

11B 2.5 High School to Career Connections

PHASE OVERVIEW

This phase will begin in December and last until the end of February. 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. Pairs will work on a resume that the mentee can use to apply to summer opportunities of interest.



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 create a plan to learn more about career paths of interest by engaging in related activities they can currently access.

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 which career path I want to pursue post high school.

FACILITATOR NOTES

You will need 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, babysitting, playing a pick-up sport, etc.

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

Do Now: HS Experiences Students will be able to reflect on their high school experiences and accomplishments.		Notes:
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 after 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 Students will identify experiences they would like to engage in to explore different career paths.		Notes:
Slide 3: 1 min	<i>Have a student read the key takeaway.</i> 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.	
Slide 4: 5 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 after 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 a recent high school graduate. As you watch the video, keep the following questions in mind: 1. What steps did the mentee take to explore their interest? 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 mentee take to explore their interest? 2. Do any of their actions stand out to you? What advice can you take away from their experiences?	
Slide 8: 10 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, review the extracurriculars that our community/school offers. Choose at least one that you would like to join. Think through the skills it could help you gain. <i>Note: You must edit the worksheet to include the activities available in your school/community.</i> <i>Direct students to write (6 minutes)</i> <i>Direct students to share out their work (4 minutes)</i>	
Slide 9: Mentor Connection	TALKING POINTS Now let's write to our mentors.	
Slide 10: 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

Pair Prompt:

Extracurriculars are a great way to explore interests as you continue to plan for your future. Mentee, which extracurriculars are you interested in or already a part of? Are any connected to your career interests?

Mentor, share the activities that helped you discover your passions and see where your interests connect!

Self-Reflection Prompt (for unmatched students):

Extracurriculars are a great way to explore interests as you continue to plan for your future. Which extracurriculars are you interested in or already a part of? Are any connected to your career interests?