



# Career Girls: Group Leaders Toolkit

Tips, Activities, and Ready-to-Use Printables

Inspire. Educate. Empower.





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## About Career Girls

Do you know an aspiring astronaut, sports anchor, or surgeon? How about a budding marine biologist, novelist, or activist?

Career Girls is a free, noncommercial, online platform that introduces girls to these careers and hundreds more, inspiring them to discover possibilities, improve their academic performance, and dream big about their futures.

Career Girls puts a face on wide-ranging careers—in STEM fields, medicine, business and finance, public service, media and communications, education, law, food and nutrition, sports, arts and entertainment, and more—connecting academic studies with a real world context and guiding girls in learning more about careers they may already be planning to pursue and many others they may not have known were even possible.

How does Career Girls do this? Career Girls brings together hundreds of accomplished women working in cities across the United States—Houston, Chicago, Philadelphia, Washington, D.C., St. Louis, Boston, New York City, Detroit, Atlanta, San Diego, Los Angeles, San Francisco, and around the world. Through a series of high-quality videos, each role model shares the story of her career, in her own words and in an easily accessible format: *What skills from her childhood does she still rely on today? What's a typical day like in her career? What are challenges she's faced and obstacles she's overcome? Who are her heroes?* Career Girls role models answer these questions and many others to provide an engaging and comprehensive look at diverse careers. Role models also share favorite subjects in school, discuss the education they pursued to achieve their professional goals, suggest reasons to consider pursuing particular careers, and offer helpful advice for getting there.

Career Girls is dedicated to providing girls of all income levels and ethnic backgrounds with the tools and support they need to achieve their professional aspirations. We hope you find Career Girls educational resources helpful as you support the girls you're working with in realizing their full potential.

With sincere appreciation for your commitment to making an impact in the lives of girls,

## The Team at Career Girls




## Using Career Girls

At Career Girls, we know the road to empowerment and independence for girls begins with education: *Girls need to start early building skills for their future careers.*

Research shows that women role models have a powerful and positive impact on girls, including their attitudes toward various careers, such as in STEM fields. Career Girls videos make it easy to bring these role models right to the girls you work with, engaging and empowering them to set and achieve academic and career goals and to believe in their ability to succeed.

With more than 500 role models working in hundreds of different careers, you may be wondering where to begin. There is lots to explore, and no one right way to use Career Girls.

**Career Girls Resources.** Hundreds of free, downloadable resources are available for both students and group leaders, from lesson plans to inspirational mini-posters. As a group leader, the Independent Learning Guides and Scripts are a couple of great resources to take a look at.

EXPLORE CAREERS | BE EMPOWERED | COMMUNITY

TEACHERS | SCHOOL COUNSELORS | LIBRARY MEDIA SPECIALIST | GROUP LEADERS | MENTORS | FAMILY MEMBERS

## Resources

SORT BY:


Title...

▼


FILTER BY TYPE:

All


▼



**Be Confident: Classroom Lesson Plan**  
This guide facilitates whole-class and small-group learning with the [Be Confident Empowerment Video](#) in the [Develop Life Skills](#) section of the website.  
(269.11 KB, pdf)



**Be Confident: Fun Page Activity**  
This activity invites students to further explore concepts from the [Be Confident Empowerment Video](#) in the [Develop Life Skills](#) section of the website.  
(266.95 KB, pdf)



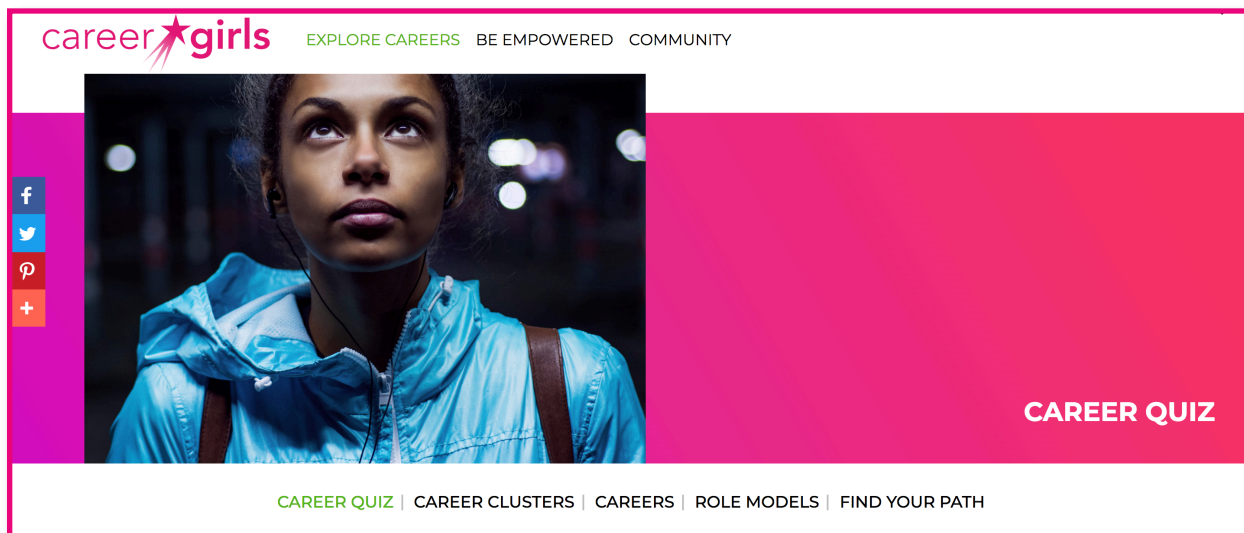
**Be Confident: Independent Learning Guide**  
This guide is designed to support quick-start, discussion-based group learning, as well as students who are independently exploring the [Be Confident Empowerment Video](#) in the [Develop Life Skills](#) section of the website.  
(985.33 KB, pdf)



