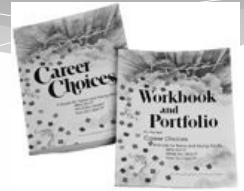


# Day One: Tips and Strategies For Your Career Choices Classroom

## Introduction:



- \* Kari Rosson
- \* School Site Executive
- \* Cabrillo High School, Lompoc, California
- \* Freshman Class: Career and College Readiness
- \* Career Choices Training: Lead Administrator & Lead Teacher

## My Classroom:



- \* Why Career and College Readiness?
  - Required class for all first time 9<sup>th</sup> graders
  - Designed to help students understand the importance of academics and planning for their future
  - Complete a 10 year plan
  - \*New for 2016-2017 Concurrent Enrollment with Allen Hancock Community College
  - \*Congratulations! The course is “a-g” approved!

## My Classroom:



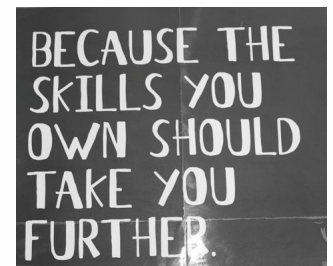
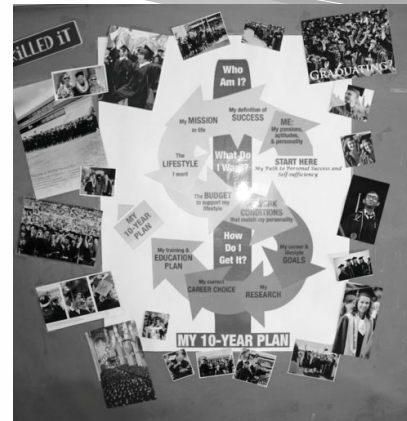
- \* Why This Course?
  - To ensure students have a reason to stay in school
  - Develop skills necessary to be successful in high school
  - Recognize Career Choices on students personal lifestyle
  - Develop process for education and career planning
  - Understand societal changes can have on career opportunities

## My Classroom:



- \* Desk Arrangement
- \* College Flags
- \* My10yearPlan Poster
- \* 15 California Industry Sectors





## How Do You Organize Everything?

- \* Step 1: Get a BIG 3 ring binder
- \* Step 2: Make a Pacing Calendar
- \* Step 3: Handout Syllabus and Project Assignments
- \* Step 4: Select Your :
  - Career Choices Instructor's Guide objectives
  - Workbook assignments
  - Textbook readings
  - Put notes/handouts in order
- \* Step 5: Divide into chapters

NOW YOU ARE ORGANIZED!



## Make a Website:

<http://www.weebly.com>

Include titles such as:

- Projects/ Project Examples
- Power points
- Assignment calendars
- Portfolio Assignments
- Career Links
- Housing Links
- Transportation Links
- Education Links
- YOUNiversity Links
- Road Trip Nation
- Classroom Video Links



## Day One

- \* Meet students at the door. I shake every hand and welcome them into the classroom.
- \* Student introductions:
  - state your name
  - favorite thing you did this summer
  - a unique skill you have
- \* Icebreaker BINGO
- \* Allen Hancock registration handouts.



## Day Two

- \* Warm Up:
  - What kind of careers interest you?**
- \* Review Syllabus
- \* Hand out workbooks and write name on book
- \* Video: Dain Blanton: Intro @5:44 min.
- \* Pre-Course Survey
- \* Collect Allen Hancock Registration forms
- \* **Explain:**  
**Vision + Energy =Success**  
List as many reasons as you can think of for why people work.



## Lesson #1

- Warm Up:
- What do you think an epitaph is?
  - Why would someone want to have an epitaph?
- \* 1. PP: 61 Epitaph/ Textbook page 60
  - \* 2. Video: (TED Talk) Candy Chang (6:16 min)
  - \* 3. Activity 61
  - \* 4. Handout: Memory Bottle and Before I die, I want to....



## Do Now: Epitaph

- \*Answer all questions in complete sentences unless otherwise specified. Please number your responses in your notebook.
- 1. What do you think an epitaph is?
- 2. Based on your definition, why would someone want an epitaph?



## Epitaph

**Objective:** To help students identify an overall goal or mission for their lives.



## What do you want to do?

- \* Text book page 60-61.
- \* People want to have a strong need to be identified with something that is, "bigger than themselves."
- \* Why do you think this is true?
- \* Share your thoughts.



## Candy Chang, "Before I Die..."

[TED Talk Video](#): Candy Chang (6:16 min)



## Activity 61

- Taking the time now to think about the contribution you would like to make in your lifetime will help give your life direction.
- Try not to get hung up on external forms of success like becoming a millionaire.
- You are more likely to be remembered because of what you do with the money.
- Write a short epitaph for yourself at the bottom of the page.
- It doesn't need to be a single line, but keep it brief.



