



Career Girls: Teachers Toolkit

Tips, Activities, and Ready-to-Use Printables

Inspire. Educate. Empower.





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About Career Girls

Do you know an aspiring astronaut, architect, or actor? How about a girl who dreams of being a surgeon, a software developer, or a dentist, or wonders what it might be like to be a firefighter, a forensic scientist, or a federal judge?

Girls need to start early building skills for their future careers. But many girls lack access to role models who can inspire them to imagine all that they can achieve — from academic success to amazing careers.

Career Girls is helping to change this. Career Girls is a free, noncommercial, online platform dedicated to making sure every girl around the world has access to diverse and accomplished women role models — women who can help girls learn to believe in themselves, imagine what is possible, and go after their dreams.

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 countries around the world. Through a series of videos, each role model shares the story of her career journey, in her own words and in an easily accessible format. What skills from her childhood does she still rely on today? What is a typical day like in her career? What obstacles has she overcome? Who are her heroes?

Our role models answer these questions and many others to provide an engaging and comprehensive look at wide-ranging careers. Role models also share favorite subjects in school, discuss the education they pursued to achieve their goals, suggest reasons to consider different careers, and offer helpful advice for getting there.

Career Girls is founded on the dream that every girl around the world has access to diverse and accomplished women role models — to learn from their experiences and to discover their own path to empowerment. We hope you find Career Girls educational resources helpful as you support your students in realizing their academic and career goals.

With sincere appreciation for the work you do,

The Career Girls Team


Teaching With 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 into the classroom, engaging and empowering girls to set and achieve academic and career goals and 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 educators, from lesson plans to inspirational mini-posters.

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.

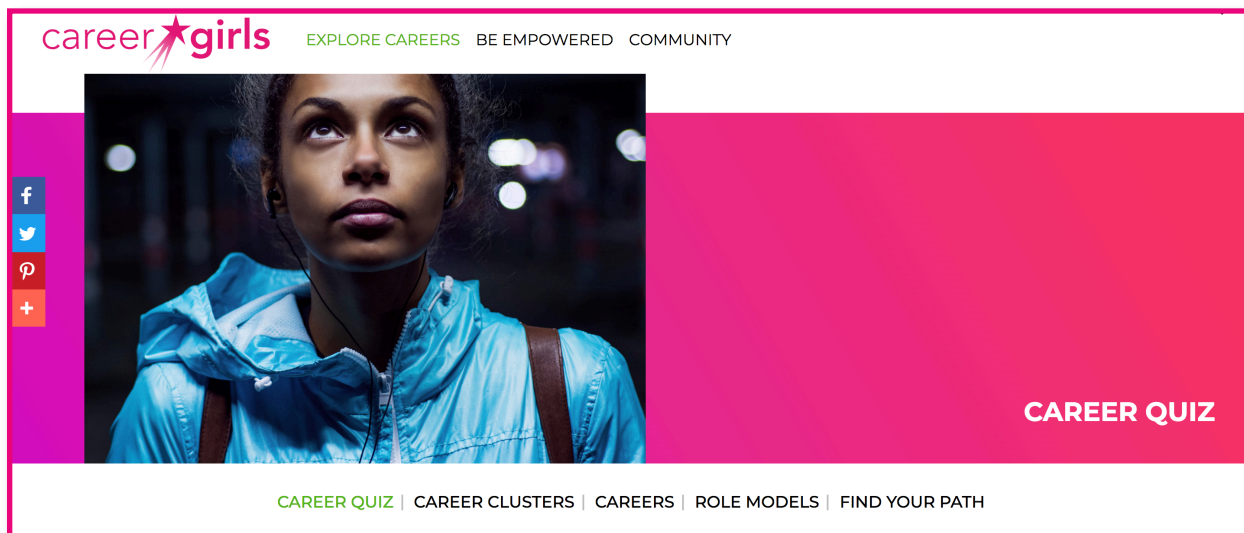
(985.33 KB, pdf)

Connections to the Common Core State Standards (CCSS). Career Girls educational materials are designed to support students in developing lifelong learning skills such as critical thinking, creativity, and motivation, while also building competencies for meeting the Common Core State Standards. Please see pages 29–31 for correlations to the CCSS.

