



# MENTORS TOOLKIT

Tips, Activities, and Ready-to-Use Printables



Inspire. Educate. Empower.



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## About Career Girls

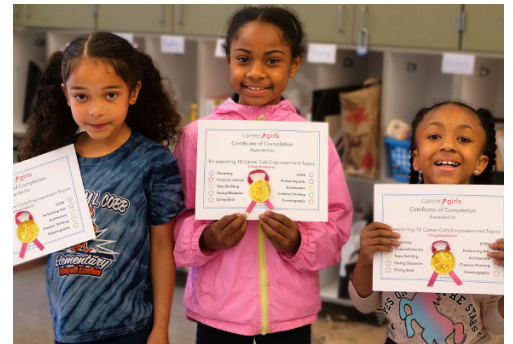
Do you know an aspiring astronaut, sports anchor, or surgeon? How about a budding marine biologist, novelist, or activist?

If you're a youth mentor, you want to help guide young people toward a successful future. And when it comes to future careers, mentors can play a pivotal role in nurturing a young person's career aspirations, while supporting the preparation that leads to success.

Career Girls provides high-quality, no-cost, commercial-free resources to engage your mentees in exploring hundreds of careers—inspiring them to discover possibilities, improve their academic performance, and dream big about their future.

Career Girls is a video-based career exploration tool, designed especially for girls, that puts a face on hundreds of diverse careers—in STEM fields, medicine, business and finance, public service, media and communications, education, law, food and nutrition, sports, arts, entertainment, and more. Career Girls resources connect academic studies with a real world context, guiding girls in learning more about careers they may already be planning to pursue and many more they may not have known even existed.

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 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 more 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 professional goals, suggest reasons to consider pursuing particular careers, and offer helpful advice. Finally, additional tools help answer one of the most important questions, How do I do this?

Career Girls is dedicated to providing girls of all income levels and ethnic backgrounds with the academic tools and support they need to achieve their professional aspirations. We hope you find Career Girls helpful as you support the young women you mentor in realizing their academic, personal, and career goals.

With sincere appreciation for your commitment to mentoring youth,

## The Team at Career Girls

# Mentoring 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.*

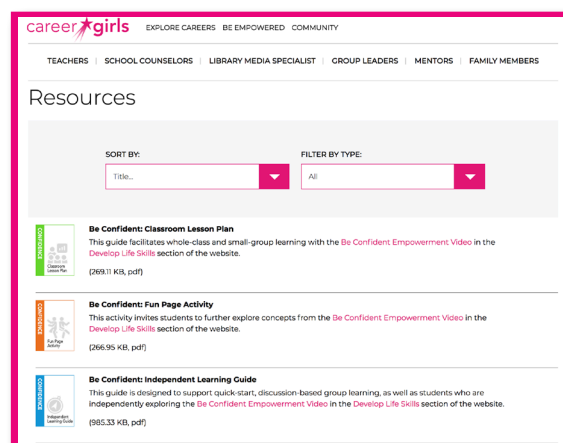
Research shows that women role models have a powerful and positive impact on girls, including their attitudes toward various careers, such as in STEM fields. Career Girls videos make it easy to bring these role models right to the mentees you work with, engaging and empowering them to set and achieve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

With more than 600 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.

A good place to start is by viewing the "[Career Girls Website Tour](#)" video. It can be found on the Educators, Family & Mentors page.



**Career Girls Resources.** Hundreds of free, downloadable resources are available for both mentors and mentees, from learning guides to inspirational mini-posters.