## How do you want to be Remembered?

- \* Memory Bottle: (hand out) fill it with items you wish to be remembered by.
- \* One of the best ways to determine what you want out of life is to think about what you want to be remembered for after death.
- \* We get caught up in our day-to-day living and lose track of our fondest dreams, mission in life, and/or our legacy.
- \* We all want to be remembered for some action, way of being, or accomplishment.





# Before I die I Want To.....

- \* Write your own, "Bucket List." (hand out)
- \* What is it you want to do before you die?
- \* What do you want to accomplish before you die?



## MEMORY BOTTLE

Name: \_\_\_\_\_

### What's a Bucket List?

If you haven't heard about the term "bucket list", it is a list of all the goals you want to achieve, dreams you want to fulfill and life experiences you desire to experience before you die.

Now, take out your pen and paper or open up a text document. Start writing down what comes to mind as you read these questions.

- What if you were to die tomorrow? What would you wish you could do before you die?
- What would you do if you had unlimited time, money and resources?
- What have you always wanted to do but have not done yet?
- Any countries, places or locations you want to visit?
- What are your biggest goals and dreams?
- What do you want to see in person?
- What achievements do you want to have?
- What experiences do you want to have? (Feel?)
- Are there any special moments you want to witness?
- What activities or skills do you want to learn or try out?
- What are the most important things you can ever do?
- What would you like to say/do together with other people? (People you love? Family? Friends?)
- Are there any specific people you want to meet in person?
- What do you want to achieve in the different areas: Social, Love, Family, Career, Finance, Health (Your weight, Fitness level), Spiritual?
- What do you need to do to lead a life of the greatest meaning?

### Before I die I want to.....

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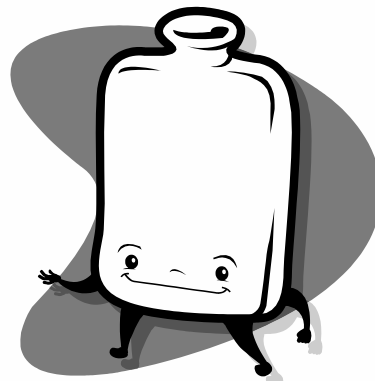
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## Student Memory Bottle



## Lesson #2

- \* Career Interest Survey : Workbook Activity 150-155
- \* Use Career Choices Handout

1. <http://whodouwant2b.com>
2. [www.cacareerzone.org](http://www.cacareerzone.org)
3. [www.careeronestop.org](http://www.careeronestop.org)
4. <http://www.onetonline.org/>



## Career Interest Project and Career Search Assignment

Name: \_\_\_\_\_ Period: \_\_\_\_\_

You will have 3 days to explore 3 careers that are of interest to you and to complete the "Career Interest Survey" assignments (Chapter 6, Activity 150-155) in your workbook.

### Requirements:

1. You must complete the Career Interest Survey for any 3 different careers you choose.
2. Careers must be taken from the Career Pathway/Industry "bubble sheet you received.
3. Two or all 3 careers are in any field of interest.
4. Only one career may be a professional athlete, musician, or actor that interests you.

### Directions:

1. Begin your 1st exploration by going to Rosson's website: [chrcareer.weebly.com](http://chrcareer.weebly.com) and under Career Links click on [whodouwant2b.com](http://whodouwant2b.com) and complete the Pathfinders Quiz. In the space provided below write down the results of the Pathfinders Quiz. You may return to play the game when finished with assignment.

Career #1 \_\_\_\_\_ Career #2 \_\_\_\_\_ Career #3 \_\_\_\_\_

2. Continue with your 2nd career exploration by returning to "Whodouwant2b.com" and scrolling to the bottom of the website. Follow the directions below:
  - a. Click on the California Career Zone link.
  - b. Click on Begin Assessment, then Quick Assignment.
  - c. Read the description of the six interest areas.
  - d. Select 3 interests from the wheel.
  - e. Click "View Results"
  - f. Select careers that are of interest to you and read their descriptions.

Career #1 \_\_\_\_\_ Career #2 \_\_\_\_\_ Career #3 \_\_\_\_\_

3. Video Time! 3rd exploration: from Rosson's website under Career Links click on Career One Stop Video and watch 3 careers.

Career #1 \_\_\_\_\_ Career #2 \_\_\_\_\_ Career #3 \_\_\_\_\_

4. Workbook Activity: (Chapter 6)
  - Activity 150-151 - Career #1
  - Activity 152-153 - Career #2
  - Activity 154-155 - Career #3

Begin Career Exploration by following the steps below:

- a. Visit the "Occupation Outlook Handbook" by going to the following address: <http://www.bls.gov/oooh/> OR by clicking on Occupational Handbook on my website.
- b. Use the search handbook box to find out about specific jobs that are already of interest to you. OR
- c. Use the listings of occupational links on the left hand side of the page. OR
- d. Use O\*NET button from Rosson's website.