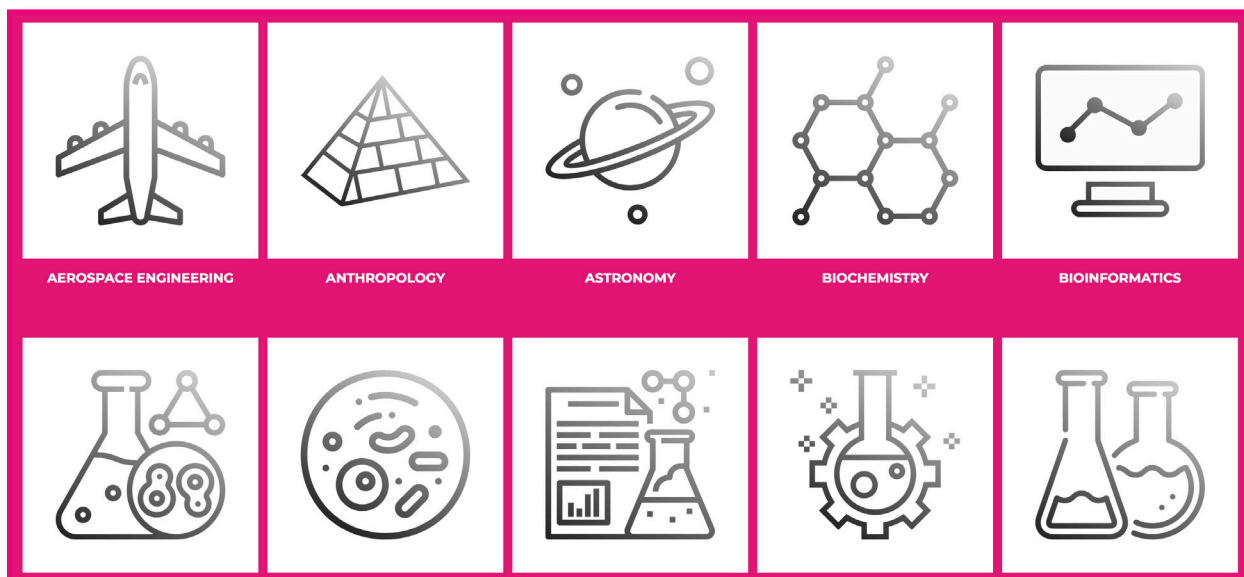
Part 1: Exploring Careers on the Website

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.

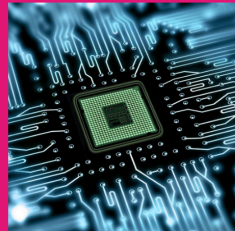


Careers and Career Clusters. Your students can also explore by Career Clusters, such as STEM, Health Sciences, and Finance. Or, they can jump right into an A to Z tour of Careers and the role models who work in them — from an Accountant to a Zoologist.

Career Clusters



STEM



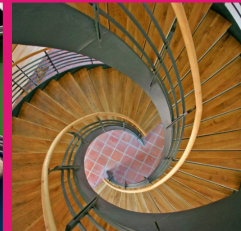
INFORMATION TECHNOLOGY



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, your students 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, students 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