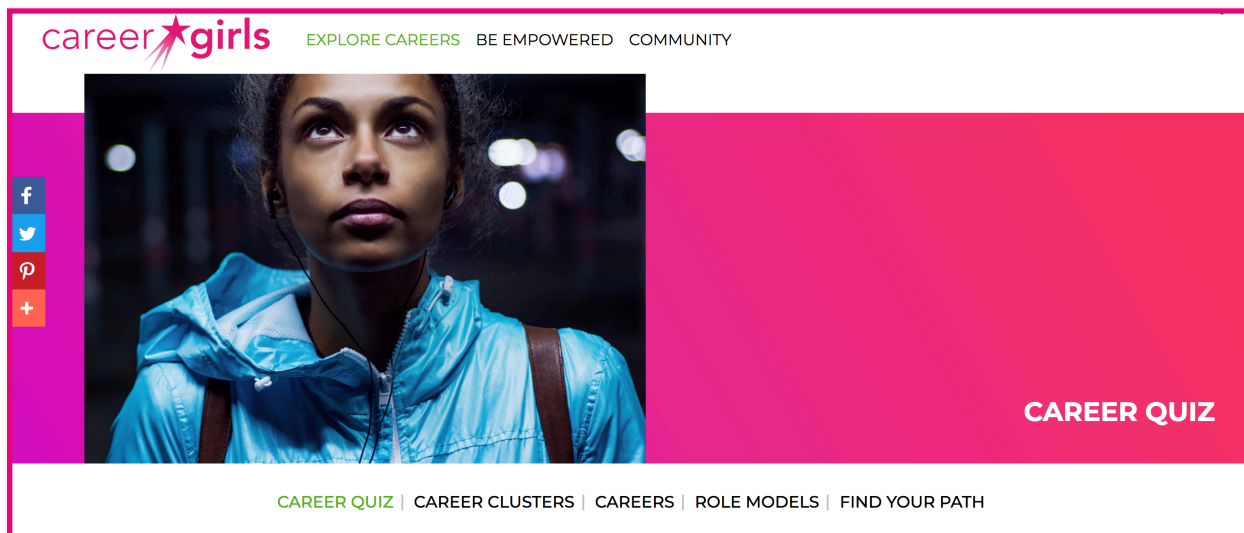




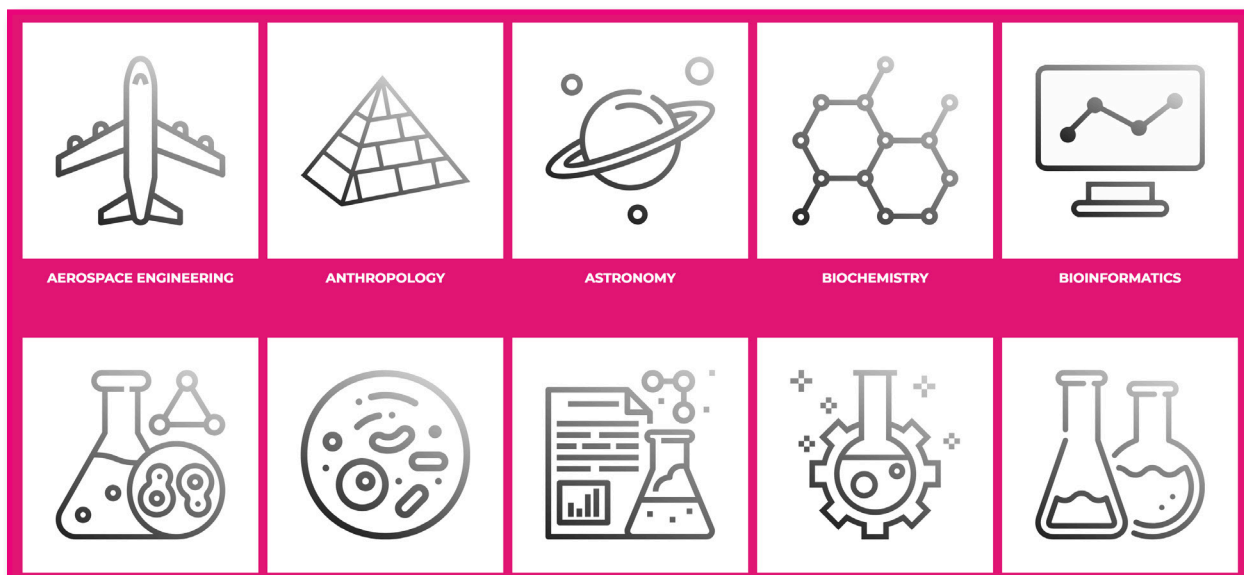
## Part 1: Exploring Careers on the Website

Along with ready-to-use Empowerment Lessons, Career Girls offers built-in career exploration tools to engage your mentees 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 a 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.

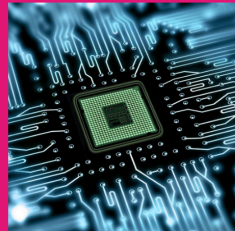


**Careers and Career Clusters.** Your mentees can also explore by Career Clusters, such as STEM, Health Sciences, and Finance. Or, they can jump right into an A to Z tour of careers and the role models who work in them — from an Accountant to a Zoologist.