## Lesson #3

### Final Portfolio Student Assignment

#### I. Personal Evaluation

- \* Typed Goals Essay (Activity 186, Chapter 8)
- \* Personal Profile Collage (Chapter 2)



Name \_\_\_\_\_  
Career and College Readiness  
Period \_\_\_\_\_

### Goals Essay

First paragraph will be the introductory paragraph stating a thesis statement such as when planning my life journey, I have found that setting goals assist me in making successful decisions. Next you should mention three main supportive points you will use to explain your thesis, such as "When considering my goals of life, I have set specific long term, short term and personal goals in life."

Second paragraph you will discuss your long term goal. This paragraph you will need to be specific as to what your long term goal is and how you plan to achieve it. You will explain the objectives you will take to meet these goals. For example, "By the end of sophomore year I will pass the driver's education test so that I may purchase and drive a car to school."

Third paragraph you will discuss your short term goal. Again you will need to be specific as to what the goal is and how you plan to achieve it. Please list and explain in detail the three objectives you will take to meet these goals. For example, "By the end of sophomore year I will pass the driver's education test so that I may purchase and drive a car to school."

Fourth paragraph you will discuss your lifestyle goals. As a professional learner you will need to be specific in defining them and explaining how you hope to achieve these goals. Refer to Activity 63, Components of Lifestyle, in your workbook and the three you choose to write in Activity 190. Identify and explain the lifestyle goals and objectives on how you will achieve them. Make sure you are detailed to receive a top grade.

Fifth paragraph you will review and restate your thesis using other words to get your point across. The following sentence you will restate the three areas/topics you have discussed within the essay. Then close with a statement about how these goals allow the reader to understand more about you.

Passions Values Personality & Strengths

1. Basketball  
2. Teaching  
3. Photography  
4. Travel

Family  
My health  
Personal independence  
My career

Personable  
Friendly  
Loyal  
Hard-working  
Compassionate

### Mrs. Rosson

Skills & Aptitudes Occupations/Vocations Roles

(Paid Employment) (Special Skill)

- Love to Cook and Bake
- Enjoy Gardening and flowers
- Working out and Speed walking
- Ability to be organized

- Teaching High School Health
- Coaching Physical Education
- Dedicated to guiding students to be Career or College ready after High School

- Wife/Mother/Sister/Aunt
- Teacher/Mentor/Coach
- Friend

# Lesson #3

## Final Portfolio Student Assignment

### II. Career Preparation

- \* Typed Letter of Introduction (Activity 253)
- \* Typed Resume (Activity 253)
- \* Job Application/Interview Questions\*\* (Activity 257, Chapter 11)
- \* Interview Questions and Typed Responses (Handout)

\*\* Assignments will be printed from [www.my10yearplan.com](http://www.my10yearplan.com)

Your Name \_\_\_\_\_  
Your Address \_\_\_\_\_  
Your City, State, Zip Code \_\_\_\_\_  
Your Phone Number \_\_\_\_\_  
Your Email Address \_\_\_\_\_

Date \_\_\_\_\_

Mrs. Rosson  
Career Choices Teacher  
Cabrillo High School  
4350 Constellation Road  
Lompoc, CA 93436

**Salutation:**  
Dear Mrs. Rosson:

**Body of Cover Letter**  
The body of your cover letter lets the employer know what position you are applying for, why the employer should select you for an interview, and how you will follow-up.

**First Paragraph:**  
The first paragraph of your letter should include information on why you are writing to them and what position you are applying for. Explain your intentions for why you want to work for them.

**Middle Paragraphs:**  
The next section of your cover letter should describe what you have to offer the employer. Make strong connections between your abilities and their needs. Mention specifically how your skills and experience match the job you are applying for. Remember, you are interpreting your resume, not repeating it. Try to support each statement you make with a piece of evidence. Use several shorter paragraphs rather than one large block of text.

**Final Paragraph:**  
Conclude your cover letter by thanking the employer for considering you for the position. Include information on how you will follow-up. State that you will do so and indicate when (one week's time is typical). You may want to reduce the time between sending out your resume and follow up if you fax or e-mail it.