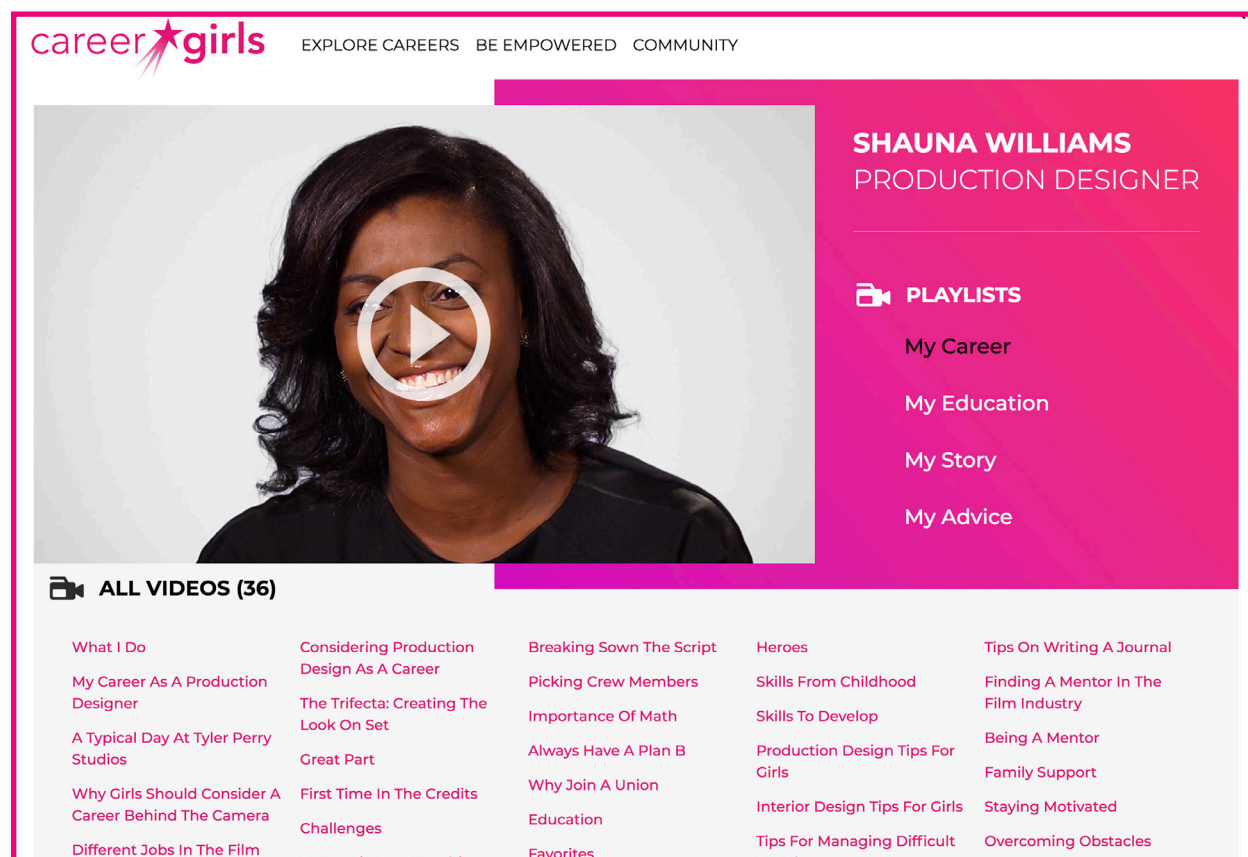
INTERIOR DESIGNER

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, your students 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 peice of advice?



Part 2: Teaching With Empowerment Lessons

Career Girls has developed a special series of videos and educational resources designed to support teachers in integrating lessons that encourage college and career readiness.

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 shows the 'Develop Life Skills' page on the Career Girls website. The header includes the 'career girls' logo and navigation links: 'EXPLORE CAREERS', 'BE EMPOWERED', and 'COMMUNITY'. Below the header, a sub-navigation bar lists 'DEVELOP LIFE SKILLS', 'COLLEGE ADVICE', 'COLLEGE MAJORS & REQUIREMENTS', and 'STUDENT RESOURCES'. The main content area features six skill-based empowerment lessons arranged in a 2x3 grid. Each lesson card has a pink header with the topic name, a subtitle 'skill-based empowerment lesson', a row of five diverse young women, and a pink footer with the lesson title.

CONFIDENCE	MENTORS	LEADERSHIP
BE CONFIDENT	IMPORTANCE OF MENTORS	BECOME A LEADER

FRIENDS	TEAMWORK	OBSTACLES
CHOOSING FRIENDS	IMPORTANCE OF TEAMWORK	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 shows the 'Find Your Path' page on the Career Girls website. The header includes the 'career girls' logo and navigation links: 'EXPLORE CAREERS', 'BE EMPOWERED', and 'COMMUNITY'. Below the header, a sub-navigation bar lists 'CAREER QUIZ', 'CAREER CLUSTERS', 'CAREERS', 'ROLE MODELS', and 'FIND YOUR PATH'. The main content area features three career-based empowerment lessons arranged in a row. Each lesson card has a pink header with the topic name, a subtitle 'career-based empowerment lesson', a row of five diverse young women, and a pink footer with the lesson title.

EXPLORE	STEM	SCIENCE
CAREER EXPLORATION 101	WHY CHOOSE STEM	SCIENCE CAREERS

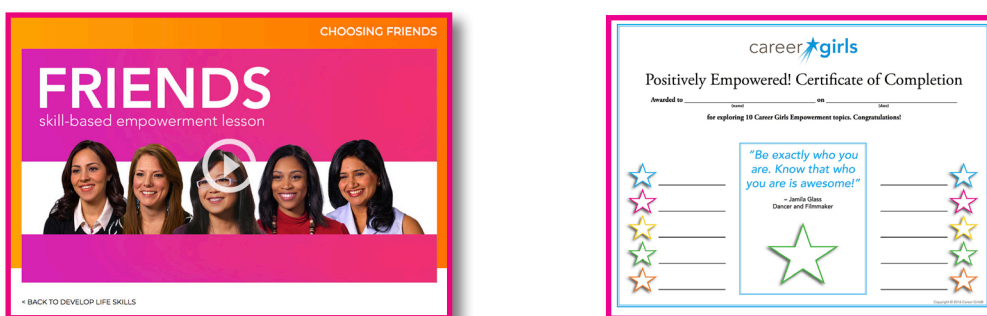
Getting started. Each Empowerment Lesson centers around a short video clip that features real-world role models who share straight-to-the-point career insights and advice, making the lessons an ideal jumping-off point for meaningful and lasting learning experiences. These videos are paired with ready-to-use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

Empowerment Lessons are easy to use with the whole class, 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. These printable PDFs are accessible from each Empowerment Lesson video page.





3. **View the Video with Students.** Use the Classroom Lesson Plan to introduce the video and guide a “before, during, and after” learning experience with students. Or, use the Independent Learning Guide for students who are working independently. (Note that this guide also works well to jumpstart lively discussions about the lesson topic with small groups or the whole class.) Have students 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.

