Career Journeys Bridges Lesson #3

April 29, 2015
At the end of this lesson students will:

- Know their two speaker sessions.
- Know how to use their Career Journeys Career Guide to increase self-awareness and confidence in skills, interests and strengths to make informed college and career decisions.
- Create questions for each of their two speaker sessions.

Needed:

- Career Journeys Guide (hard copies for those who requested/want one)
- Speaker session “tickets” for Thursday (leaders to distribute)
- Access to MIHS website & Career Journeys 2015 website link
- Writing Utensil
- Student iPads

You can access the following on the Career Journeys 2015 Webpage (under MIHS News & Events Menu)

- Career Journeys Career Guide PDF
- Speaker list with Room Location

(10 minutes- Announcements about Career Speaker Event tomorrow) Bridges Leaders Say:

Announcements about Career Journeys Speaker Event tomorrow, Thursday, April 30:

Leaders say: Tomorrow is a special day where you will have the opportunity to discover more about different careers. You will go to two speaker sessions after 3rd period. We will be on a modified seven-period schedule. Today, you will receive your ticket and can look-up the room location on the MIHS website and find it on the posters in the hallways.

1. During lunch, there will be a career fair in the Commons where you can talk to career coaches, organizations like UW Young Executives of Color and Microsoft about internship opportunities, and write about your “Career Journey” on the Word Wall.

2. Each time you participate in an activity, you can collect a sticker for your raffle. When you have all the boxes on your ticket completed, you can enter to win one of three prize packages that will be given out during lunch.

3. Everyone was assigned at least one of their top choices, but some speakers had so many requests that we did not have space, so gave students their 3rd or 4th options. We have an incredibly talented group of people who are volunteering to share their stories with you. Please be respectful of them, and get the most out of this special event!
Leaders: HAND OUT TICKETS. IF STUDENTS ARE NOT IN BRIDGES, PLEASE RETURN TICKETS to Mr. Johnson so we can get these out to students tomorrow morning.

Leaders say: It is important that you keep this ticket, so put it in a place where you won’t lose it! It has the room location and speaker and on the back there is a raffle for prizes.

(10 minutes - Research speaker and develop questions)

Leaders say: To get the most out of the Career Journeys Planning Guide and speaker event, you need to put some effort into the process. The good news is it should be easy, because it’s all about you and your life!

First, let’s prepare a little for your speaker.

1. Using your iPad, do a quick internet search to find out more about your two speakers and the company they work for. Then, write 2 questions down for each speaker (4 total) using your iPad notes or paper that you’ll have with you tomorrow.
2. Bridges Leaders- Have a few students share out some of the questions with the class.

Ask your questions! This is your chance to learn as much as you can about this person and career.

(Remainder of the Lesson - Hand out and Complete Discover Section of Career Journeys Planning Guide)

Leaders Say:

It is also important for you to use your Career Planning Guide to define who you are, what your skills are, and develop a Career Vision. This will help you talk to people you meet who can help you along your career journey.

1. About 15 students per Bridges Group said they would like a hard copy of the Career Guide. We ordered enough for every student, but know some of you will prefer to do the work using Notability and your iPad. If you change your mind, you can get a hard copy from Mrs. Van der Hoeven in her office in the 300 hallway.

Leaders Ask: Who wants a hard copy Career Guide? Hand them out—Have students write their names on page 2 of their Career Guide.

Leaders Say: If you don’t have a hard copy, please go to the Career Journeys website under News & Events on the MIHS menu homepage and open the Career Guide PDF in Notability.

Leaders verify: that all students either have a hard copy or PDF access in Notability. Then have all students look turn to the inside cover- Table of Contents.

Leaders say: Nikki Lim, a student here at MIHS designed this guide in two sections- a blue section that is all about discovering and writing down your interests, skills, and values so you can create a Career Vision to guide you through your journey and an orange section that is a resource guide for creating a LinkedIn Profile, writing cover letters and resumes, and a list of tips on preparing for interviews. You can also use the guide tomorrow to jot down notes.
Leaders Say: Today, we are going to complete the first section- Passions & Purpose to determine your TOP 5 MOTIVATIONS.

a. Go to page 2 in your Career Guides
b. This section is all about you discovering and defining what motivates you to take action.

Leaders ask for a volunteer to read the two paragraphs at the top of Page 2- starting with the This is Your Life paragraph?

Leaders say: Now, take a minute or two to write down your top 5 passions and answer questions 1 & 2.

Leaders ask for a volunteer to read the next paragraph about Values out loud.

Leaders say: Now circle or write in your top 5 values. This part can be tricky – you probably value more than 5 of the options, but really try to think about your Most Important Values. Then answer 1 & 2.

Leaders say: Now turn to page 3 of the guide and copy your list of Passions and Values down to the list provided.

Leaders ask for a volunteer to read the section about what Drives you to Action.

Leaders say: Now it’s time to combine your 10 words into 5 things that DRIVE you to ACT-Your top 5 Motivations.

   c. You might see some overlap or patterns. For example if you wrote down soccer and sports, think about what you really like about those two things- is it the competition? Teamwork?
   d. If you wrote down poetry and art, maybe it’s beauty or visual expression that drives you.

Leaders say: Once you have your list of Drivers, jot down related activities on the other side.

Leaders say: Continue working through the Discover section of the Career Planning Guide throught page 5 on your own before tomorrow. One of the most valuable outcomes of this guide is your Career Vision. This statement will form the foundation for your decisions in the coming years and will help you plan for your high school, college, and career decisions. You will also use it when making your LinkedIn Profile, to create resumes, and prepare for job interviews. Know it, update it, and use it to help you! Make sure to show someone your completed Discover Section and get a sticker for your raffle!!

Leaders announce: PLEASE Keep your Career Planning Guide in a safe place. Don’t lose it as this is meant to be a tool for you for several years. We will use it again and again in our lessons.