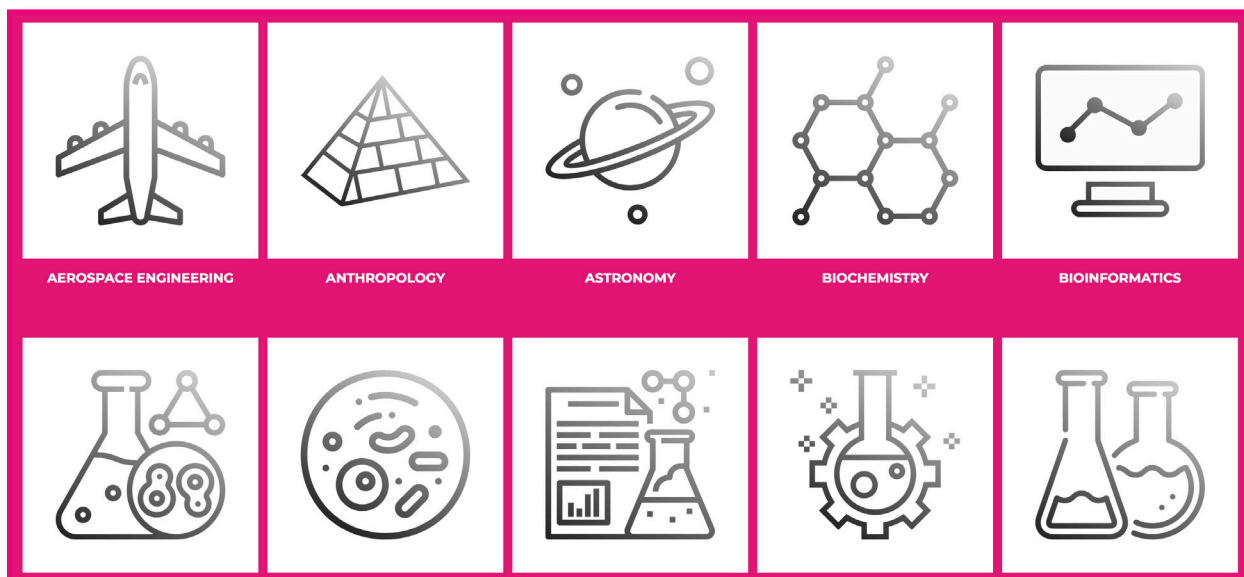
## Part 1: Exploring Careers on the Website

Along with ready-to-use Empowerment Lessons, Career Girls offers built-in career exploration tools to engage students in exploring careers, imagining the possibilities, and taking important steps to plan for their futures.

**Career Quiz.** The free Career Quiz is a fun place to start. This quick and easy quiz helps girls discover careers that may be a match for their skills and interests, with links to role models who can help them learn more.



**College Majors.** This is great place to explore which courses might be required for degrees like Forensic Science, Film and Media, or Electrical Engineering. Each major is linked to related careers and each career is also linked back to related college majors.

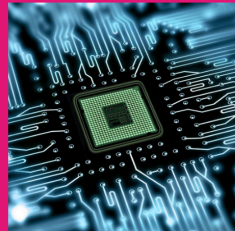


**Careers and Career Clusters.** Girls in your group can also explore by Career Clusters, such as STEM, Health Sciences, and Finance. Or, they can jump right into an A to Z tour of Careers and the role models who work in them — from an Accountant to a Zoologist.

## Career Clusters



STEM



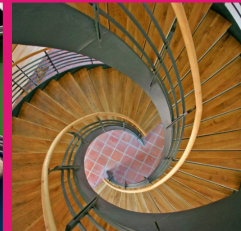
INFORMATION TECHNOLOGY



ENERGY



ARTS, AUDIO/VIDEO & COMMUNICATIONS



ARCHITECTURE & CONSTRUCTION



HEALTH SCIENCES



BUSINESS MANAGEMENT & ADMINISTRATION



FINANCE



MARKETING



AGRICULTURE, FOOD & NATURAL RESOURCES

## Careers



ACCOUNTANT



ACTOR



ADMINISTRATIVE ASSISTANT



AEROSPACE ENGINEER



AGRICULTURAL ENGINEER



ANESTHESIOLOGIST



ANIMATOR



ANNOUNCER



ANTHROPOLOGIST & ARCHEOLOGIST

- 
- A**
- Accountant
  - Actor
  - Administrative Assistant
  - Aerospace Engineer
  - Agricultural Engineer
  - Anesthesiologist
  - Animator
  - Announcer
  - Anthropologist & Archeologist
  - Architect
  - Art Director
  - Artist
  - Astronaut
  - Astronomer
  - Athlete
  - Athletic Trainer
  - Attorney

**Careers Detail Page.** On this page, girls can discover everything they need to know about a career. What is this career like? What skills will I need? What is the outlook and pay? Even links to related college majors are included at the bottom in the education tab.

## INTERIOR DESIGNER



CAREER CLUSTERS: [ARTS, AUDIO/VIDEO & COMMUNICATIONS](#), [ARCHITECTURE & CONSTRUCTION](#)

## What you need to know

Overview +

What is this career like? +

What skills are needed? +

What is the pay? +

What is the career outlook? +

What education is required? —

A bachelor's degree is usually required in order to become an interior designer, as are classes in interior design, drawing, and computer-aided design (CAD). A bachelor's degree in any field is acceptable, and interior design programs are available at the associate's, bachelor's, and master's degree levels.

Applicants may be required to submit sketches and other examples of their artistic ability for admission to interior design programs.

Discover some of the courses you will take pursuing a degree in [Interior and Environmental Design](#).



**College Major Detail Page.** With over 80 college majors to explore, your girls can quickly browse through a list of sample courses to gain a basic understanding of whether they might enjoy a particular major, and discover what type of requirements there might be to graduate. Each college major detail page displays a link to related careers a graduate could pursue after attaining a degree, and each career page links back to one or more related college majors.