 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!



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



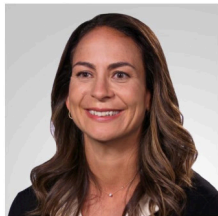
BIOCHEMIST



TECH MANAGER



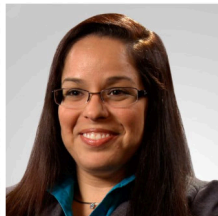
NASA ENGINEER




PUBLIC POLICY LEAD



BIOTECH EXECUTIVE



CHEMIST



SCIENTIST

[VIEW ALL](#)

Part 4: Teaching With Any Career Girls Video

Although the Empowerment Series lesson plans offer a simple and easy way for educators to integrate lessons supporting empowerment and independence, you can teach with any Career Girls video or video playlist in your classroom. Following is a basic lesson plan outline for teaching with any of the Career Girls videos.

1. Preparation

Preview the video in advance of viewing it with students.

- Note potentially challenging vocabulary that you may want to pre-teach.
- Get a sense of key ideas and details. Use these to guide viewing of the video and follow-up discussions.

2. Warm-up Activity

Introduce the video with a brief activity.

- Share the video topic, such as Marine Biologist. Invite students to share what they think someone in this career does. Encourage them to use the meaning of individual words they're familiar with, such as *marine*, to tell about this career.
- Pre-teach essential vocabulary, focusing on those words that relate most directly to the video topic and will enhance students' understanding. Use visuals as possible to promote language development.
- Use graphic organizers such as word maps to stretch students' thinking about language that relates to particular careers or topics.

3. View the Video

Promote active listening of each video by directing students' attention to particular details, such as with the following:

- 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 related vocabulary or particular advice. (*Listen to find out how you can . . .*)
- Consider viewing the video a second time to reinforce understanding of key points.

4. Video Follow-up

Follow-up with a discussion that invites students to share their thoughts—questions they have, connections they made, something new they learned.

- Revisit potentially confusing or challenging language in the video, such as expressions and figurative language. Guide students to recognize literal and figurative meanings.
- Use questions to review key details in the video, such as why a role model chose to pursue a particular career, skills she learned in her childhood that she still uses, what the best parts are of that career, and so on.
- Discuss obstacles a role model has overcome. Guide students in discussing what it means to persevere in achieving their own goals.

5. Extension Activity

Plan a short activity to engage students in taking their learning further.

- Students can use a “turn and talk” strategy to discuss particular aspects of a career, or what they think about pursuing that career themselves.
- Create concept maps to represent what students learn about each career. Display the growing collection of concept maps to encourage students to revisit careers options.
- Use newspaper employment sections, online job sites, and other resources to research actual job postings for particular careers. What new information can students find?
- Review the skills and education required for particular careers. Discuss related skills students are already developing to strengthen the connection between what they do in school and how this helps prepare for a career. Brainstorm steps students can take to prepare for that career.
- Have pairs of students each write a quiz question to go with a set of videos. Have students take turns quizzing the class (or a small group) about the career.
- See pages 16–19 for additional activities you can use with any video.

6. Questions to Guide Further Exploration

Use questions to spark curiosity about careers.

- 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? What academic strengths do you have that would be useful in this career?* (For a related activity, see page 24, “Is This a Career for Me?”)
- Notice opportunities in the videos to connect students to positive traits they share with 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. You might ask: *How did Alma show the importance of persistence in her own life?* (For example, the first time she interviewed for a job with NASA, she didn’t get it. She kept working hard and trying, and was interviewed four times before getting her job at NASA.) *How do you show persistence in your own life?* (Alma points out, for example, if you don’t get an A the first time in class, you can keep working hard and get it the next time.)
- Take time for students to share reactions to careers they are exploring. You might ask: *What do think might be interesting [challenging, etc.] about this career? What is surprising to you about this career?*
- Continue to guide students in recognizing connections between school and careers. Ask: *What subjects are you studying in school that would be helpful in this career?*
- Compare similar careers that students have explored. Ask: *What is the difference between [career] and [career]?*
- Discuss skills required of the particular career in a video. Ask: *What skills do you think are important, whatever career you pursue?*
- 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?*

Activities to Use With Career Girls Videos

1. Career Girls Record Sheet (See template, page 20.)



The image shows a 'Career Girls Record Sheet' template. It has a header with the 'career girls' logo. Below the logo is a line for 'Name:'. The main body of the sheet is a table with three columns: 'Date', 'Career', and 'Career Overview'. There are 10 rows in the table. At the bottom left, it says 'Copyright © 2018 Career Girls®' and at the bottom right, it says '18'.

Setting college and career goals can motivate students to improve their academic performance. Make copies of this record sheet and have students keep track of career videos they view as well as an overview of each career. This visual record will remind students of the active role they are taking in their futures and provide them with a handy resource to revisit the various careers they're exploring.

