

7th Grade Lesson Plan

Career Exploration



I. Objective

Students will learn about the importance of 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. TEKS Used In Lesson Plan

Chapter 127.2 Investigating Careers, Adopted 2015. B.2 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.

C.1 Knowledge and skills. The student investigates one or more careers within the 16 career clusters. The student is expected to:

(A) Identify the various career opportunities within one or more career clusters; and (B) Identify the pathways within one or more career clusters.

III. Materials

Career Exploration PowerPoint

Worksheet: Career Self-Assessment (10 mins)

Worksheet: You're a What?! (10 mins)

Worksheet: The Same Career Game (10 mins)

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

Worksheet: Scavenger Hunt-Homework Assignment (20 mins)

IV. Procedure

Warm-up Activity:

Begin by asking students if they have given thought about interest in future careers. 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?
- What education does it take to achieve the career you're interested in?
- Which colleges/universities offer a pathway to that career?

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 this activity. Result can be discussed after students are done and additional career and college major examples will follow on additional presentation slides.



Activity C

After PowerPoint presentation, hand out worksheet “You’re a What?!”. This is a career matching handout that will allow students to match career professional titles with their duties and responsibilities. Give students a few minutes to complete. Then, as a class, reveal and discuss correct responses.

Activity D

After PowerPoint (or other activity) hand out worksheet “The Same Career Game”. Have students talk with other classmates and discuss what career interests they share. Who plans on becoming a lawyer, engineer...etc.? Debrief by asking students what are some interesting things they learned from each other with this exercise.

Activity E

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

Activity F

After PowerPoint (or other activity) hand out worksheet “Scavenger Hunt-Homework Assignment”. Explain to students 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.

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 Search with O*Net	www.onetonline.org
Learn How to Become	www.learnhowtobecome.org
What Can I do With This Major?	https://whatcanidowiththismajor.com/major/majors/

Adapted from: *RIASEC/Holland Code*

You're a What?!



How can you learn about all the different career choices? Well, you can become a career explorer, investigating the world of work, searching for careers that spark your interest, and discovering how your interests and school subjects relate to those and many more other possibilities.

- ___ 1. I protect computer information from theft, tampering, or from being erased.
- ___ 2. I arrange food for a photo that will be used on a product package or in an advertisement.
- ___ 3. I blend words and music together to create a catchy tune that will help people remember the product
- ___ 4. I am a beekeeper. I build nesting areas for bees and collect their honey.
- ___ 5. I combine art with anatomy, physiology, and other sciences to create pictures of the human body or surgical techniques for textbooks.
- ___ 6. I work in the theater. I am responsible for assembling and maintaining the actor's costumes.
- ___ 7. I identify people's lies or confirm their truths by using special tests.
- ___ 8. I play the part of an animated creature who promotes an international athletic event that takes place every four years.
- ___ 9. I complete contracts between a buyer and a seller for the price and delivery of the stock or goods at a future date.
- ___ 10. I treat people with physical or mental problems by using songs and instruments to help them overcome their problems.
- ___ 11. I promote sporting events. Some of my responsibilities include setting up housing for athletes, sponsors and special guests; arranging for food and beverages; and finding sponsors to fund the event.
- ___ 12. I get people out of jail (for a fee) by writing a promissory note that says the person promises to reappear in court at a later date. If they don't appear in court, I find them and bring them back to jail.

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|--------------------------|-------------------------------|---------------------------------|
| A. Olympic Mascot | E. Bail Bonding Agent | I. Medical Illustrator |
| B. Food Stylist | F. Tournament Director | J. Data Security Analyst |
| C. Apiarist | G. Music Therapist | K. Forensic Psychologist |
| D. Jingle Writer | H. Futures Executioner | L. Wardrobe Supervisor |

Adapted from: www.aspira.org

The Same Career Game



Learning about others' interests helps us in making career choices. Get to know your classmates' shared interests as well as what they're interested in becoming when they get older.

Find Someone Else Who:	What We Have in Common:	Name:
Plans to attend the same college		
Plans to study a career in the Science		
Plans to become a Social Worker		
Plans to become a Teacher		
Plans to become a Doctor		
Plans to become a Nurse		
Plans to become an Architect		
Plans to become a Lawyer		
Plans to become an Engineer		
Plans to become a Business Manager		
Plans to become President		
Plans to become a Politician		
Plans to become a Designer		
Plans to become a Business Owner		
Plans to become a Police Officer		

Adapted from: www.aspira.org

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 (yourself), 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

2016 Median Pay

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

2. Find 5 careers in Architecture & Engineering

Level of Education

2016 Median Pay

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

3. Find 5 careers in Education

Level of Education

2016 Median Pay

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

4. Find 5 careers in Science & Technology

Level of Education

2016 Median Pay

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

5. Find 5 careers in Business & Financial

Level of Education

2016 Median Pay

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