

11A 2.5 High School to Career Connections

PHASE OVERVIEW

Students will carry out a set of self-reflection activities, with their mentor's support, to better understand their interests, skills and the links between their passions and career pathways.



LESSON OBJECTIVE

Students will be able to connect their career aspirations to opportunities, experiences, and skills they should be developing in high school.

PURPOSE

Students will be able to create a plan to learn more about career paths of interest by engaging in related activities they can currently access for themselves.

AGENDA

5 min *Do Now: HS Experiences*

25 min *Learn and Engage: HS to Career Connections*

10 min *Mentor Connection*



KEY TAKEAWAY

I can use my high school activities and experiences to get a better sense of what career path I want to pursue post high school.

PM NOTES

PMs might want to put together a resource guide (list of school clubs, activities, and volunteering opportunities) for students. This will aid them as they work on developing desired experiences for themselves.

Not all students will be involved in formal organized activities in high school. Be sure to validate and encourage students' informal activities, such as attending religious services, writing/reading, helping a neighbor, playing a pick-up sport, etc.

MATERIALS: [2.5 Presentation](#), [2.5 Handout](#), [Mentee Moments Video](#)

Do Now: HS Experiences		PM Notes:
Students will be able to reflect on their high school experiences and accomplishments.		
Slide 2: 1 min	TALKING POINTS Today, we will be talking about how we can leverage our high school activities and experiences to help us figure out what career path we want to pursue post high school. To get us thinking about this topic, we will be reflecting on what we already have accomplished in high school. Please complete the checklist found on the “Do-Now” section of your worksheet.	
Slide 2: 4 min	<i>Direct students to complete the Do Now section which asks them to check off which activities they have engaged in.</i> <i>Then, direct students to share their experiences surrounding these activities (either in a turn-and-talk or a whole-class discussion).</i>	

Learn and Engage: HS to Career Connections		PM Notes:
Students will identify potential experiences they would like to partake in to explore different career paths.		
Slide 3: 1 min	<i>Have a student read the key takeaway.</i>	
Slide 4: 4 min	STUDENT DISCUSSION The average person changes jobs around 3-7 times in their lifetime. Does this fact surprise you, why or why not? TALKING POINTS Many young adults think that they are sure of what they want to do post high school. This tends to change once they step into the working world. The best way to know if a career path is right for you is to gain some experience in the field while you are still in high school. You have many opportunities right here in school and in your community to gain experiences. Clubs, extra-curricular activities, employment, and volunteer opportunities are all great ways to gain experience and a better sense of what career path you want to pursue. Today, we will think through possible new experiences that can aid you in your career exploration journey.	

Slide 5: 1 min	TALKING POINTS We will start off by hearing from some iMentor students that have graduated from high school. As you watch the video, keep the following questions in mind: 1. What steps did the mentees take to explore their interests? 2. Do any of their actions stand out to you? What advice can you take away from their experiences?	
Slide 6: 4 min	PLAY VIDEO	
Slide 7: 4 min	STUDENT DISCUSSION: 1. What steps did the mentees take to explore their interests? 2. Do any of their actions stand out to you? What advice can you take away from their experiences?	
Slide 8: 11 min	TALKING POINTS Last week in class, you researched career paths of interest. Think back to what you learned. What skills are necessary to succeed in those career paths? What can you do now to gain experience that will help build those skills and expose you to the career environment? On your worksheet, please list your 2 career paths of interest. Then, think about a new experience you would like to carry out this year in your exploration of each career path. Finally, create a plan of action for that experience. What actions will you carry out to make sure that you gain this experience in your career path of interest? Take this activity seriously because we will be researching summer opportunities so you can carry out your plan of action. <i>Direct students to write (6 minutes)</i> <i>Direct students to share out their work (4 minutes)</i>	
9 Slide: Mentor Connection	TALKING POINTS Now let's write to our mentors.	
10 Slide: Extend	<i>If you have additional time remaining, consider asking students what new information they have learned from their mentor's message.</i>	



Mentor Connection

MENTEE PROMPT

1. Respond to your mentor's message and share your high point and low point for the week.

My high point is...

My low point is...

2. What new experiences are you interested in and how do they connect to your career interests?

I would like to...

It connects to my career interests because....



Mentee Connection

OVERVIEW

Today in class, students purposefully thought about how they can get involved within their school and their community in order to gain more experiences/skills related to their career interests.

Becoming more involved is also important because it will help students strengthen their resume and their post-secondary applications. When a student shows that they have more than just academic experience, post-secondary pathways are more likely to accept them.

One aspect of your mentee's life that may make it challenging for them to be involved within the school/community is helping their family. One common example may be that your mentee is babysitting their siblings. Make no mistake that your mentee is learning important skills by doing so. Whatever your mentee is involved in or wants to be involved in, make sure to point out the skills they are developing and to encourage them to reflect on those skills. For example, your mentee is learning valuable time management, organization, and interpersonal skills through babysitting.

RESPONSE:

1. Share your high point and low point for the week.
2. Encourage your mentee to follow through on participating in their selected new experiences.
3. Share how your high school or college activities and experiences directly or indirectly connect to your current career path. If you were not involved, let your mentee know how it would have helped.