[EXPLORE CAREERS](#)
[BE EMPOWERED](#)
[COMMUNITY](#)



## INTERIOR & ENVIRONMENTAL DESIGN

[< BACK TO RESEARCH COLLEGE MAJOR & REQUIREMENTS](#)

# Courses for a Degree in Interior and Environmental Design

In addition to a focus on interior and environmental design courses, colleges typically require completion of courses and electives in each of the Arts, Math, Natural Sciences, and Social Sciences areas. Below are some sample courses:

**Interior and Environmental Design Courses:**

- Principles of Modern Architecture
- Environmental Systems
- Design, Think, and Make
- Drawing for Design
- History of Interior Design
- Interior Lighting
- Social Space Design
- Computer Applications in 3D Design
- Architectural Interiors
- Visual Communication
- Photography
- Architectural Foundations
- Environmental Design
- Portfolio and Professional Practice
- Materials and Sustainability

**General Curriculum Requirements**

- Arts Courses: Art, History, Languages, Literature, Music
- Math Courses: Algebra, Calculus, Computer Science, Logic, Statistics
- Natural Sciences Courses: Astronomy, Biology, Chemistry, Environmental Science, Physics
- Social Sciences Courses: Anthropology, Economics, Government, Psychology, Sociology

## Related Careers



INTERIOR DESIGNER



LANDSCAPE ARCHITECT



ARCHITECT

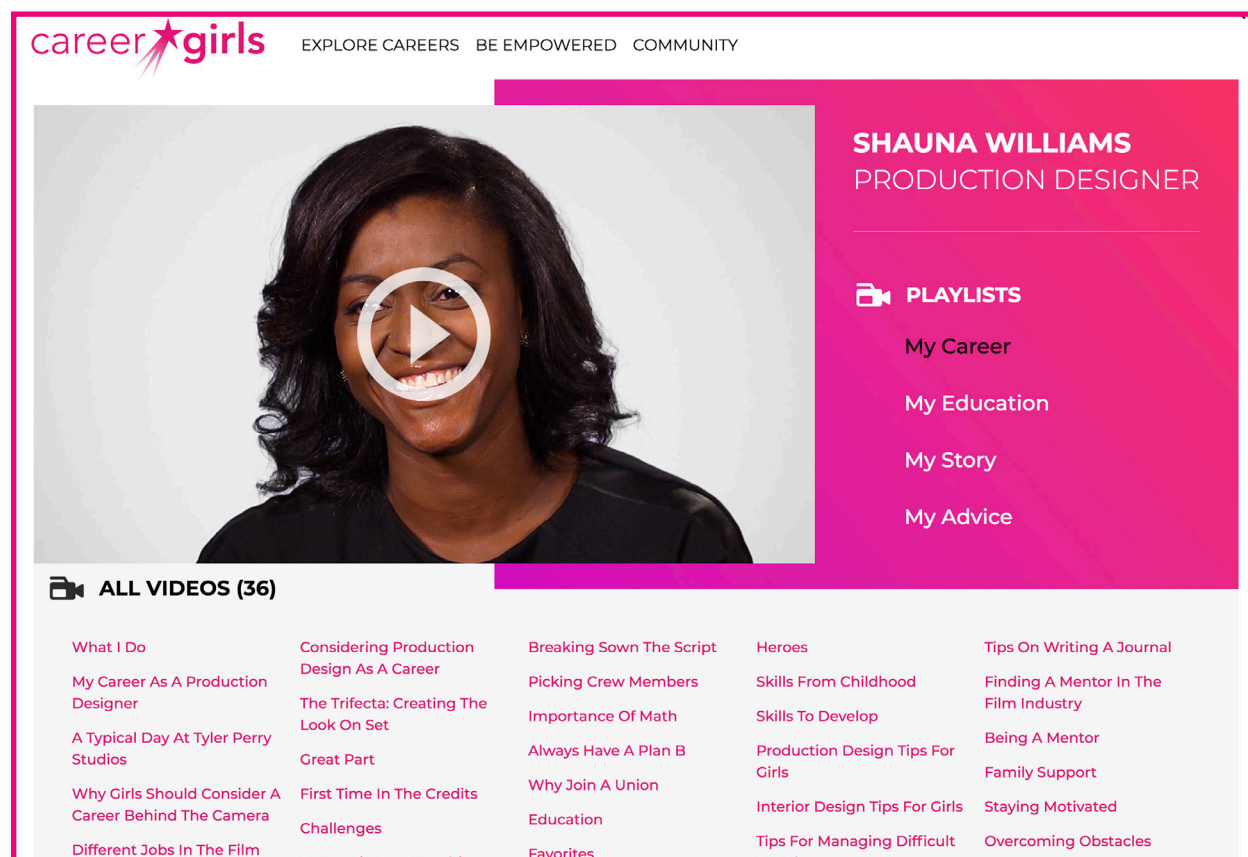
INTERIOR DESIGNER

LANDSCAPE ARCHITECT

**Role Models.** More than 500 diverse and successful role models share their career journey and life advice through a series of short video clips. A complete listing is on the Role Models page.



**Role Model Detail Page.** In addition to learning the day-to-day practical aspects of a career, girls in your group will gain valuable insights and life advice as each role model shares her journey. What skills from her childhood does she still rely on today? What is a typical day like? How does she overcome obstacles? Who are her heroes? What is her one piece of advice?



## Part 2: Teaching With Empowerment Lessons

Career Girls has developed a special series of videos and educational resources designed to support educators and mentors in integrating lessons that encourage college and career readiness. These are especially useful tools for group leaders.

**Skill-Based Empowerment Lessons** focus on key topics such as teamwork, confidence, communication, leadership, financial literacy, and the importance of integrity. They are found on the “Develop Life Skills” page in the Be Empowered Section of the website.

The screenshot displays the Career Girls website interface. At the top, the navigation bar includes the logo and links for 'EXPLORE CAREERS', 'BE EMPOWERED', and 'COMMUNITY'. Below this, a secondary navigation bar highlights 'DEVELOP LIFE SKILLS' in green, with other options like 'COLLEGE ADVICE', 'COLLEGE MAJORS & REQUIREMENTS', and 'STUDENT RESOURCES'. The main content area features six lesson cards arranged in two rows of three. Each card has a pink header with the lesson title, a subtitle 'skill-based empowerment lesson', a row of five diverse young women, and a white footer with the lesson topic. The lessons are: CONFIDENCE (BE CONFIDENT), MENTORS (IMPORTANCE OF MENTORS), LEADERSHIP (BECOME A LEADER), FRIENDS (CHOOSING FRIENDS), TEAMWORK (IMPORTANCE OF TEAMWORK), and OBSTACLES (OVERCOMING OBSTACLES).

career girls EXPLORE CAREERS BE EMPOWERED COMMUNITY

DEVELOP LIFE SKILLS | COLLEGE ADVICE | COLLEGE MAJORS & REQUIREMENTS | STUDENT RESOURCES

**CONFIDENCE**  
skill-based empowerment lesson  
BE CONFIDENT

**MENTORS**  
skill-based empowerment lesson  
IMPORTANCE OF MENTORS

**LEADERSHIP**  
skill-based empowerment lesson  
BECOME A LEADER

**FRIENDS**  
skill-based empowerment lesson  
CHOOSING FRIENDS

**TEAMWORK**  
skill-based empowerment lesson  
IMPORTANCE OF TEAMWORK

**OBSTACLES**  
skill-based empowerment lesson  
OVERCOMING OBSTACLES

**Career-Based Empowerment Lessons** focus on career exploration and are found on the “Find Your Path” page in the Explore Careers section of the website.