**Complimentary Close:**  
Respectfully yours, or Sincerely,

**Your Signature**  
Handwritten Signature (for a mailed letter)  
Typed Signature for internet applications<sup>1</sup>

<sup>1</sup> Template provided by <http://jobsearch.about.com/od/coverlettersamples/covertemplate.htm?i=1>

**Your Resume Example**  
1234 Your Street  
Lompoc, CA 93436  
(805) 456-7890  
e-mail@youraddress.net

**EDUCATION:**  
Cabrillo High School: August 2014 - present  
Honors English: 9<sup>th</sup> grade, 10<sup>th</sup> grade  
Honors Science: 9<sup>th</sup> grade

**HONORS AND AWARDS:**  
Certificate of Academic Achievement: 9<sup>th</sup> grade  
Scholar Athlete award Basketball: 9<sup>th</sup> grade  
Most Valuable Player award Soccer: 8<sup>th</sup> grade

**LEADERSHIP ROLES:**  
Freshman Class Representative: 9<sup>th</sup> grade  
Red Cross Club President: 9<sup>th</sup> grade  
Tennis Team Captain: 9<sup>th</sup> grade

**ATHLETICS/CLUBS:**  
Cheerleader: 9<sup>th</sup> grade  
Water Polo Team: 9<sup>th</sup> grade  
Aquarium Club: 9<sup>th</sup> grade  
Boy/Girl Scouts: 5<sup>th</sup> grade to present

**COMMUNITY SERVICE/VOLUNTEERING:**  
Adopt-A-Highway: 2014 to present (once a month)  
Lompoc Food Pantry: June/July 2014  
Singing for Convalescent Care Center: December 2013

**EMPLOYMENT:**  
Dec. 2011-July 2014  
Feb. 2013-Oct 2013  
June 2012-Aug 2012

**INTERESTS/HOBBIES:**  
Interests: Photography, auto mechanics, singing.  
Hobbies: raising tropical fish, Siamese cats, and breeding boxer dogs.

**REFERENCES:**

Mrs. Rosson 4350 Constellation Road Lompoc, CA 93436	Happy Gilmore 321 Shank Drive Happy, CA 93436	Lightening McQueen 95 Circle Track Drive Radiator Springs, CA 93436
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Name \_\_\_\_\_  
Period \_\_\_\_\_

### Interview Questions for Portfolio Final

**Assignment:** Type responses to the following questions and include in your career portfolio. For use actual interview you must come to class dressed in interview appropriate attire and be prepared to answer a few of the following eight questions.

- How has this class helped you prepare for your future?
- What are your high school goals?
- What are your educational goals?
- Describe the lifestyle you hope to achieve after finishing your education.
- What are your greatest strengths and how will they assist you in the workplace?
- What is your greatest weakness?
- How do you determine or evaluate success?
- Describe your ideal career or job.

### Mock Interview Questions & Responses

- How would you describe yourself?
- How do you think a friend who knows you well would describe you?
- How has your high school experience prepared you for a job?
- Describe your most rewarding high school experience.
- What qualifications do you have that make you think that you will be successful at this job?
- What have you learned from participation in extracurricular activities?
- In what kind of work environment are you most comfortable with?
- How do you work under pressure?
- Describe your most rewarding high school experience.
- What major challenges have you encountered and how did you deal with it?

# Lesson #3

## Final Portfolio Student Assignment

### III. Your Professional Development Plan

- \* Education and Training 10 Year Plan\* (Print Activity 271, chapter 12 on My10yearPlan.com)
- \* Your My 10yearPlan Summary\* (Print from [www.My10yearPlan.com](http://www.My10yearPlan.com), home page, PDF format)

HUMAN RESOURCES

"Where do you see yourself in five years?  
Still looking for work?"

# Lesson #3

## Final Portfolio Student Assignment

### IV. Sample of Work and Achievements

- \* Career Interest Poster Project (Chapter 6)
- \* Certificate of Achievement (may be a photocopy)



**Job/Career Title**

Name: \_\_\_\_\_  
 Title: \_\_\_\_\_  
 Industry: \_\_\_\_\_  
 Average Salary: (\$) \_\_\_\_\_  
 Education Required (S.A., B.A., M.A., Ph.D., etc.): \_\_\_\_\_

**Job Description:**  
 In this section of your project you will write 2-3 detailed paragraphs describing your ideal career. These paragraphs will include things like the job responsibilities, the work environment, the education or training required, and specific skills that you would need to attain this career.

**Rewards & Sacrifices:**  
 Here you will describe which of YOUR values are rewarded by this career, and which of YOUR values are sacrificed. Are the rewards worth the sacrifice? Why or why not?

**Job Projection:**  
 Are there career openings in this field? If so, where are the majority of careers in this field? Is it a growing field?  
 If not, how are you going to ensure that you can find a career in this field?

**Job Preparation:**  
 In this section, describe how you are going to prepare yourself to pursue this career. What can you do in high school to get yourself ready or prepared for the education or training required for this career?



# Lesson #3

## Final Portfolio Student Assignment

### V. Recommendations

- \* Over the next four years you should add assignments that you are proud of, awards you receive, and letters of recommendations from people who can testify to your strong character.



## 1 More Thing.....

- \* QUESTIONS?
- \* COMMENTS?
- \* SUGGESTIONS?



\* [Rosson.kari@lUSD.org](mailto:Rosson.kari@lUSD.org)

Thank you!