## Career Clusters



STEM



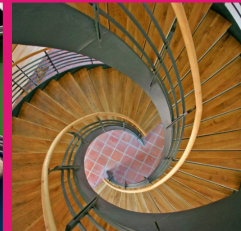
INFORMATION TECHNOLOGY



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 & ARCHEOLO...

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

**Individual Career Pages.** On these pages, mentees 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?

## 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?	—
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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 mentees 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

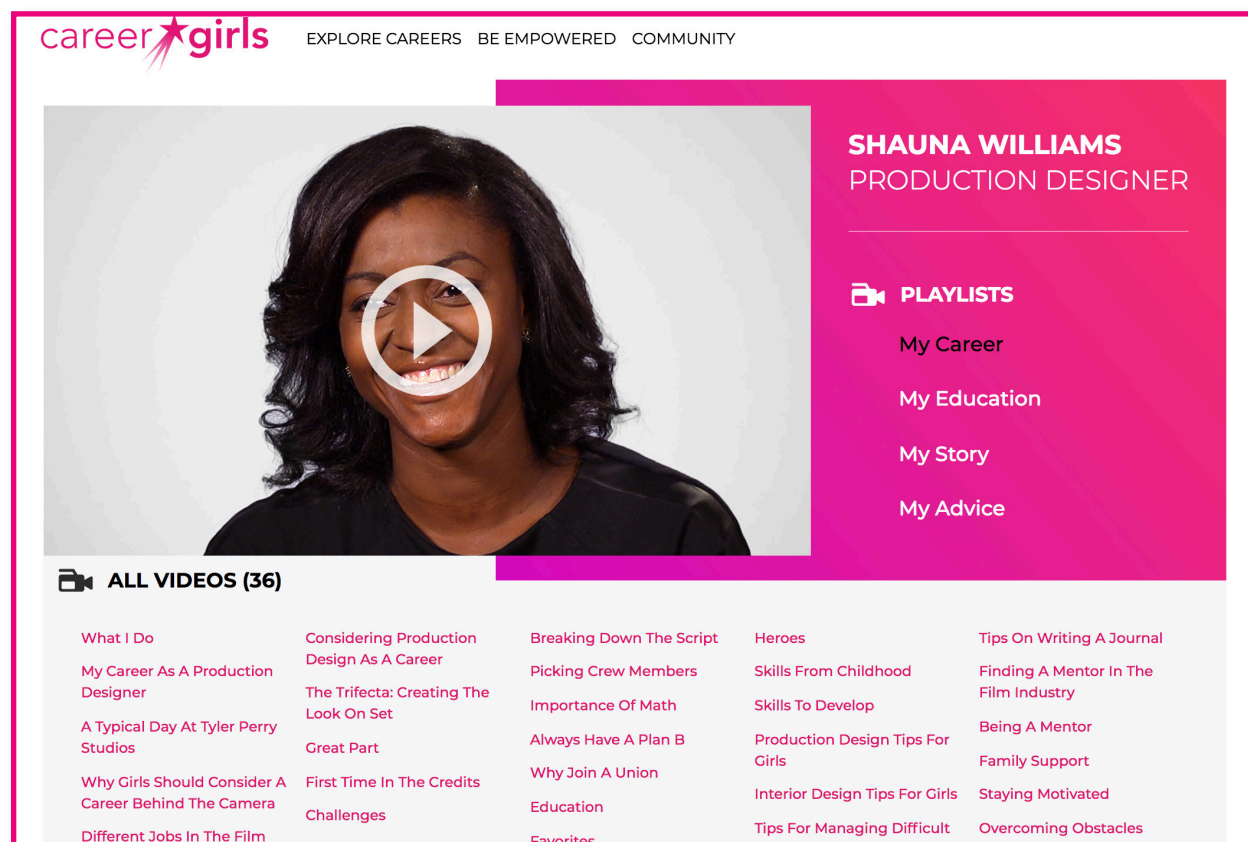
LANDSCAPE ARCHITECT



**Role Models.** More than 600 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 mentees 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 support college and career readiness. These are especially useful tools to encourage and guide group discussions.

