

Focus on Freshmen

Best Practices using Career Choices Curriculum

Engaging students before the bell

and

Engaging the students as they exit

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## Chapter: One Envisioning Your Future

Day:	One	Two	Three	Four	Five
<b>Journal:</b>	People would describe me as...	What is energy to you?	What is your vision for yourself?	So far high school is.....	So far my favorite class of the day is.....
<b>Word of the Day:</b>	elaborate	vision	integrity	achievement	realization
<b>Notes:</b>	This is our first chance to get to know the students. Have them elaborate!	Need an understanding of this for tomorrow's journal			The poem in <b>Possibilities</b> titled "Richard Cory" helps the student come to the realization that success is unique
<b>A thought to leave with.....</b>	"Know thyself" Socrates	"Start where you are, use what you have, do what you can."  Arthur Ashe	"Collaboration is great, soliciting feedback is cool, seeking support is smart. Expecting others to do your work so you can have what you want? UNREALISTIC" Fom @laurietalks	"If you can't fly then run, if you can't run, then walk. If you can't walk, then crawl. But whatever you do—you have to keep moving forward." Dr. Martin Luther King, Jr.	"Personal success is simply the fulfillment of what makes you happiest."  Anonymous

Career Choices WHO AM I?

## Chapter: Two Your Personal Profile

Day:	Six	Seven	Eight	Nine	Ten
<b>Journal:</b>	Have you ever been to a career fair? If so, when?	One thing I feel strongly about is...	What subject is your strongest in school?	Which subject in school could you improve the most? Why?	The most positive attribute about me is.....
<b>Word of the Day:</b>	amiable	aesthetic	versatile	meticulous	charismatic
<b>Notes:</b>	From the reading, the students can see that Leticia is amiable	The journal should lead into a discussion about passions which goes on their bull's eye chart.	The journal is aimed to have them start thinking about their strengths. Many need help with this.		
<b>A thought to leave with.....</b>	Grant yourself to be bold and unafraid. Do what you want with your life. Laurie Johnson	Can you remember who you were before the world told you who you SHOULD be?  From @laurietalks	Commit your all-100% Protect your dream, Attack your fear, Be realistic— Never quit Focus GO  Unknown	When you want to succeed as bad as you want to breathe, then you will be successful.  Unknown	You know--one of the most expensive things you could ever do is pay attention to the wrong people.  Unknown

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## Chapter: Three Lifestyles of the Satisfied and Happy

Day:	Fifteen	Sixteen	Seventeen	Eighteen	Nineteen
<b>Journal:</b>	What do you know about self-esteem?	What is safety to you?	What is security to you?	Draw Maslow's triangle labeling as many levels as you can.	What comes first? Lifestyle or career?
<b>Word of the Day:</b>	esteem	necessity	Self-actualization	spiritual	lifestyle
<b>Notes:</b>				It is surprising how many of my students do not know the term spiritual.	The journal today really leads to a discussion of looking at potential earnings of a career before looking at careers
<b>A thought to leave with.....</b>	We are all just books waiting for someone to read us and say: "that makes sense"  Unknown	Some relationships may not give you what you want..... But they can certainly show you what you don't want.  Laurie Johnson	Always remember that your present situation is not your final destination....the best is yet to come.  Laurie Johnson	Stop letting people who do so little for you control so much of your mind, feelings, and emotions.  Unknown	Life is change Growth is optional Choose wisely  Majic1021

Career Choices WHAT DO I WANT?

**Chapter: Four What Cost This Lifestyle?**

<b>Day:</b>	Twenty	Twenty One	Twenty Two	Twenty Three	Twenty Four
<b>Journal:</b>	What is credit?	The house I want to live in one day will look like.....	What difference does one percent really make?	How can I maintain good credit?	How does credit relate to Maslow's triangle?
<b>Word of the Day:</b>	affordability	extensive	variable	minimum	poverty
<b>Notes:</b>			Today's study of interest rates is eye opening. They will soon see what difference one percent really makes.		Today's journal is to point out that when people get into financial trouble, it can affect their position on Maslow's triangle.
<b>A thought to leave with.....</b>	Money often costs too much.  Ralph Waldo Emerson	A man is rich in proportion to the number of things he can afford to let alone.  Henry David Thoreau	Never stand begging for that which you have the power to earn.  Miguel de Cervantes	What difference does it make how much you have? What you do not have amounts to much more.  Seneca	The art is not in making money, but in keeping it.  Proverb

Career Choices WHAT DO I WANT?

