

<b>Lesson Title</b>	<b>2. Career Exploration: Identifying Necessary Skills</b>
<b>Lesson Designer</b>	Gabrielle Milano
<b>Standards</b>	<input type="checkbox"/> CCSS <input type="checkbox"/> NGSS <input checked="" type="checkbox"/> ASCA <input type="checkbox"/> Other A:C1.6: Understand how school success and academic achievement enhance future career and vocational opportunities C:A1.1: Develop skills to locate, evaluate and interpret career information C:A1.6: Learn how to set goals C:B1.2: Identify personal skills, interests, and abilities and relate them to current career choice C:B1.5: Use research and information resources to obtain career information PS:A1.10: Identify personal strengths and assets
<b>Learning Objectives</b>	Students will be able to: <ul style="list-style-type: none"> <li>• Practice research and data collection</li> <li>• Explore careers in the Health Occupations and Technology field</li> <li>• Reflect on their experience</li> <li>• Share their knowledge with peers</li> </ul>

<b>Timeline</b>	<b>Duration</b>
<ul style="list-style-type: none"> <li>• 10 minutes: Identifying strengths and skills</li> <li>• 20 minutes: Data collection</li> <li>• 10 minutes: Goal setting</li> </ul>	1 class period

<b>Teaching Strategies/Student Actions</b>	<b>Monitoring</b>
<ol style="list-style-type: none"> <li>1. Teacher will explain directions.</li> <li>2. Students will read along or listen to directions.</li> <li>3. Teacher will model tasks and Students will follow along.</li> <li>4. Students will recall task expectations.</li> <li>5. Students will adapt by transitioning to the following task.</li> </ol>	<ul style="list-style-type: none"> <li>• Teacher will model and explain expectations - task oriented and behavioral.</li> <li>• Teacher will move around the room to observe student progress.</li> <li>• Teacher will provide feedback and suggestions for students.</li> <li>• Teacher will remind students of time remaining for each portion of the activity (i.e., You have five minutes remaining to collect data).</li> </ul>

<b>Product Description</b>	Career exploration is a process of identifying personal skills and matching these with skills necessary to be successful in a career. With this activity, students will assess their own skills, explore careers and create goals.
<b>Evaluation</b>	Students will exhibit mastery of these skills by completing this learning task: <ul style="list-style-type: none"> <li>• Self-assessment</li> <li>• Data collection</li> <li>• Goal Setting</li> </ul>

<b>Resources and Materials</b>	<b>Additional Notes</b>
<ul style="list-style-type: none"> <li>• Connecticut Area Health Education Center Program (AHEC) H.O.T. Guide <a href="https://healthcareersinct.com/">https://healthcareersinct.com/</a></li> <li>• Career Exploration: Identifying Necessary Skills Worksheet</li> <li>• Career Exploration Worksheet (example)</li> <li>• Using the HOT Guide</li> <li>• Computer or device with Internet access</li> <li>• Writing utensils</li> </ul>	

## Career Exploration: Identifying Necessary Skills

1. Identify skills that you currently possess that make you a successful student and individual. List as many as you can below.
2. Review the careers in the Health Science field using the AHEC H.O.T. Guide. Identify careers that you would be interested in pursuing.
3. Record the career name and the skills necessary to be successful in the career.
4. Identify skills that you and the career have in common.

	Option #1	Option #2	Option #3
Career			
Career Skills			
Common skills			

5. Create goals to learn, obtain and strengthen skills to be successful in the career.

Goal #1	
Goal #2	
Goal #3	

## (EXAMPLE) Career Exploration: Identifying Necessary Skills

1. Identify skills that you currently possess that make you a successful student and individual. List as many as you can below.
2. Review the careers in the Health Science field using the AHEC H.O.T. Guide. Identify careers that you would be interested in pursuing.
3. Record the career name and the skills necessary to be successful in the career.
4. Identify skills that you and the career have in common.

	Option #1	Option #2	Option #3
Career	Dental Hygienist	Certified Nurse Aide	Nutritionist
Career Skills	Work well with others; good manual dexterity; good listening skills; good eye/hand coordination; visual acuity noting details in color/shape; ability to calm nervous patients; good aptitude for science coursework; have good health, personal neatness, cleanliness	Caring, trustworthy, dependable and honest; follow written and verbal instructions; make good judgements; work well with a variety of people; have patience and communicate positively; enjoy working closely with people; work accurately and safely; like to learn new things	Interested in the relationship between nutrition and health; want the opportunity to help others; want to be a part of the healthcare team; like a diverse work environment; be interested in food, health promotion, disease prevention, and health care; good communication skills
Common skills	Works well with others Aptitude for science Have good health, personal neatness, cleanliness	Dependable Good communication Quick learner Work well with others Good listener	Like to help others Team player Good communication skills

5. Create goals to learn, obtain and strengthen skills to be successful in the career.

Goal #1	I would like to increase my hand and eye coordination by using manipulatives to increase dexterity.
Goal #2	I would like to strengthen my communication skills by joining more clubs and using social events to practice.
Goal #3	I would like to learn more about the relationship between health and nutrition.