

Career Girls: Career Exploration 101

Lesson Topic:

Career Exploration 101

Lesson Objective:

To introduce students to a variety of career possibilities as well as to a variety of benefits associated with working in each career featured.

Warm-up Activity:

1. Provide each student a copy of the **List of Role Model Careers** featured in the Career Exploration 101 video.
2. Invite students to note specific things they learned about the different careers featured in the video and to reflect on their observations. (E.g., "I liked when the pediatrician said she liked working with children. I wish I could learn more about that career and about other careers that involve working with children.")
3. Encourage students to edit any written work so it can be shared with classmates.
4. Use student writings as a springboard to further discussion.

View the Video: "Career Exploration 101"

1. Preview the video before sharing it with your students.
2. Tell students they will be watching the video titled, "Career Exploration 101." Explain that first level college classes are often labeled 101 because they are classes for beginners.
3. Explain that the video presents 31 separate role models talking about why they like their careers and why they find their careers rewarding.
4. Point out that each of the role models in the video works in one of the careers on the list you shared earlier. Tell students that the

name of the career each role model represents will appear on the screen as she is speaking.

5. Tell students that, as they view the video, they should listen for reasons the role models like their careers.
6. View the video together.
7. View the video again; this time, invite students to formulate questions or comments about the career benefits (what the women liked about their careers) as discussed in the video and to be prepared to discuss these after viewing the video.
8. Have students tell about careers they think they might enjoy and why.

Video Follow-up:

1. Ask students to discuss or write about their video-related questions, comments, reactions and responses.
2. Invite students to note specific things they learned about the different careers featured in the video and to reflect on their observations. (E.g., "I liked when the pediatrician said she liked working with children. I wish I could learn more about that career and about other careers that involve working with children.")
3. Encourage students to edit any written work so it can be shared with classmates.
4. Use student writings as a springboard to further discussion.

Extension Activity:

Have students use the Career Girls website to explore more careers that sound appealing or intriguing. They can use the site to explore many different careers.

Have them choose three careers and, after watching the videos and reading the descriptive information related to those careers, list some possible benefits of working in each one.

Related Questions to Explore:

Use the list of questions below to help students understand that a good career choice is one in which they can put their strengths, talents and interests to work.

Students should imagine preparing for one or more careers in which they can do what they love and love what they do!

- Why did all the role models in the video sound so positive when talking about what they like best about their careers?
- Many of the role models mentioned that the ability to help others was one of the best things about their careers. Why do you think this is so?
- Some of the role models mentioned that their careers were fun. How can work be fun? Explain your answer.
- Some of the role models said that their careers allowed them to be creative. Why might the ability to be creative help make a career desirable?
- How can you learn more about different careers that fit your strengths, talents and interests?
- How can you communicate with role models who are working in careers you are interested in so you can learn more about what they do?
- What are some ways the role models in the video may have prepared for their careers? How do you know?
- What are some ways you learn how to prepare for a career you are interested in and that you would be good at and enjoy?

List of Role Model Careers Featured in the "Careers 101" Video:



Pediatrician
Federal Judge
Immunologist
Entertainment Attorney
TV Producer
Ballerina
Production Designer
Advertising Director
Strategic Connector
Nonprofit CEO
Safety Professional
Veterinarian
Film Director
Journalist
Restructuring Advisor
Search Engine Analyst
Scientist
Attorney
Sports Anchor
Opera Singer
Theater Director
Writer
Anchor Reporter
Diabetes Researcher
Director Social Media
Electrical Engineer
Firefighter
Marine Biologist
Aquatics Director
Head Chef
Entrepreneur