**Chapter: Four What Cost This Lifestyle?**

<b>Day:</b>	Twenty Five	Twenty Six	Twenty Seven	Twenty Eight	Twenty Nine
<b>Journal:</b>	How much is the typical down payment for a home?	Do clothes make the man or does man make the clothes?	Where is my dream vacation?	How often will I take a vacation?	What are some things I could do without in a “hard times” budget?
<b>Word of the Day:</b>	reallocate	profile	privacy	windfall	minimum
<b>Notes:</b>		Today is the clothing budget—thus the attention to clothes in the journal and thoughts			
<b>A thought to leave with.....</b>	If you think nobody cares if you’re alive, try missing a couple of car payments.  Earl Wilson	I pity that man who wants a coat so cheap that the man or woman who produces the cloth shall starve in the process.  Benjamin Harrison	You use your money to buy privacy because during most of your life you aren’t allowed to be normal.  Johnny Depp	Don’t tell me where your priorities are. Show me where you spend your money and I’ll tell you what they are.  James W. Frick	It doesn’t matter about money; having it, not having it. Or having clothes, or not having them. You’re still left alone with yourself in the end.  Billy Idol

Career Choices WHAT DO I WANT?

## Chapter: Four What Cost This Lifestyle

Day:	Thirty	Thirty One	Thirty Two	Thirty Three	Thirty Four
<b>Journal:</b>	How can I avoid poverty?	What do you know about minimum wage?	What is a raise?	What is the stock market?	What is a savings account and why should you have one?
<b>Word of the Day:</b>	commitment	aristocrat	liberal	dividends	persistence
<b>Notes:</b>					Today's reading in <i>Possibilities</i> is about savings.
<b>A thought to leave with.....</b>	No matter how educated, talented, rich or cool you believe you are, how you treat people ultimately tells all. Integrity is everything.  Unknown	My formula for success is rise early, work late and strike oil.  JP Getty.	The only thing money gives you is the freedom of not worrying about money.  Johnny Carson	Money is a guarantee that we may have what we want in the future. Though we need nothing at the moment it insures the possibility of satisfying a new desire when it arises. Aristotle	Expect the best. Prepare for the worst. Capitalize on what comes.  Zig Ziglar

Career Choices WHAT DO I WANT?

## Chapter: Four What Cost This Lifestyle

<b>Day:</b>	Thirty Five	Thirty Six	Thirty Seven	Thirty Eight	
<b>Journal:</b>	What is one of the best ways I could save money?	How much does daycare cost?	Can money buy you happiness? Explain.	Reflect on: "Money can't buy love, but it improves your bargaining position." Jonathon Marlowe	
<b>Word of the Day:</b>	conscious	widow	interpretation	traits	
<b>Notes:</b>					
<b>A thought to leave with.....</b>	Money won't' create success, the freedom to make it will.  Nelson Mandela	Money is only a tool. It will take you wherever you wish, but will not replace you as the driver.  Ayn Rand	Don't let making a living prevent you from making a life.  John Wooden	Never spend your money before you have earned it.  Thomas Jefferson	

Career Choices WHAT DO I WANT?



**Chapter: Five Your Ideal Career**

<b>Day:</b>	Thirty Nine	Forty	Forty One		
<b>Journal:</b>	Would you rather work in a city or a more rural area?	Would you rather be an employee or an employer?	How will you react if someone tells you your future dreams are unrealistic?		
<b>Word of the Day:</b>	environment	tolerance	potential		
<b>Notes:</b>			Today's reading out of <i>Possibilities</i> really illustrates persistence and faith in a "crazy" dream.		
<b>A thought to leave with.....</b>	You have brains in your head. You have feet in your shoes. You can't steer yourself any direction you choose. You're on your own. And you know what you know. And you are the one who will decide where to go. Dr. Seuss	Surround yourself with people who support and encourage you, love you, and challenge you. Offer the same to others and watch the magic unfold.  Rona Milernik	Don't downgrade your dream to match your reality,  Upgrade your faith to match your destiny.  Unknown		

Career Choices WHAT DO I WANT?