2. Inspiring Words

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 role model videos with students, pay special attention to the My Advice and Overcoming Obstacles video clips. Use role models' inspiring words to create a motivational display that reminds girls each day, "You can do anything."

Find something you enjoy.
Find something you have
a passion for. Try to find
a way to do it.

Melanie Stiasny, Ichthyologist

If you see something that you
want to do, but you don't see
someone who looks like you in
that role, don't stop trying to
do it. Maybe everyone has been
waiting for you to show up. "Hey,
you're it. We've been waiting for
you. Come on in."

Kate Scott, Sports Anchor

You have to be persistent. If you
really want something, you have
to work hard to get it. If you do
that every day, in your classroom
or your career, you'll eventually
achieve what you want.

Alma Tapia, Materials Engineer at NASA

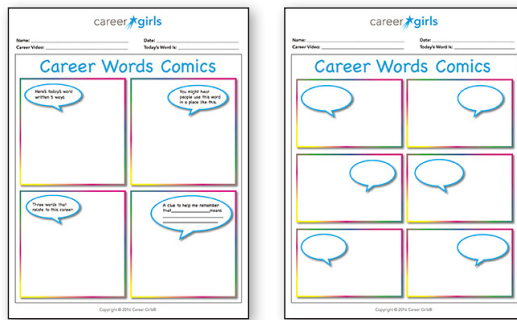
Be true to yourself. Don't
let anyone tell you what
you can't do. You can do
anything. Know that your
actions matter.

Leah McGowen-Hare, Computer Scientist

Work on just being you,
and not anybody else.

Jessica Care Moore, Poet

3. Career Words Comics (See templates, pages 21 and 22.)

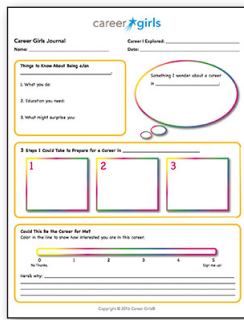


This comic strip format builds word-picture associations to support students' acquisition of key vocabulary. The fun, accessible format combines dialogue and context to actively reinforce vocabulary students encounter in the videos and in the corresponding classroom lessons.

Two templates are provided: a 4-panel template with pre-filled prompts and a 6-panel template without prompts. You can easily adapt either—using liquid eraser to revise existing prompts or adding prompts to the blank template—to support learning goals for your students and specific career vocabulary you're teaching. With academic and college/career goals in mind, consider using these reproducible activity pages to build vocabulary in a variety of ways, such as with the following:

- **Figurative Language:** Look for examples of figurative language in the videos, such as "stand up for" and "give your word." Have students use the blank comic strip frames to illustrate the literal and figurative meaning.
- **Multiple Meaning Words:** Choose target words that have more than one meaning. Have students use the blank comic strip panels to illustrate the multiple meanings, being sure to include the meaning as used in the career video. As an example, students might create a comic strip for the word *organic*, showing its meaning both as a branch of chemistry and, possibly more familiar, as used to describe produce and other foods grown, produced, or raised without the use of pesticides, synthetic fertilizers, and so on.
- **Word Relationships:** Use the Career Words Comics template with pre-filled prompts to encourage students to make connections among words, reinforce meaning, and broaden understanding. Students exploring the meaning of *diversity*, for example, are prompted in one panel to fill in three related words. Based on the video, the words *differences*, *valuable*, and *culture* may come to mind. After viewing a video featuring a scientist, students might use the blank template to create comics that look at content area words, such as those for different types of scientists. In the process, they may discover something about word parts—as with the prefix *-ist* in *biologist*, *physicist*, *geneticist*, *epidemiologist*, *immunologist*, and so on. (There are videos for all of these careers in science, and more!)
- **Serial Comic Strips:** Invite your young comic enthusiasts to create their own comic strip characters who star in a series of Career Words Comics. Share examples of published comic strips to teach common characteristics of this genre, such as dialogue and onomatopoeia.

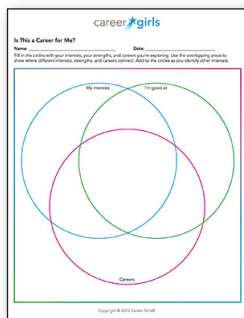
4. Career Girls Journal (See template, page 23.)

The template is titled "career#girls" and "Career Girls Journal". It includes a "Name" and "Date" field. The main section is divided into three numbered boxes: 1. "Things I know about being a career" (with sub-points: a. what you do, b. what you need, c. what might surprise you), 2. "Something I wonder about a career", and 3. "Things I could take to prepare for a career in". Below these is a "How This is the Career for Me?" section with a Venn diagram and a "Rate this career" scale from 1 to 5.