The screenshot displays the Career Girls website interface for the 'Find Your Path' section. The navigation bar includes the logo and links for 'EXPLORE CAREERS', 'BE EMPOWERED', and 'COMMUNITY'. Below this, a secondary navigation bar highlights 'FIND YOUR PATH' in green, with other options like 'CAREER QUIZ', 'CAREER CLUSTERS', 'CAREERS', and 'ROLE MODELS'. The main content area features three lesson cards arranged in a single row of three. Each card has a pink header with the lesson title, a subtitle 'career-based empowerment lesson', a row of five diverse young women, and a white footer with the lesson topic. The lessons are: EXPLORE (CAREER EXPLORATION 101), STEM (WHY CHOOSE STEM), and SCIENCE (SCIENCE CAREERS).

career girls EXPLORE CAREERS BE EMPOWERED COMMUNITY

CAREER QUIZ | CAREER CLUSTERS | CAREERS | ROLE MODELS | FIND YOUR PATH

**EXPLORE**  
career-based empowerment lesson  
CAREER EXPLORATION 101

**STEM**  
career-based empowerment lesson  
WHY CHOOSE STEM

**SCIENCE**  
career-based empowerment lesson  
SCIENCE CAREERS



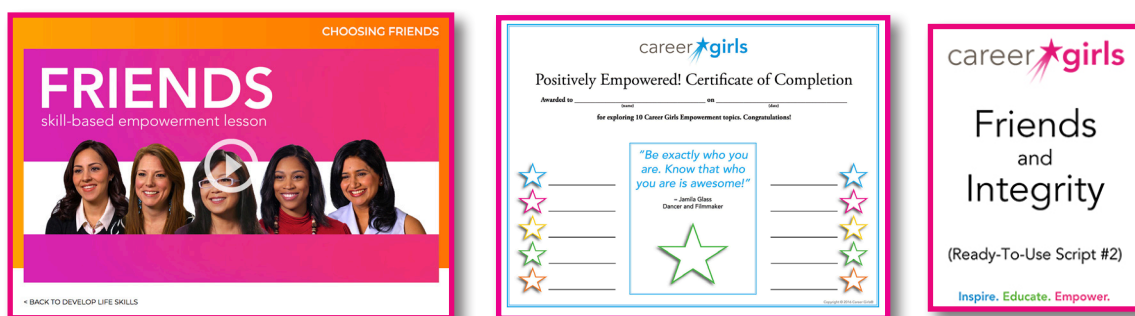
**Getting started.** Each Empowerment Lesson centers around a short video clip that features real-world role models who share straight-to-the-point career insights and advice, making the lessons an ideal jumping-off point for meaningful and lasting learning experiences. These videos are paired with ready-to-use educational resources that build on essential concepts.

Empowerment Lessons are easy to use with large groups, small groups, and individual students. To get started, just follow a few simple steps:

1. **Choose an Empowerment Lesson.** Each Career Girls Empowerment video is about two minutes and focuses on a different topic. Review the video descriptions (or preview the videos). Use the Empowerment Lessons in any order that best meets your students' needs.



2. **Download the Corresponding Resources.** Each Empowerment Lesson has a corresponding Classroom Lesson Plan, Independent Learning Guide, and Fun Page Activity. Career Girls Scripts can also be a useful tool for group leaders with limited preparation time.




3. **View the Video with Your Group.** Use the Independent Learning Guide as a quick and easy way to jumpstart lively discussions about the lesson topic with any size of group. Or, use the Classroom Lesson Plan to introduce the video and guide a “before, during, and after” learning experience. You may also want to let your group complete the Fun Page Activity to connect what they’re learning to their own lives.

For additional motivation use the “Positively Empowered!” Certificate. Pre-fill the printable Certificate with 10 Empowerment topics you’ll be teaching, then print a copy for each student. Students can use the certificate to track their progress. You might plan a simple ceremony to award the certificates upon completion.

## Part 3: Career Exploration With an Emphasis on STEM

Career Girls places a strong emphasis on STEM careers. As role models in these videos explain, careers in STEM fields are growing, and the good news is that these exciting and rewarding careers typically pay well and are more secure than many other jobs.



career girls EXPLORE CAREERS BE EMPOWERED COMMUNITY

STEM CLUSTER

What can you do with a career in STEM? The answer is, "all kinds of cool things!" STEM stands for Science, Technology, Engineering, and Math. Many STEM jobs relate to computers. But there are hundreds of STEM careers. STEM is part of almost everything around us. Whatever you can dream about doing, chances are there's a STEM career to make it come true. Plus, STEM jobs pay well!

< BACK TO EXPLORE CAREERS

**STEM-Focused Empowerment Lessons.** A good way to start is by utilizing the videos and curriculum from the Career-Based Empowerment Lesson series: *Why Choose STEM?*, *Science Careers*, *Technology Careers*, *Engineering Careers*, and *Importance of Math*. In addition, *Career Exploration 101* offers a snapshot of numerous careers, including in STEM fields. Use the guidelines on page 10 to teach with these videos.



WHY CHOOSE STEM

STEM

career-based empowerment lesson



career girls

Smart About STEM Certificate of Completion

Awarded to \_\_\_\_\_

For exploring 10 STEM careers. Congratulations!

☆ STEM ☆

Science Technology Engineering Mathematics


Check each STEM career you explored.