## Chapter: Six Career Research

<b>Day:</b>	Forty Two	Forty Three	Forty Four	Forty Five	Forty Six
<b>Journal:</b>	Would you like a job where you had to dress up most days?	Would you like to work with people or on your own?	Would you like to be a leader at your job?	Could you work on commission?	Would you rather work indoors or outdoors?
<b>Word of the Day:</b>	occupation	attributes	excursion	gregarious	typical
<b>Notes:</b>					
<b>A thought to leave with.....</b>	<p>Adults are always asking little kids what they want to be w3hen they grow up because they are looking for ideas.</p> <p>Paula Poundstone</p>	<p>Most people don't grow up. Most people age. They find parking spaces, honor their credit cards, get married, have children, and call that maturity. What that is, is aging.</p> <p>Maya Angelou</p>	<p>Innovation distinguishes between a leader and a follower .</p> <p>Steve Jobs</p>	<p>Don't let the noise of other people's opinions drown out your inner voice.</p> <p>Steve Jobs</p>	<p>Be a yardstick of quality. Some people aren't used to an environment where excellence is expected.</p> <p>Steve Jobs</p>

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**Chapter: Seven Decision Making**

<b>Day:</b>	Forty Seven	Forty Eight	Forty Nine		
<b>Journal:</b>	Is it easy for you to make decisions?	What is one of the best ways to make a decision?	Make a pro/con chart for taking a challenging class in high school.		
<b>Word of the Day:</b>	pro and con	certification	apprenticeship		
<b>Notes:</b>		I have had many students come back through the years and we have made pro/con charts together			
<b>A thought to leave with.....</b>	<p>“I MUST do something “will always solve more problems than “something must be done. “</p> <p>Anonymous</p>	<p>To not make a decision is to make a decision.</p> <p>Dain Blanton— chapter 7 video</p>	<p>Sometimes the questions are complicated and the answers are simple.</p> <p>Dr. Seuss</p>		

**Chapter: Eight Setting Goals and Solving Problems**

<b>Day:</b>	Fifty	Fifty One	Fifty Two	Fifty Three	
<b>Journal:</b>	One goal I have for this day is.....	What is the difference between a goal and an objective?	What is something that is tempting for me that I should avoid?	How can postponing something help me with my studies?	
<b>Word of the Day:</b>	goal and objective	temptation	postpone	motivation	
<b>Notes:</b>	I find it best to walk through the goal and objective exercises with the students.				
<b>A thought to leave with.....</b>	Strive not to be a success, but rather of value.  Albert Einstein	Efforts and courage are not enough without purpose and direction.  John F. Kennedy	The road to success is dotted with many parking spaces.  Unknown	I have learned that success is to measured not so much by the position that one has reached in life as by the obstacles which one has overcome while trying to succeed. Booker T Washington	

## Chapter: Nine Avoiding Detours and Roadblocks

<b>Day:</b>	Fifty Four	Fifty Five	Fifty Six	Fifty Seven	Fifty Eight
<b>Journal:</b>	What excuse have you made for yourself lately?	Who can you turn to if you need encouragement?	Are you encouraging to others?	Who or what gives you courage?	Give an example of a detour you might encounter during high school.
<b>Word of the Day:</b>	obstacle	affliction	ambition	detour	challenge
<b>Notes:</b>	This is a very powerful chapter. Please take the time to read the entries of the students.				
<b>A thought to leave with.....</b>	You can't change the circumstances of your birth, your family, or your past experiences. But, like many people, you can choose the way you let these things affect your life. Career Choices p 199	Always remember you have the power to change your life because you have the power to change your mind.  Unknown	Those who wish to sing will always find a song.  Swedish proverb	You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face.  Eleanor Roosevelt	No one will deny me, No one will delay me and No one will tell me who and what I am and can be. Belief will change my world...It is the lack of faith that makes people afraid of meeting challenges, and I believe in myself. Muhammed Ali

Career Choices HOW DO I GET IT?

## Chapter: Nine Avoiding Detours and Roadblocks

<b>Day:</b>	Fifty Nine	Sixty	Sixty One	Sixty Two	Sixty Three
<b>Journal:</b>	I won't give up on my dreams because.....	Why is it worth it to stay in school?	Describe a situation in which you had to confront someone.	What is a detour?	What is an obligation you have made?
<b>Word of the Day:</b>	serenity	confront	median	obligation	debilitate
<b>Notes:</b>		I am surprised by how much the students agree with the quote below. They know when something is wrong.	The students take pictures of this one. They know who are good influences on them and who are not.		
<b>A thought to leave with.....</b>	I always want to give more than I did yesterday.  Allyson Felix	Never apologize for trusting your intuition— Your brain can play tricks, Your heart can be blind, But your gut is always right.  Unknown	People come. People go. Not everyone can stay. Some leave on their own and others ....you must invite to leave.  Laurie Johnson	Sometimes the most scenic roads in life are the detours you didn't mean to take.  Angela N. Blount	If you stumble.... Make it part of the dance.  Unknown

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## Chapter: Ten Attitude is Everything