Use this activity page as a follow-up to Career Girls videos. Each of four sections engages girls in examining careers more closely and making connections:

- *What are important things to know about this career?*
- *What questions do I have about this career or role model?*
- *What steps can I take to prepare for a career in _____?*
- *Is this the career for me? (rating scale)*

5. Is This a Career for Me? (See template, page 24.)

The template is titled "career#girls" and "Is This a Career for Me?". It includes a "Name" and "Date" field. The main section is a Venn diagram with three overlapping circles labeled "My interests", "My strengths", and "My values". Below the diagram is a "Rate this career" scale from 1 to 5.

Use a Venn diagram with three overlapping circles to have students assess careers they are considering. Students can add to their circles as they learn about new careers and think about how they intersect with their interests and abilities.

6. Career Experts

Create authentic experiences for students to write about careers they're exploring by having them write for a younger audience.

- Discuss with students how learning about careers might help younger children, too. Encourage students to explain their thinking.
- Invite students to write about a career area of interest (for example, in picture book format) for a different audience—younger children. Discuss what it means to translate difficult concepts into understandable text for this age. Students might choose to work in groups as co-authors, reinforcing teamwork skills, or they may take on this project independently.
- Provide opportunities for students to share their nonfiction pieces with the intended audience—in the process, serving as role models themselves for younger children.

7. Top Skills

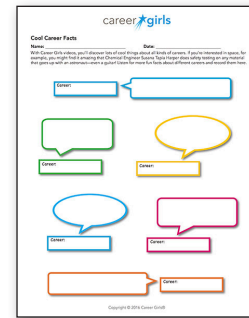
What skills do Career Girls role models use most in their careers? For Josie Castro, a Search Engine Analyst, it's math. "You have to be able to look at the numbers and read the story that they tell." Career Girls role models discuss the skills that are most important, many of which will be familiar to students. Help students see the skills they are already learning that they can bring to future careers.

- When viewing videos with students, encourage them to listen for skills that role models mention. Add these skills to a Career Skills chart or display.
- Guide students to notice when they are using these skills. (Or point out opportunities to do so.)
- Reinforce that the skills students are learning in the classroom are important in the workplace as well.

8. Cool Career Facts (See template, page 25.)

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!”

- Create opportunities to notice moments like this that might spark a student's interest. What makes a career stand out?
- Before viewing a video, give each student a sticky note (large enough to write on). Have students listen for something that captures their attention and write it on the sticky note. (You might make this optional, as different careers will appeal to different students.)
- Post mural paper on a wall and have students add their notes to it. (Have students write the career title on the sticky note first, or have them post in an area that you've sectioned off and labeled accordingly.)
- Encourage students to “read the wall” periodically to discover new fun facts about careers.



9. Positively Empowered! Certificate (See template, page 26.)



Use this certificate with each student to track completion of Career Girls Empowerment lesson, with a goal of having students complete 10. (See pages 10–11.)

10. Smart About STEM Certificate (See template, page 27.)



Use this certificate with each student to provide a focus on Career Girls STEM (Science, Technology, Engineering, Math) videos, with a goal of having students explore several careers in each STEM area.

11. Career Connections Certificate (See template, page 28.)



Use this certificate with each student to track Career Girls videos viewed in each category, with a goal of having students sample at least one career in each category.



Career Girls Record Sheet

Name: _____

Date	Career	Career Overview

Name: _____

Date: _____

Career Video: _____

Today's Word Is: _____

Career Words Comics

Here's today's word
written 5 ways:

You might hear
people use this word
in a place like this.

Three words that
relate to this career
and what they mean:

A clue to help me remember
that _____ means

_____:

Name: _____

Date: _____

Career Video: _____

Today's Word Is: _____

Career Words Comics



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.