<input type="checkbox"/> Astronomer	<input type="checkbox"/> Environmental Engineer	<input type="checkbox"/> Meteorologist
<input type="checkbox"/> Biochemist	<input type="checkbox"/> Geneticist	<input type="checkbox"/> Petroleum Engineer
<input type="checkbox"/> Biological Scientist	<input type="checkbox"/> Geologist	<input type="checkbox"/> Physicist
<input type="checkbox"/> Chemist	<input type="checkbox"/> Materials Engineer	<input type="checkbox"/> Software Developer
<input type="checkbox"/> Chemical Engineer	<input type="checkbox"/> Mathematician	<input type="checkbox"/> Statistician
<input type="checkbox"/> Computer Programmer	<input type="checkbox"/> Medical Physicist	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Computer Scientist	<input type="checkbox"/> Medical Scientist	<input type="checkbox"/> Other: _____
<input type="checkbox"/> Database Administrator	<input type="checkbox"/> Mechanical Engineer	<input type="checkbox"/> Other: _____


Tip: Use the STEM Certificate of Completion as a motivation tool. Set a goal with students to explore careers in each STEM discipline to earn this certificate.

**Explore STEM Careers.** Have your students select “STEM” from the Career Cluster page to begin exploring the more than 30 STEM career pages featured on this site. What is this career like? What skills are needed? How much does it pay? Your students can also research related college majors learn valuable insights from role models linked with each of these career pages.


## STEM Careers




AEROSPACE ENGINEER




ANTHROPOLOGIST & ARCHEOLO...




ASTRONAUT



ASTRONOMER



BIOCHEMIST & BIOPHYSICIST



BIOMEDICAL ENGINEER

**A** AEROSPACE ENGINEER  
ANTHROPOLOGIST & ARCHEOLOGIST  
ASTRONAUT  
ASTRONOMER

**B** BIOCHEMIST & BIOPHYSICIST  
BIOMEDICAL ENGINEER

**C** CHEMICAL ENGINEER  
CHEMIST  
COMPUTER HARDWARE


**Watch STEM Role Model Videos.** Choose titles like *What I Do*, *Why Girls Should Consider a Career in STEM*, *Typical Day*, *Great Part*, *Challenges*, and *Overcoming Obstacles*. Use the suggestions provided on pages 14–15 (Teaching With Any Career Girls Video) to guide the process

## STEM (167 results)


[VISIT CLUSTER](#)



PARK RANGER




BIOMED RESEARCHER



CODER



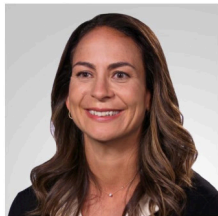
BIOCHEMIST



TECH MANAGER



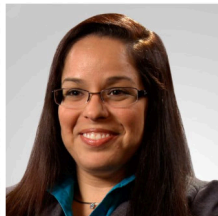
NASA ENGINEER




PUBLIC POLICY LEAD



BIOTECH EXECUTIVE



CHEMIST



SCIENTIST

[VIEW ALL](#)



## Part 4: Teaching With Any Career Girls Video

Videos in the Empowerment Series are supported with supplemental teaching and learning materials. However, you can easily use any of the Career Girls videos to engage students in meaningful career exploration activities. Following are basic guidelines for using the Career Girls videos in your work with the girls in your group.

### 1. Select a video.

Preview the video in advance of viewing it with your group.

- Note potentially challenging language that you may want to review.
- Get a sense of key ideas and details. Use these to guide viewing of the video and follow-up discussions.
- Introduce the video topic, such as Marine Biologist. Use questions to set a purpose for viewing the video—for example: *What do you think someone in this career does? What skills might be important in this career? What education/knowledge might be useful in this career?*

Learn what a typical day is like for [Sasha Williams](#), whose career in coding began after attending a Black Girls Code workshop.

### 2. View the video.

Promote active listening of each short video by drawing attention to particular features.

- Point out highlights of a particular video that are likely to relate to students' lives. For example, if you're viewing the "Coder" video in the STEM section, you'll want to mention that Sasha, at age 14, is the youngest Career Girls role model! (Background information such as this is provided on the Career Girls website when you select each role model.)
- Suggest something in particular to listen for—such as how the role model became interested in her career, or what a typical day on the job is like.
- Consider viewing the video a second time to deepen understanding.



### 3. Discuss the video.

Follow-up with a short discussion to clarify any confusing details, point out interesting or surprising facts about a career, and so on.

- Revisit and clarify potentially challenging language in the video, such as expressions and figurative language.
- Use questions to review details in the video, such as: *Why did [role model's name] choose to pursue this career? What skills from her childhood is she using in her career? What are the best parts of this career for her?*

- Notice opportunities to connect to positive traits girls share with Career Girls role models. For example, Alma Tapia, a Materials Engineer at NASA, advises girls to be persistent, and explains the importance of this characteristic in her own life. Ask: *How did Alma show the importance of persistence in her life?* (For example, the first time she interviewed for a job with NASA, she didn't get it. She kept working hard, and was interviewed four times before being hired by NASA.) Ask: *How do you show persistence in your own life?* (Alma points out, for example, that if you don't get an A the first time in class, you can keep working hard and get it the next time.)

#### 4. Learn more.

Spark curiosity about careers by continuing to build connections.

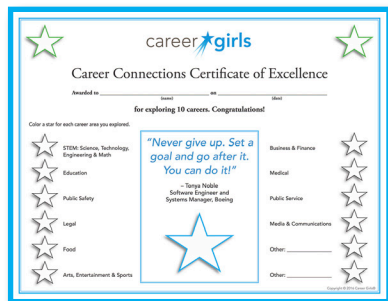
- Encourage girls to imagine themselves in the careers they are exploring. After viewing a video, ask: *Can you picture yourself in this career? What interests [skills, abilities] do you have that are a good match?* (For a related activity, see page 27, "Is This a Career for Me?")
- Use tools on the Career Girls website to investigate the skills and education required for particular careers. Make connections to what girls are learning in school and how this helps them prepare for future careers. Brainstorm steps to prepare for different careers.
- Discuss the concept of "preparing today's students for tomorrow's careers." Ask: *What do you think that means? What are some jobs that you think will always be in demand? Why? How have occupations changed over time?*
- Use newspaper employment sections, online job sites, and other resources to research actual job postings for particular careers. What new information can students locate?
- See pages 16–18 for additional activities you can use with any video.