**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-BASED EMPOWERMENT LESSONS' section of the Career Girls website. The header includes the 'career girls' logo and navigation links: 'EXPLORE CAREERS', 'BE EMPOWERED', and 'COMMUNITY'. Below the header, a paragraph asks: 'What is your passion? What are you good at? Whether you think you want to be a fashion designer, a filmmaker, an engineer, or something else, these are two questions you might ask yourself when you think about a career. Watch our role models to learn more.'

The section features six video thumbnails arranged in two rows of three. Each thumbnail has a pink header with the topic name, a subtitle 'career-based empowerment lesson', a photo of five diverse young women, and a title bar at the bottom.

- EXPLORE**: CAREER EXPLORATION 101
- STEM**: WHY CHOOSE STEM
- SCIENCE**: SCIENCE CAREERS
- TECHNOLOGY**: TECHNOLOGY CAREERS
- ENGINEERING**: ENGINEERING CAREERS
- VISUAL ARTS**: VISUAL ARTS CAREERS

**Skill-Based Empowerment Lessons** focus on key topics such as confidence, leadership, 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 'SKILL-BASED EMPOWERMENT LESSONS' section of the Career Girls website. The header includes the 'career girls' logo and navigation links: 'EXPLORE CAREERS', 'BE EMPOWERED', and 'COMMUNITY'. Below the header, a paragraph asks: 'What are the skills, character traits, and personal habits you should be developing right now? What soft skills will you need for success in any career you choose? The role models in these short videos provide valuable insights and guidance to help you on your way.'

The section features three video thumbnails arranged in a single row. Each thumbnail has a pink header with the topic name, a subtitle 'skill-based empowerment lesson', a photo of five diverse young women, and a title bar at the bottom.

- FRIENDS 2**: CHOOSING THE RIGHT FRIENDS
- RESILIENCE**: IMPORTANCE OF RESILIENCY
- CONFIDENCE**: BE CONFIDENT

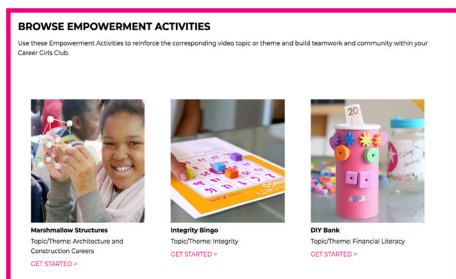
**Getting started.** Each Empowerment Lesson centers around a short video clip that features real-world role models who share straight-to-the-point career insights and advice, making the lessons an ideal jumping-off point for meaningful and lasting learning experiences. These videos are paired with ready-to-use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

Empowerment Lessons are easy for mentors to use with large groups, small groups, or individual mentees. 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) and introduce them in any order that best meets your mentee's needs and interests.
2. **Download the corresponding resources.** Each Empowerment Lesson has a corresponding Classroom Lesson Plan, Independent Learning Guide, and Fun Page Activity.



Some Empowerment Lessons have corresponding Empowerment Activities and Ready-To-Use Scripts. You can use Empowerment Activities to reinforce the corresponding video topic or theme and build teamwork and community in a group setting. Scripts can be a useful tool for mentors or group leaders with limited preparation time.




3. **View the video with your mentees.** Use the Independent Learning Guide as a quick and easy way to jumpstart lively discussions about the lesson topic with your mentees or group of any size. And even if you're not a classroom teacher, you may find the Classroom Lesson Plan useful to introduce the video and guide a "before, during, and after" learning experience. Use the Fun Page Activity to connect what your mentees are 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 of your mentees. Mentees 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 those in STEM fields. Use the guidelines on page 10 to teach with these videos.




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




**Explore STEM Careers.** Have your mentees 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 mentee can also research related college majors to 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



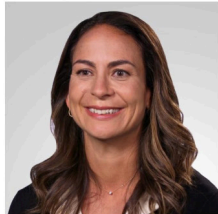
BIOCHEMIST




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 Lesson series are supported with supplemental teaching and learning materials. However, you can easily use any of the Career Girls videos to engage your mentees in meaningful career exploration activities. Following are basic guidelines for using the Career Girls videos in your work with your mentees.

### 1. Select a video.

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

- 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 your mentees' 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 your mentees 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 your mentees 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 26, "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 your mentees 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 online job sites and other resources to research actual job postings for particular careers. What new information can your mentees locate?
- See pages 16–19 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 35.)