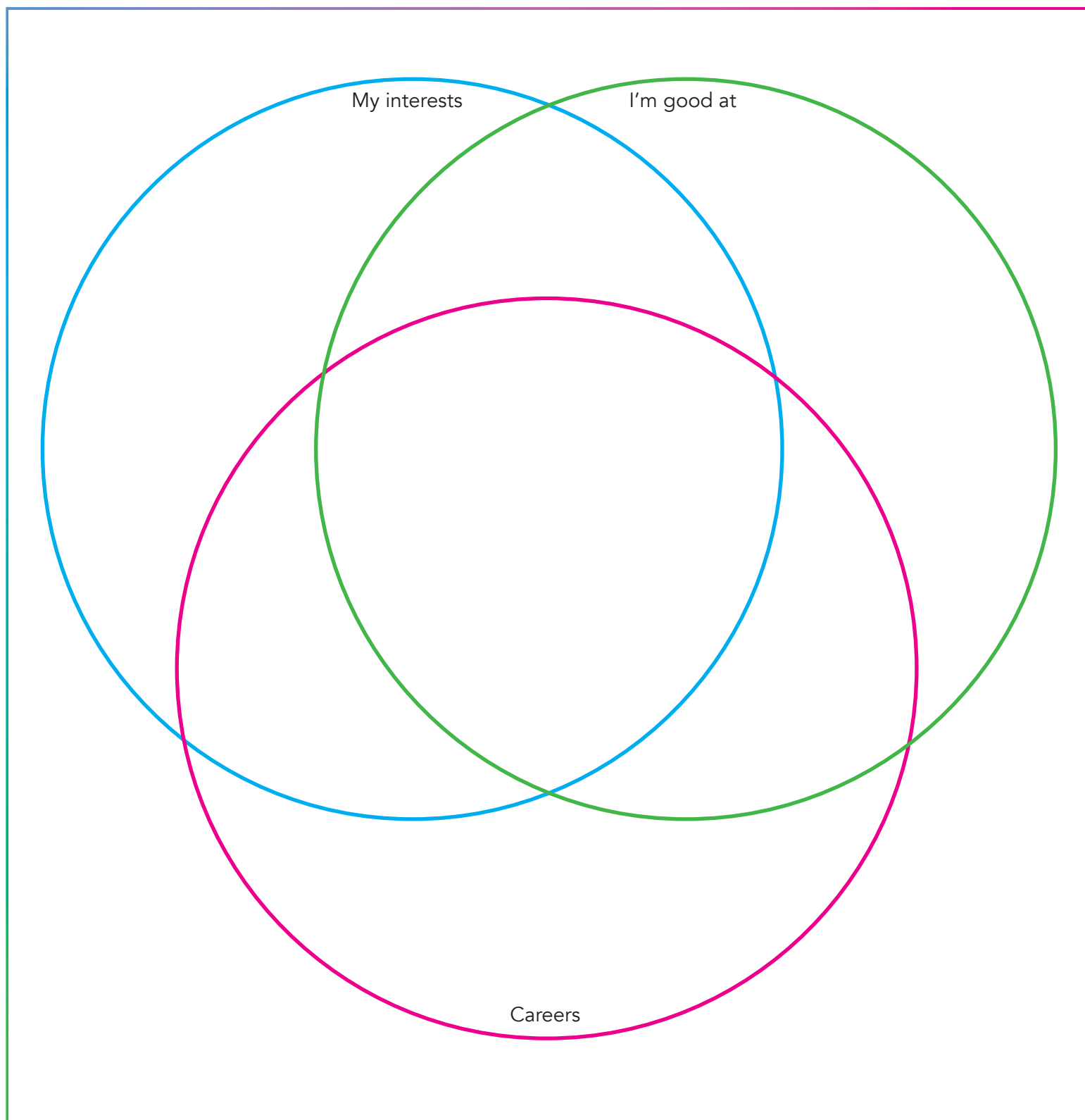
Here's why: _____

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.



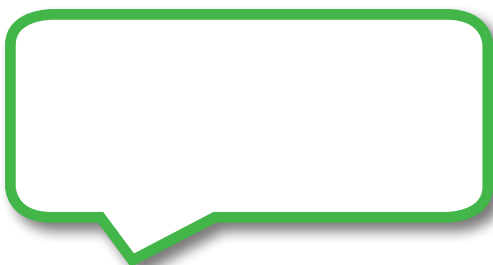
Cool Career Facts

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:



Positively Empowered! Certificate of Completion

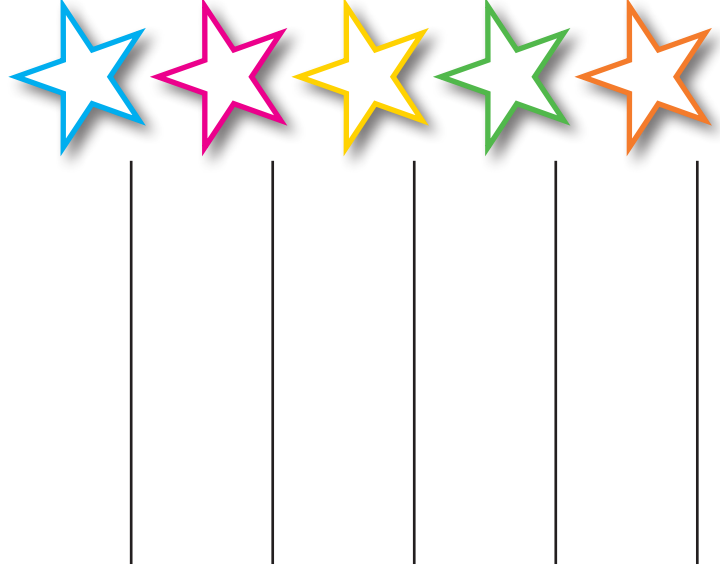
Awarded to _____ on _____
(name) (date)

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



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.