Keisha Perry, entertainment attorney and founder of her own law firm, answers the question: Why should girls consider a career in law? Find out what she says here!



#### 5. Use the Career Connections Certificate. (See template, page 30.)


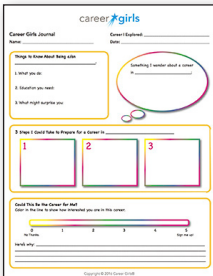
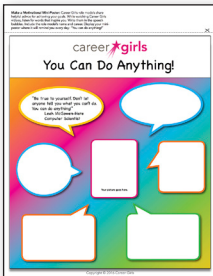
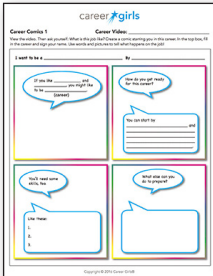

Set a goal with your group to earn this certificate by exploring careers in 10 different categories.



# Activities to Use With Career Girls Videos

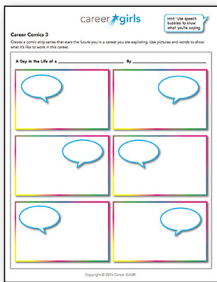
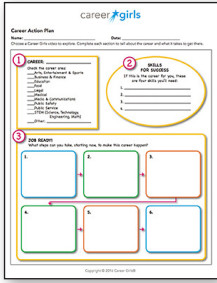
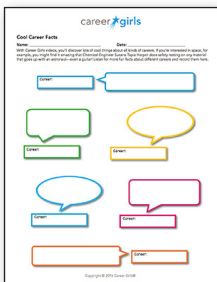
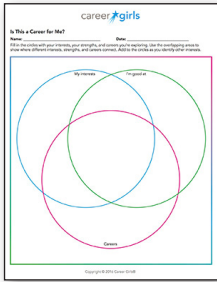
## Printable Activity Pages

Consider providing your students with Career Exploration binders. In addition to keeping the career exploration materials in one place, this system can strengthen useful organization skills.

 <p>The Career Tracker is a grid with 10 rows and 4 columns. The columns are labeled: Career, What Went Well?, How Did It Feel?, and What Did I Learn? The rows are numbered 1 through 10. There is a small speech bubble icon in the top right corner with the text: 'You don't just study and learn to succeed. You also learn to be a person. And that's what makes you special.'</p>	<p><b>Career Tracker</b> (See template, page 19.)</p> <p>Setting college and career goals can motivate improved academic performance. The girls you're working with can use this page to maintain a record of careers they explore. This record sheet can also serve as an important reminder to them of the active role they are taking in their future, and provide them a handy resource to revisit careers.</p>
 <p>The Career Girls Journal template includes a section for 'Things to know about being a career girl' with three numbered boxes (1, 2, 3) and a section for 'What I might expect you' with a line for a rating (1-5). There is also a section for 'What I might expect you' with a line for a rating (1-5).</p>	<p><b>Career Girls Journal</b> (See template, page 20.)</p> <p>Use this activity page and the questions that follow to examine careers more closely and build connections.</p> <ul style="list-style-type: none"> <li>• What are the important things to know about this career?</li> <li>• What questions do I have about this career or role model?</li> <li>• What steps can I take to prepare for a career in _____?</li> <li>• Is this the career for me? (rating scale)</li> </ul>
 <p>The Motivational Mini-Poster template features a colorful background with the text 'You Can Do Anything!' and several speech bubbles for writing.</p>	<p><b>Motivational Mini-Poster</b> (See template, page 21.)</p> <p>Career Girls role models share advice to help girls discover their own interests and passions and instill in them the importance of believing in themselves. While viewing Career Girl videos with the girls you're working with, pay special attention to the My Advice and Overcoming Obstacles video clips. Invite them to listen for words that inspire them. Have them use those inspirational words to create a mini-poster that reminds them each day, "You can do anything!"</p>
 <p>The Career Comics 1 template is a comic strip with four panels. The first panel is labeled 'I want to be a...' and the second 'I want to be a...'. The third panel is labeled 'I want to be a...' and the fourth 'I want to be a...'.</p>	<p><b>Career Comics</b></p> <p>These comic strip templates invite girls to put their imaginations to work while exploring careers. There are three templates to choose from:</p> <p><b>Career Comics 1</b> (See template, page 22.)</p> <p>After viewing a career video, your girls can use this activity page to explore the question: <i>How do I do this?</i></p>
 <p>The Career Comics 2 template is a comic strip with four panels. The first panel is labeled 'A typical day might include...' and the second 'A typical day might include...'. The third panel is labeled 'A typical day might include...' and the fourth 'A typical day might include...'.</p>	<p><b>Career Comics 2</b> (See template, page 23.)</p> <p>After viewing a career video, use this activity page with girls to explore the question: <i>What is this job like?</i></p>



## Printable Activity Pages

	<p><b>Career Comics 3</b> (See template, page 24.)</p> <p>Invite your young comic enthusiasts to create a serial comic strip starring themselves in future careers. Share examples of published comic strips to learn about common characteristics of this genre, such as dialogue and onomatopoeia.</p>
	<p><b>Career Action Plan</b> (See template, page 25.)</p> <p>Use this activity page and the questions that follow to examine careers more closely and build connections.</p> <ul style="list-style-type: none"> <li>• <i>What do I know about careers in this area?</i></li> <li>• <i>What skills will I need for a career in _____? What are some ways to build those skills?</i></li> <li>• <i>What is one step I can take now if I'm interested in a career in _____?</i></li> <li>• <i>Where does college fit in? If I wanted to pursue this career, who can help me get there?</i></li> </ul>
	<p><b>Cool Career Facts</b> (See template, page 26.)</p> <p>Career Girls videos are full of surprising and fun facts about widely diverse careers. Imagine this: Jaime Catchen, Mars Rover Systems Engineer at NASA's Jet Propulsion Laboratory (JPL), helps plan the Rover's driving—which rocks are safe to drive over and how to best position the Rover to carry out its mission for the day. No wonder Jamie says her job is "really fun!"</p> <ul style="list-style-type: none"> <li>• Create opportunities to notice moments like this that might spark interest. <i>What makes a career stand out?</i></li> <li>• Use the printable record sheet on page 19 to focus attention on fun facts about careers. While viewing videos, invite girls to note details that capture her attention. Notice patterns that emerge: <i>Is a student drawn to certain fields?</i> This may inform further exploration about particular careers.</li> </ul>
	<p><b>Is This a Career for Me?</b> (See template, page 27.)</p> <p>This Venn diagram is a fun way to explore careers alongside interests and strengths. Guide students to notice careers that intersect with interests and abilities.</p>

[illegible]

Think about your  
interests and favorite subjects.  
How do they relate to careers  
you're exploring?

