

Career Module Lesson Plan

Career Exploration

Learning Objective(s):

- Understand main components of Planned Happenstance Theory and skill areas they should be developing to better manage their career development and life transitions;
- recognize the importance of engaging in different types of experiences as they relate to career planning
- examine potential career paths and corresponding major
- reflect on what they have learned about themselves and what interests/ motivates them as it applies to their career interests.

Time: 50 Minutes (each lesson plan is designed for a 50-minute class period. If you have additional time, please see section below on next steps as possible in class activities)

Materials:

- CCPD PowerPoint on Career Exploration
- Career/Major Exploration Worksheet

Outline:

- Warm Up (5 mins): Introduce topic and why you have selected to incorporate it into your course
- Present Info (40 mins): Utilize CCPD provided PowerPoint which has embedded learning activities
- Questions/ Assignment Instructions (5 minutes)

Next Steps/Homework:

- Have students take FOCUS 2 assessments and research at least one career field that sounds interesting to them. Students should also research the suggested major(s) for that career field and reflect on what they've learned by answering at least 4 of the following questions:
 - What aspects of the Focus 2 assessment pieces surprised you?
 - Do you think the assessments accurately reflect who you feel you are? What areas of the assessments did you disagree with? Agree with?
 - What career paths did you further explore? What did you like or not like about the descriptions of the careers?
 - What majors might correspond with some of the career paths you selected? What did you discover through your research of that major and any required or elective courses you would take in that major?
 - What transferable skill sets will you need to have in order to be successful in the careers you selected? (e.g. communication skills, time management, customer service, etc). Through what activities on or off campus can engage in to start developing those skills?

(for example, holding a position within a student club, organization or Greek life could help you develop leadership and communication skills)

- Are there certain areas of employment you're now considering as a result of having taken the assessments?
- In thinking about our class discussion on career planning (Exploring, Reflecting, Developing, and Connecting) and the importance of engaging in a variety of activities, what are some actions you can do today/ near future that will help you with your career plan?
- What questions do you have about narrowing career options?
- What questions do you have in general with regards to thinking about your future career?
- Have students make an appointment with a career counselor to review FOCUS 2 results and to work on a professional development plan to begin the career planning process. Students can also complete a reflection activity about their experiences with FOCUS 2 and with meeting with a career counselor. Some guiding questions (in addition to the above) might include:
 - What was your experience in working with the CCPD career counselors?
 - Did you learn anything about yourself and/or your career interests
 - What majors or careers did you discuss with your career counselor and what types of things did you discuss when talking about them?
 - What considerations are you thinking about in regards to choosing a specific major?
 - Are you closer in feeling confident about a major or career path than you were before? Why or why not?
- Have students research at least 2 majors and career paths they might be interested in using FOCUS 2, Vault, OnetOnline.org, and other online resources. Students should then complete the Career/ Major worksheet and write a reflection journal essay or video using any of the reflection questions above.

Resources:

CCPD PowerPoint

Emilie Wapnick, [“Why Some of Us Don’t Have One True Calling”](#) (video)

Scott Dinsmore, [“How To Find the Work You Love”](#) (video)

Stephanie Eberle, [“A Marathon, Not a Sprint”](#) (article)

FOCUS 2 instructions

- Students should create an account on FOCUS 2 using their Catamount email address and a password of their choosing by visiting <https://www.focus2career.com/Portal/Login.cfm?SID=942> FOCUS 2 will ask students for an access code, which is Catamount (with a capital C)
- Once their accounts have been created, they should take the following assessments (In total, these should take the students roughly 20 minutes to complete) Students may take additional assessments if they wish.
 - Work Interest

- Values
 - Skills
- FOCUS 2 will generate their results for each assessment and will recommend career fields and possible corresponding majors.