Set a goal with your mentees to earn this certificate by exploring at least one career in each of the career clusters.



# Activities and Printables to Use With Career Girls Videos

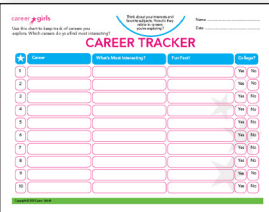
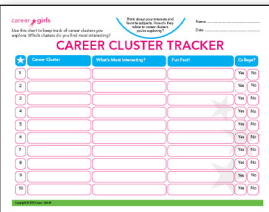

## Empowerment Activities

Use Empowerment Activities to reinforce the corresponding video topic or theme and build teamwork and community within your group of students or mentees.

<p><b>BROWSE EMPOWERMENT ACTIVITIES</b></p> <p>Use these Empowerment Activities to reinforce the corresponding video topic or theme and build teamwork and community within your Career Girls Club.</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p><b>Marshmallow Structures</b> Topic/Theme: Architecture and Construction Careers <a href="#">GET STARTED &gt;</a></p> </div> <div style="text-align: center;">  <p><b>Integrity Bingo</b> Topic/Theme: Integrity <a href="#">GET STARTED &gt;</a></p> </div> <div style="text-align: center;">  <p><b>DIY Bank</b> Topic/Theme: Financial Literacy <a href="#">GET STARTED &gt;</a></p> </div> </div>	<p><b>Empowerment Activities</b></p> <p>Create your own, or browse from the ones shown on the Empowerment Activities page in the Be Empowered section of the Career Girls Website.</p>
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## Printable Activity Pages

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

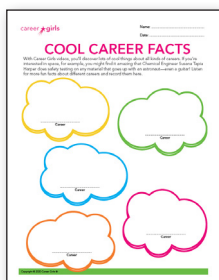
	<p><b>Career Tracker (Page 20)</b></p> <p>Setting college and career goals can motivate your mentees to improve their academic performance. Use this Career Tracker with your group to maintain a record of careers they explore. This can also serve as an important reminder of the active role they are taking in their future and provide them with a handy resource to revisit careers they explore.</p>
	<p><b>Career Cluster Tracker (Page 21)</b></p> <p>Use this Career Cluster Tracker with your mentees to maintain a record of careers they explore. This can also serve as an important reminder of the active role they are taking in their future and provide them with a handy resource to revisit careers they explore.</p>
	<p><b>Career Exploration Record (Page 22)</b></p> <p>Setting college and career goals can motivate mentees to improve their academic performance. Make copies of this record sheet and have mentees 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.</p>



## Printable Activity Pages

<p>The image shows the 'Career Girls Journal - Careers I'm Exploring' page. It includes sections for 'Things to Know About This Career', '3 Steps I Could Take to Prepare for This Career', and 'Could This Be the Career for Me?'. There are also sections for 'What you do', 'Education you need', 'What might surprise you', and 'Here's why:'.</p>	<p><b>Career Girls Journal – Careers (Page 23)</b>          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 are the important things to know about this career?</i></li> <li>• <i>What questions do I have about this career?</i></li> <li>• <i>What steps can I take to prepare for a career in _____?</i></li> <li>• <i>Is this the career for me? (rating scale)</i></li> </ul>
<p>The image shows the 'Career Girls Journal - College Majors I'm Exploring' page. It includes sections for 'Things to Know About This Major', '3 Steps I Could Take to Prepare for This Major', and 'Could This Be the Major for Me?'. There are also sections for 'Classes you might take', 'Courses &amp; projects you'll do', 'What might surprise you', and 'Here's why:'.</p>	<p><b>Career Girls Journal – College Majors (Page 24)</b>          Use this activity page and the questions that follow to examine college majors more closely and build connections.</p> <ul style="list-style-type: none"> <li>• <i>What are the important things to know about this college major?</i></li> <li>• <i>What questions do I have about this college major?</i></li> <li>• <i>What steps can I take to prepare for this college major?</i></li> <li>• <i>Is this the college major for me? (rating scale)</i></li> </ul>
<p>The image shows the 'Career Girls Journal - Colleges I'm Exploring' page. It includes sections for 'Things to Know About This College', '3 Steps I Could Take to Prepare for This College', and 'Could This Be the College for Me?'. There are also sections for 'Acceptance requirements', 'What might surprise you', and 'Here's why:'.</p>	<p><b>Career Girls Journal – Colleges (Page 25)</b>          Use this activity page and the questions that follow to examine colleges more closely and build connections.</p> <ul style="list-style-type: none"> <li>• <i>What are the important things to know about this college?</i></li> <li>• <i>What questions do I have about this college?</i></li> <li>• <i>What steps can I take to prepare for this college?</i></li> <li>• <i>Is this the college for me? (rating scale)</i></li> </ul>
<p>The image shows the 'Is This a Career for Me?' page. It features a Venn diagram with three overlapping circles labeled 'Interests', 'Strengths', and 'Abilities'. The text asks: 'What careers are in the intersection of all three?'.</p>	<p><b>Is This a Career for Me? (Page 26)</b>          This Venn diagram is a fun way to explore careers alongside interests and strengths. Guide your mentees to notice careers that intersect with interests and abilities.</p>
<p>The image shows the 'Career Action Plan' page. It includes sections for 'Skills for Success', 'What you need to know', and 'What you need to do'. There are also sections for 'What you need to know about the career', 'What you need to know about the industry', and 'What you need to know about the field'.</p>	<p><b>Career Action Plan (Page 27)</b>          Use this activity page with your mentees to examine careers more closely and explore what it takes to prepare for a career. (Print multiple copies to explore more than one career.)</p>