Day:	Sixty Four	Sixty Five	Sixty Six	Sixty Seven	
<b>Journal:</b>	What is an affirmation?	What affirmations have you told yourself today?	The most important "E" of the six excellences is..... Tell us why.	What does the phrase "good work ethic" mean to you?	
<b>Word of the Day:</b>	efficient	capable	expectation	ethic	
<b>Notes:</b>					
<b>A thought to leave with.....</b>	As we express our gratitude, we must never forget that the highest appreciation is not utter words, but to live by them.  John F. Kennedy	Find the good. It's all around you. Find it, showcase it, and you'll start believing it.  Jesse Owens	If you find someone who makes you smile, who checks up on you often to see if you're okay, who watches out for you and wants the very best for you, don't let them go. Keep them close and don't take them for granted. People like that are hard to find. Unknown	Good is not good where better is expected.  Thomas Fuller	

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**Chapter: Eleven Getting Experience**

<b>Day:</b>	Sixty Eight	Sixty Nine	Seventy	Seventy One	Seventy Two
<b>Journal:</b>	What is resume?	Would you be a good boss someday? Why or why not?	Who are three people I could list as references that are not related to me?	What is one thing you can expect at a job interview?	One person I need to say thank you to is.....
<b>Word of the Day:</b>	resume	references	misdemeanor	felony	mentor
<b>Notes:</b>			It is important for students to know that decisions they make now can have long lasting effects when applying for a job		This leads into a letter writing activity.
<b>A thought to leave with.....</b>	The bad news is time flies. The good news is you're the pilot.  Unknown	Nothing great will ever be achieved without great people, and people are great only if they are determined to be so.  Charles de Gaulle	It is not always the fastest but the smartest of the fastest that wins the race.  Rob Krar—ultra runner	Life shrinks or expands in proportion to one's courage.  Arnis Nin	Think like a queen. A queen is not afraid to fail. Failure is another stepping stone to greatness.  Oprah Winfrey

Career Choices HOW DO I GET IT?



**Chapter: Twelve Where Do You Go from Here?**

<b>Day:</b>	Seventy three	Seventy Four	Seventy Five	Seventy Six	Seventy Seven
<b>Journal:</b>	Where do you see yourself in ten years?	Describe a time you felt overwhelmed.	Does success mean anything different to you than when you first started this course?	Why is your attitude important?	A promise I am willing to make myself is.....
<b>Word of the Day:</b>	overwhelming	success	alternative	duration	patience
<b>Notes:</b>					
<b>A thought to leave with.....</b>	Nothing in life is to be feared it is only to be understood.  Marie Curie	In order to create a happy life, bravery is not an option. Bravery is a requirement.  Unknown	It takes courage to be who you really are. It also takes a lot of effort.  Unknown	How do you expect your light to shine when you are busy giving shade?  From @laurietalks	Note to self:  I am going to make you so proud.  You 😊

Career Choices HOW DO I GET IT?

**Chapter: Extra Days/ Portfolio**

<b>Day:</b>	Seventy Eight	Seventy Nine	Eighty	Eighty One	Eight Two
<b>Journal:</b>	What was your favorite lesson or unit in this course?	What is something you wish you would have learned more about?	What can the teacher change to make this a better course?	Would you recommend this course to a friend? Why or why not?	One last thought for this course....
<b>Word of the Day:</b>	vision	energy	achievement	realization	integrity
<b>Notes:</b>	These journal questions and words of the day are meant to assess your course from the eyes of your student.				
<b>A thought to leave with.....</b>	Maturity comes when you stop making excuses and start making changes.  Unknown	Every strike brings me closer to the next home run.  Babe Ruth	When the power of love overcomes the love of power the world will know peace.  Jimi Hendrix	Maturity is not when we start speaking BIG things. It is when we start understanding small things.  Unknown	Be kind to each other.  Love without courage is a half written poem.  Unknown

**Weekly Journal and Word of the Day**

**Name** \_\_\_\_\_ **Period** \_\_\_\_\_

Date \_\_\_\_\_

Word of the Day and definition \_\_\_\_\_:

\_\_\_\_\_

Journal Prompt: \_\_\_\_\_

Journal Response:

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Date \_\_\_\_\_

Word of the Day and definition \_\_\_\_\_:

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Journal Prompt: \_\_\_\_\_

Journal Response:

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Date \_\_\_\_\_

Word of the Day and definition \_\_\_\_\_:

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Journal Prompt: \_\_\_\_\_

Journal Response:

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Date \_\_\_\_\_

Word of the Day and definition \_\_\_\_\_:

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Journal Prompt: \_\_\_\_\_

Journal Response:

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Date \_\_\_\_\_

Word of the Day and definition \_\_\_\_\_:

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Journal Prompt: \_\_\_\_\_

Journal Response:

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Teacher's Response

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Grade \_\_\_\_\_