

## Understanding my Interests - Monday 12/2

The Basics	Objectives	Start Here
Grade 9 - 12 Theme: Self Discovery Duration: 15-20 Minutes	Students learn how they can enhance their interests by exploring them further.	Students have many interests, but often do not consider how they may connect to the future. When students take time to identify their interests and learn approaches to grow an interest, they can create an action plan to explore that interest further. This exploration will help them decide if it may be something of interest for future career plans.

### REQUIRED ACTIVITIES:

#### 1. Team Building Activity: COMMON GROUND

- a. Form equal sized teams of 3-6 players. Give each team a sheet of paper and a pencil. Tell teams their challenge is to list everything they can think of that all team members have in common. For example, attending the same school, prefer the same kind of music, have the same brand of tennis shoes. The only rule is they cannot list similar body parts, i.e. "We all have two arms, etc."
- b. Tell teams they have three minutes to create their lists, so they need to work quickly. To add to the excitement, tell the teams when they have 1 minute left, thirty seconds, and so forth.
- c. When time is up, find out which team has the longest list and ask them to read the similarities they listed. Then ask teams whose similarities have not already been read aloud to read some of theirs.
- d. Discussion:
  - i. How easy was it to discover something in common with another group member?
  - ii. How can similarities draw us closer together?
  - iii. How can our differences draw us closer together?

*Skills: Communication; creative collaboration*

2. Students will select and research a career based upon their knowledge of personal interests and career choices.
3. Hand out "Career Selection" (Continue lesson on page 2)

4. Guide students as they answer each section of the chart. Students complete the charts.
5. Have students write the occupation they circled at the top and research the questions listed. You may add additional questions.
6. Have students complete an exit ticket answering the following question: "Are your career choices in line with your interests? Cite examples to support your answer"

ADDITIONAL ACTIVITIES:

1. Discuss how someone you admire developed his or her interests and how you plan to develop your own interests.



## Career Selection

Fill in the chart below by answering the five questions below.

- **Career/Occupation:** List four careers/occupations that interest you. Circle your top choice.
- **Why Interested:** Why does that particular career/occupation interest you?
- **Education:** What level of education is required to enter the workforce for that career/occupation?
- **Tasks/Responsibilities:** What tasks/responsibilities would you have in that occupation?
- **Required Skills:** What skills do you need?

Career/ Occupation	Why Interested?	Education	Tasks/ Responsibilities	Required Skills
1.				
2.				
3.				
4.				

My top career/occupation choice is: \_\_\_\_\_

Expected starting salary: \_\_\_\_\_

Education requirements (high school diploma, certificate, Associate's degree, etc.): \_\_\_\_\_

Degree title: \_\_\_\_\_

Three colleges/universities that offer that preparation:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