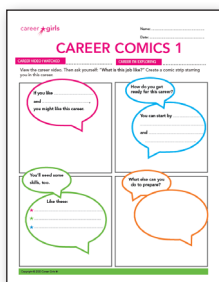
## Printable Activity Pages



### Cool Career Facts (Page 28)

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!"

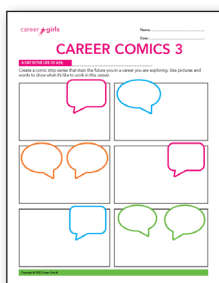
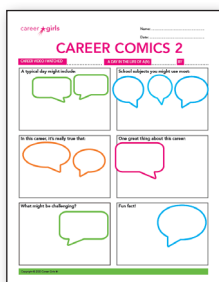
- Create opportunities to notice moments like this that might spark interest. *What makes a career stand out?*
- Use the printable Career Tracker on page 20 to focus attention on fun facts about careers. While viewing videos, invite your mentees to note details that capture their attention. Notice patterns that emerge: *Is your mentee drawn to certain fields?* This may inform further exploration about particular careers.



### Career Comics

These comic strip templates invite your mentees to put their imaginations to work while exploring careers. There are three templates to choose from:

- **Career Comics 1** (Page 29)  
After viewing a career video, your mentees can use this activity page to explore the question: *How do I do this?*
- **Career Comics 2** (Page 30)  
After viewing a career video, your mentees can use this activity page to explore the question: *What is this job like?*
- **Career Comics 3** (Page 31)  
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.



## Printable Activity Pages



### Motivational Mini-Poster (Page 32)

Career Girls role models share advice to help your mentees discover their own interests and passions and instill in them the importance of believing in themselves. While viewing Career Girl videos with your mentees, pay special attention to the My Advice and Overcoming Obstacles video clips. Invite your mentees 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!"



### Positively Empowered! Certificate (Page 33)

Use this certificate with your mentees to track completion of Career Girls Empowerment Lessons, with a goal of completing at least 10.



### Smart About STEM Certificate (Page 34)

Use this certificate with mentees to set a goal of exploring careers in each STEM area (Science, Technology, Engineering, Math). Learn more about STEM lessons on pages 12–13.



### Career Connections Certificate (Page 35)

Use this certificate with mentees to set a goal of exploring at least one career in each of these 16 career cluster categories.

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

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

Name: .....

Date: .....

# CAREER TRACKER

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



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

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

Name: .....

Date: .....

# CAREER CLUSTER TRACKER

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

Fill in the name and a brief overview of each career that you have explored.

# CAREER EXPLORATION RECORD

Date	Career	Career Overview

# CAREER GIRLS JOURNAL

## Careers I'm Exploring

CAREER I EXPLORED .....