- ☐ Astronaut
- ☐ Astronomer
- ☐ Biological Scientist
- ☐ Chemical Engineer
- ☐ Chemist
- ☐ Computer Programmer
- ☐ Computer Scientist
- ☐ Database Administrator

- ☐ Environmental Engineer
- ☐ Geneticist
- ☐ Geologist
- ☐ Materials Engineer
- ☐ Mathematician
- ☐ Mechanical Engineer
- ☐ Medical Physicist
- ☐ Medical Scientist

- ☐ Meteorologist
- ☐ Petroleum Engineer
- ☐ Physicist
- ☐ Software Developer
- ☐ Statistician
- ☐ Other: _____
- ☐ Other: _____
- ☐ 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



Connections to the Common Core State Standards (CCSS)

Career Girls educational materials are designed to support students in developing lifelong learning skills such as critical thinking, creativity, and motivation, while also building competencies for meeting the Common Core State Standards in the following areas:

English Language Arts Standards » Anchor Standards » College and Career Readiness Anchor Standards for Language

Vocabulary Acquisition and Use

CCSS.ELA-LITERACY.CCRA.L.4

Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.

CCSS.ELA-LITERACY.CCRA.L.5

Demonstrate understanding of figurative language, word relationships, and nuances in word meanings.

CCSS.ELA-LITERACY.CCRA.L.6

Acquire and use accurately a range of general academic and domain-specific words and phrases sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when encountering an unknown term important to comprehension or expression.

English Language Arts Standards » Speaking & Listening Grade 4

CCSS.ELA-LITERACY.SL.4.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others' ideas and expressing their own clearly.

CCSS.ELA-LITERACY.SL.4.3

Identify the reasons and evidence a speaker provides to support particular points.

CCSS.ELA-LITERACY.SL.4.4

Report on a topic or text, tell a story, or recount an experience in an organized manner, using appropriate facts and relevant, descriptive details to support main ideas or themes; speak clearly at an understandable pace.

Grade 5

CCSS.ELA-LITERACY.SL.5.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 5 topics and texts, building on others' ideas and expressing their own clearly.

CCSS.ELA-LITERACY.SL.5.3

Summarize the points a speaker makes and explain how each claim is supported by reasons and evidence.

CCSS.ELA-LITERACY.SL.5.4

Report on a topic or text or present an opinion, sequencing ideas logically and using appropriate facts and relevant, descriptive details to support main ideas or themes; speak clearly at an understandable pace.

Grade 6

CCSS.ELA-LITERACY.SL.6.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 6 topics, texts, and issues, building on others' ideas and expressing their own clearly.

CCSS.ELA-LITERACY.SL.6.4

Present claims and findings, sequencing ideas logically and using pertinent descriptions, facts, and details to accentuate main ideas or themes; use appropriate eye contact, adequate volume, and clear pronunciation.

Grade 7

CCSS.ELA-LITERACY.SL.7.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly.

CCSS.ELA-LITERACY.SL.7.4

Present claims and findings, emphasizing salient points in a focused, coherent manner with pertinent descriptions, facts, details, and examples; use appropriate eye contact, adequate volume, and clear pronunciation.

Grade 8

CCSS.ELA-LITERACY.SL.8.1

Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 8 topics, texts, and issues, building on others' ideas and expressing their own clearly.

CCSS.ELA-LITERACY.SL.8.4

Present claims and findings, emphasizing salient points in a focused, coherent manner with relevant evidence, sound valid reasoning, and well-chosen details; use appropriate eye contact, adequate volume, and clear pronunciation.

English Language Arts Standards » Writing

Grade 4

CCSS.ELA-LITERACY.W.4.1

Write opinion pieces on topics or texts, supporting a point of view with reasons and information.

CCSS.ELA-LITERACY.W.4.2

Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

CCSS.ELA-LITERACY.W.4.4

Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

Grade 5

CCSS.ELA-LITERACY.W.5.1

Write opinion pieces on topics or texts, supporting a point of view with reasons and information.

CCSS.ELA-LITERACY.W.5.2

Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

CCSS.ELA-LITERACY.W.5.4

Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience.

Grade 6

CCSS.ELA-LITERACY.W.6.1

Write arguments to support claims with clear reasons and relevant evidence.

CCSS.ELA-LITERACY.W.6.2

Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.

CCSS.ELA-LITERACY.W.6.4

Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

Grade 7

CCSS.ELA-LITERACY.W.7.1

Write arguments to support claims with clear reasons and relevant evidence.

CCSS.ELA-LITERACY.W.7.2

Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.

CCSS.ELA-LITERACY.W.7.4

Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

Grade 8

CCSS.ELA-LITERACY.W.8.1

Write arguments to support claims with clear reasons and relevant evidence.

CCSS.ELA-LITERACY.W.8.2

Write informative/explanatory texts to examine a topic and convey ideas, concepts, and information through the selection, organization, and analysis of relevant content.

CCSS.ELA-LITERACY.W.8.4

Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.