www.learnhowtobecome.org
What Can I do With This Major?	https://cafecollege.org/career-exploration <i>Please scroll down and click on "What Can I Do With Major?"</i>



Educating Myself Benefits the World!

With your group, decide on a possible career that you want to follow and think of all the ways that career can benefit the individual (you), your family and your community (the world/society in general).

The following is a possible example of a doctor.

When I become a Doctor , I will benefit the world.

Individual	Family	Community/World
Fulfilling career	Financial stability	Positively impact the health of people
Financial stability	Ability to take care of family's health	Active participant in community
Professional respect	Positive role model	Positive role model
Good working conditions	Steady job	Save lives

When I become a _____ , I will benefit the world.

Individual	Family	Community/World

Adapted from: *UC Berkeley Center for Educational Partnerships*

Occupation Scavenger Hunt



Complete the following using the Occupational Outlook Handbook at <http://www.bls.gov/ooh>

1. Find 5 careers in Health Professions

Level of Education

2018 Median Pay

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

2. Find 5 careers in Architecture & Engineering

Level of Education

2018 Median Pay

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

3. Find 5 careers in Education

Level of Education

2018 Median Pay

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

4. Find 5 careers in Science & Technology

Level of Education

2018 Median Pay

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

5. Find 5 careers in Business & Financial

Level of Education

2018 Median Pay

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Adapted from: www.aspira.org

University Scavenger Hunt



Pick a university that you would like to know more about. Visit their official website; research and answer the following questions below.

Name of University: _____ **Website:** _____

1. In what town is the main campus located? _____

2. How many students attend? _____

3. How much are tuition and fees for one year? _____

4. Do they have on-campus housing (dorms)? Yes No

5. If so, how much does it cost for the year? _____

6. What are the school colors? _____

7. What is the school mascot? _____

8. Names of two student clubs that I might be interested in joining:

a. _____

b. _____

9. Do they have fraternities and sororities? Yes No

10. What does it take to be admitted into this college? _____

- What kinds of grades or GPA do I need to be admitted? _____

- What classes do I need to take? _____

- Do I need a standardized test like SAT or ACT? Yes No

- If yes, which one(s) will the school accept? _____

11. Name three different majors offered at this college that are interesting:

a. _____

b. _____

c. _____

12. What types of support services are offered? _____



13. What kinds of degrees can you earn at this college? *Check all that apply:*

Associate's Bachelor's Master's Doctorate

14. Is there a career center at this college? Yes No

15. If so, what kinds of services do they offer to students?

Now that you've done your research, think about what you would like to gain from visit to the college. Give three answers for each question below.

What are some questions you'd like to ask students on campus?

1. _____
2. _____
3. _____

What are some questions you'd like to ask someone that works there?

1. _____
2. _____
3. _____

What parts of the campus would you most like to see and why?

1. _____
2. _____
3. _____