### Things to Know About This Career

What you do:

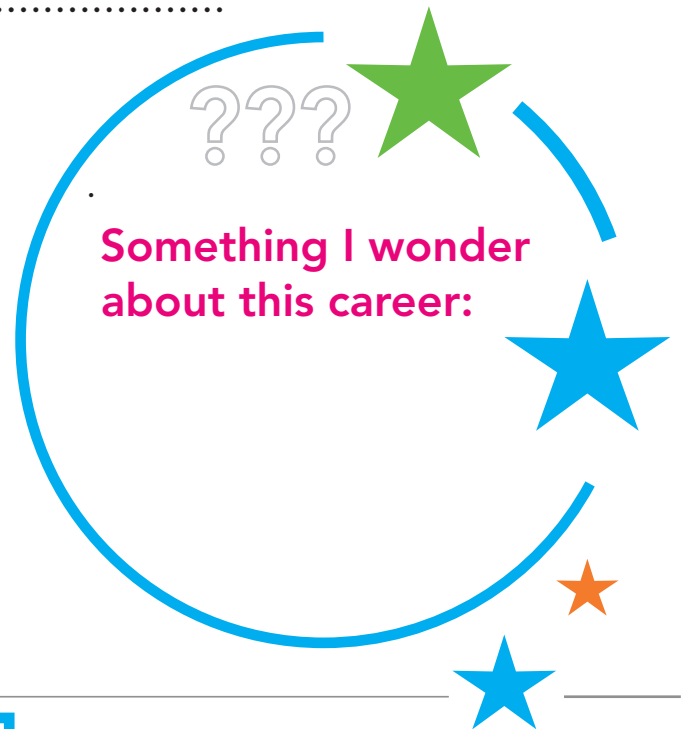
.....

Education you need:

.....

What might surprise you:

.....



### 3 Steps I Could Take to Prepare for This Career:

1

.....

2

.....

3

.....

### Could This Be the Career for Me?

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



No  
thanks

Sign  
me up

Here's why:

.....

.....

.....

# CAREER GIRLS JOURNAL

## College Majors I'm Exploring

MAJOR I EXPLORED .....

### Things to Know About This Major

Classes you might take:

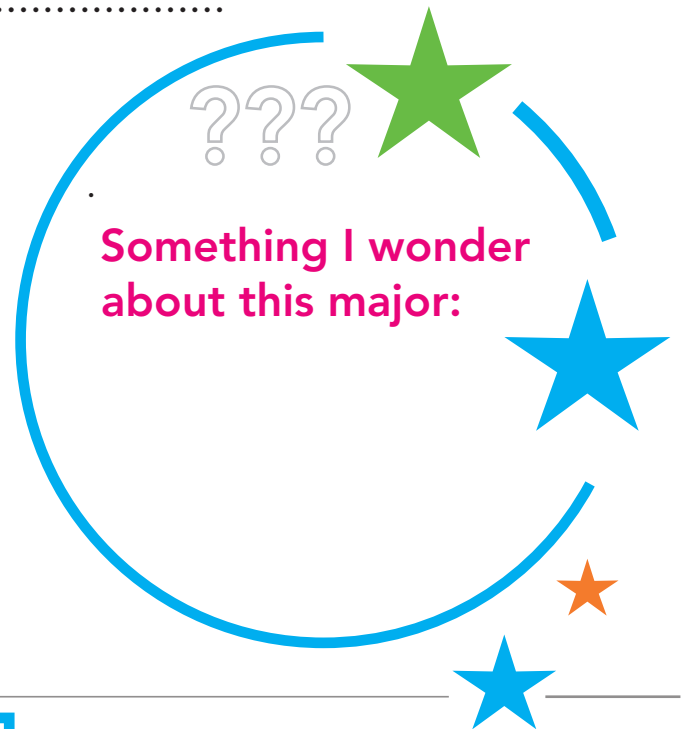
.....

Careers it prepares you for:

.....

What might surprise you:

.....



### 3 Steps I Could Take to Prepare for This Major:

1

.....

2

.....

3

.....

### Could This Be the Major for Me?

Color in the stars to show how interested you are in this major.



No  
thanks

Sign  
me up

Here's why:

.....

.....

.....

# CAREER GIRLS JOURNAL

## Colleges I'm Exploring

COLLEGE I EXPLORED .....

### Things to Know About This College

Favorite major it offers:

.....

Acceptance requirements:

.....

What might surprise you:

.....