## Career Tracker

Name: \_\_\_\_\_

Use this chart to keep track of careers you explore. Which careers do you find most interesting?

	Career	What's Most Interesting?	Fun Fact!	College? Yes or No
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

## Career Girls Journal

Name: \_\_\_\_\_

Career I Explored: \_\_\_\_\_

Date: \_\_\_\_\_

### Things to Know About Being a/an \_\_\_\_\_:

\_\_\_\_\_:

1. What you do:
2. Education you need:
3. What might surprise you:

Something I wonder about a career  
in \_\_\_\_\_:

### 3 Steps I Could Take to Prepare for a Career in \_\_\_\_\_

1

2

3

### Could This Be the Career for Me?

Color in the line to show how interested you are in this career.



Here's why: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



**Make a Motivational Mini-Poster:** Career Girls role models share helpful advice for achieving your goals. While watching Career Girls videos, listen for words that inspire you. Write them in the speech bubbles. Include the role model's name and career. Display your mini-poster where it will remind you every day: "You can do anything!"



career★girls

You Can Do Anything!

"Be true to yourself. Don't let anyone tell you what you can't do. You can do anything!"

Leah McGowen-Hare  
Computer Scientist

Your picture goes here.

## Career Comics 1

Career Video: \_\_\_\_\_

View the video. Then ask yourself: *What is this job like?* Create a comic starring you in this career. At the top, fill in the career and sign your name. Use words and pictures to tell what happens on the job!

I want to be \_\_\_\_\_ By \_\_\_\_\_

If you like \_\_\_\_\_ and  
\_\_\_\_\_, you might like  
to be \_\_\_\_\_.  
(career)

How do you get ready  
for this career?

You can start by \_\_\_\_\_ and  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

You'll need some  
skills, too.

Like these:

- 1.
- 2.
- 3.

What else can you  
do to prepare?

## Career Comics 2

Career Video: \_\_\_\_\_

View the video. Then ask yourself: *How do I do this?* Create a comic strip that uses pictures and words to help answer this question. At the top, write the career title (for example, "an Astronaut") and sign your name.

A Day in the Life of \_\_\_\_\_ By \_\_\_\_\_

A typical day might include:

School subjects you might use most:

Band . . . Math . . .  
Art . . . Science . . .

In this career, it's really true that:

One great thing about this career:

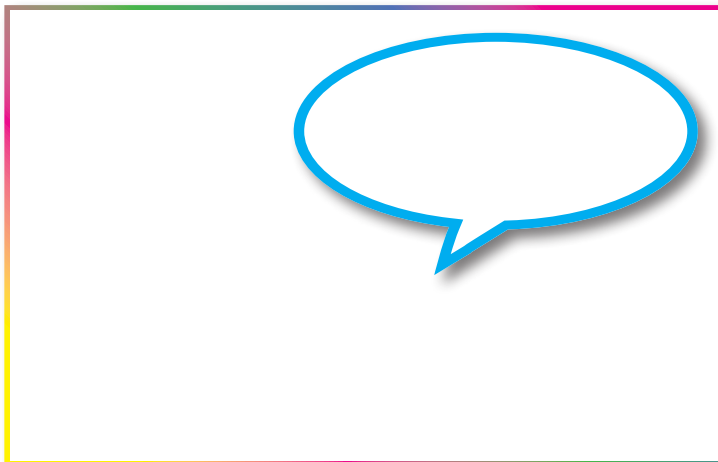
What might be challenging?

Fun fact!

## Career Comics 3

Create a comic strip series that stars the future you in a career you are exploring. Use pictures and words to show what it's like to work in this career.

A Day in the Life of \_\_\_\_\_ By \_\_\_\_\_





## Career Action Plan

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Choose a Career Girls video to explore. Complete each section to tell about the career and what it takes to get there.

1

**CAREER:** \_\_\_\_\_

Check the career area:

- ☐ Arts, Entertainment & Sports
- ☐ Business & Finance
- ☐ Education
- ☐ Food
- ☐ Legal
- ☐ Medical
- ☐ Media & Communications
- ☐ Public Safety
- ☐ Public Service
- ☐ STEM (Science, Technology, Engineering, Math)
- ☐ Other: \_\_\_\_\_

2

### SKILLS FOR SUCCESS

If this is the career for you, these are four skills you'll need:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

3

### JOB READY!

What steps can you take, starting now, to make this career happen?

1.

2.

3.

4.

5.

6.

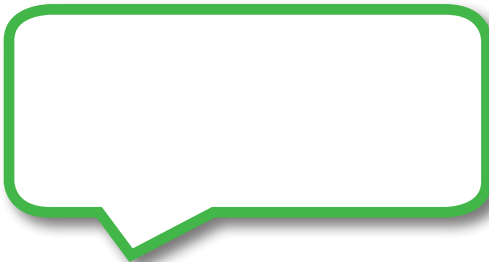
## Cool Career Facts

Name: \_\_\_\_\_

Date: \_\_\_\_\_

With Career Girls videos, you'll discover lots of cool things about all kinds of careers. If you're interested in space, for example, you might find it amazing that Chemical Engineer Susana Tapia Harper does safety testing on any material that goes up with an astronaut—even a guitar! Listen for more fun facts about different careers and record them here.

Career:



Career:



Career:



Career:



Career:



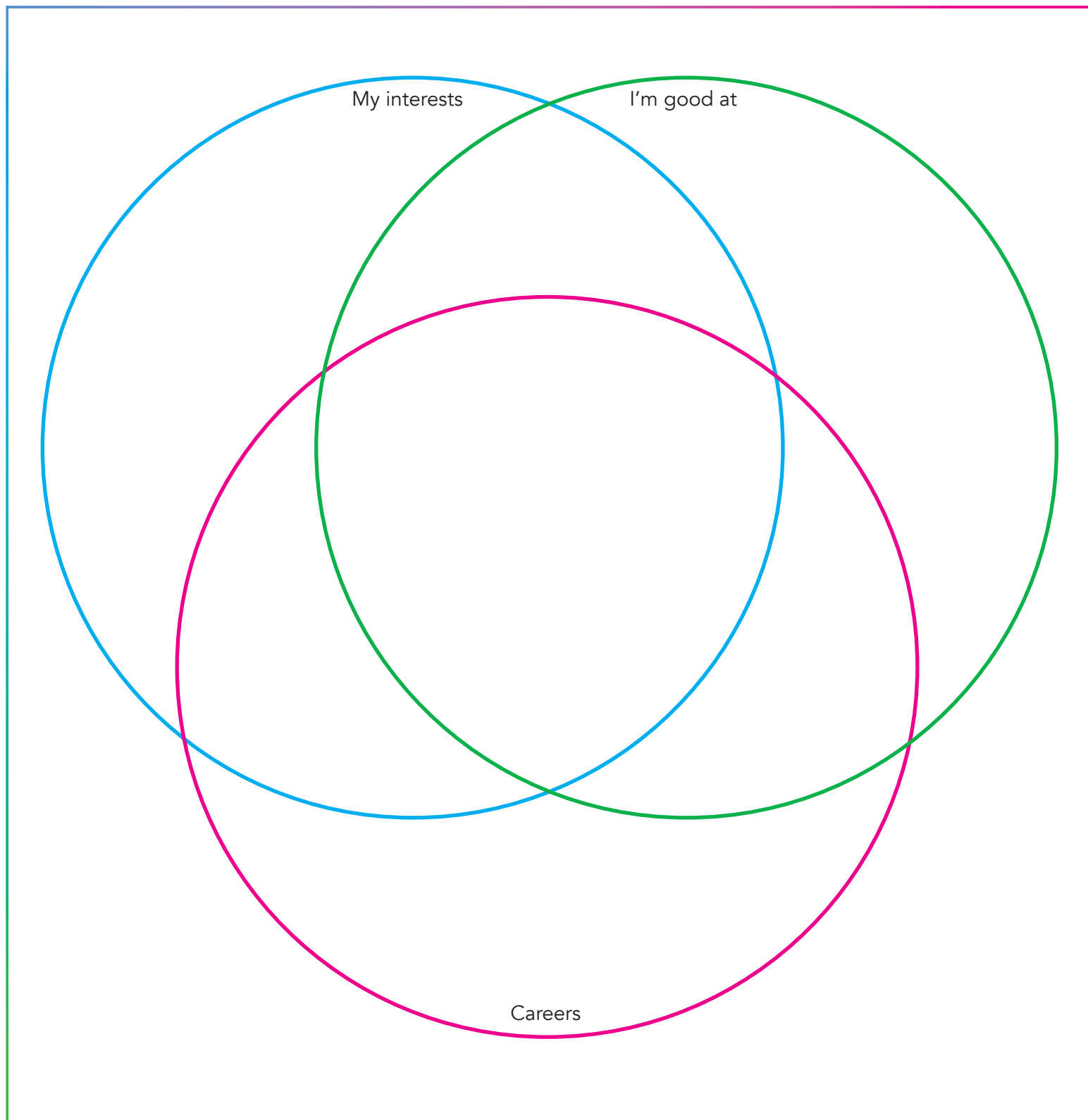
Career:

## Is This a Career for Me?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Fill in the circles with your interests, your strengths, and careers you're exploring. Use the overlapping areas to show where different interests, strengths, and careers connect. Add to the circles as you identify other interests.



# Positively Empowered! Certificate of Completion

Awarded to \_\_\_\_\_ on \_\_\_\_\_  
(name) (date)

for exploring 10 Career Girls Empowerment topics. Congratulations!

*"Be exactly who you are. Know that who you are is awesome!"*

– Jamila Glass  
Dancer and Filmmaker






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## Smart About STEM Certificate of Completion

Awarded to \_\_\_\_\_ for exploring 10 STEM careers. Congratulations!

(name)



(Color a star for each STEM career you explore.)



Check each STEM career you explored.

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Astronaut              | <input type="checkbox"/> Environmental Engineer | <input type="checkbox"/> Meteorologist      |
| <input type="checkbox"/> Astronomer             | <input type="checkbox"/> Geneticist             | <input type="checkbox"/> Petroleum Engineer |
| <input type="checkbox"/> Biological Scientist   | <input type="checkbox"/> Geologist              | <input type="checkbox"/> Physicist          |
| <input type="checkbox"/> Chemical Engineer      | <input type="checkbox"/> Materials Engineer     | <input type="checkbox"/> Software Developer |
| <input type="checkbox"/> Chemist                | <input type="checkbox"/> Mathematician          | <input type="checkbox"/> Statistician       |
| <input type="checkbox"/> Computer Programmer    | <input type="checkbox"/> Mechanical Engineer    | <input type="checkbox"/> Other: _____       |
| <input type="checkbox"/> Computer Scientist     | <input type="checkbox"/> Medical Physicist      | <input type="checkbox"/> Other: _____       |
| <input type="checkbox"/> Database Administrator | <input type="checkbox"/> Medical Scientist      | <input type="checkbox"/> Other: _____       |



# Career Connections Certificate of Excellence

Awarded to \_\_\_\_\_ on \_\_\_\_\_ (name) (date)

for exploring 10 careers. Congratulations!

Color a star for each career area you explored.



STEM: Science, Technology,  
Engineering & Math



Education



Public Safety



Legal



Food



Arts, Entertainment & Sports



Business & Finance



Medical



Public Service



Media & Communications



Other: \_\_\_\_\_



Other: \_\_\_\_\_

*"Never give up. Set a  
goal and go after it.  
You can do it!"*

– Tonya Noble  
Software Engineer and  
Systems Manager, Boeing