### 3 Steps I Could Take to Prepare for This College:

1

.....

2

.....

3

.....

### Could This Be the College for Me?

Color in the stars to show how interested you are in this college.



No  
thanks

Sign  
me up

Here's why:

.....

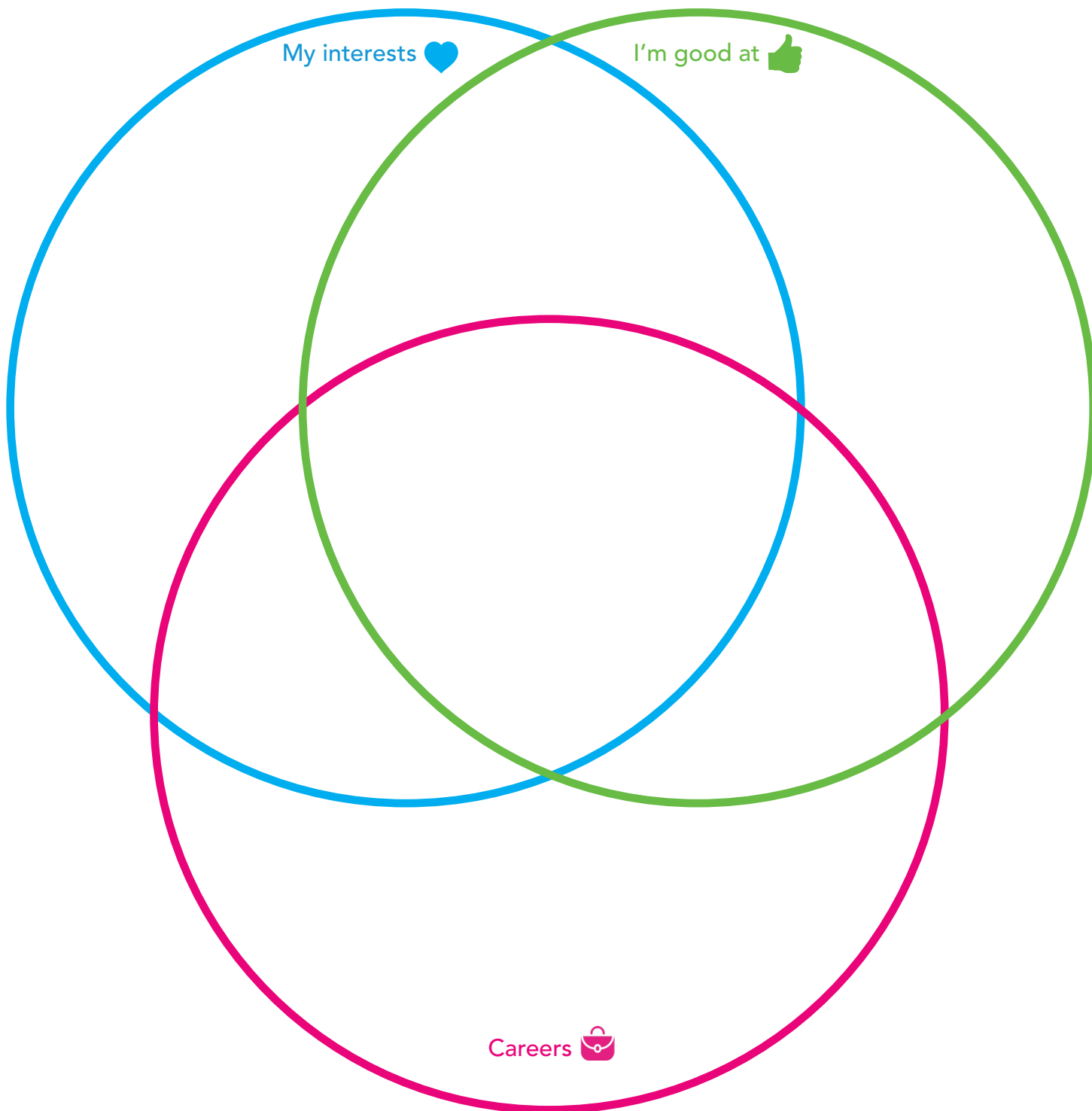
.....

.....



# IS THIS A CAREER FOR ME?

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 think of more.



# CAREER ACTION PLAN

## CAREER .....

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

### Check the career cluster(s):

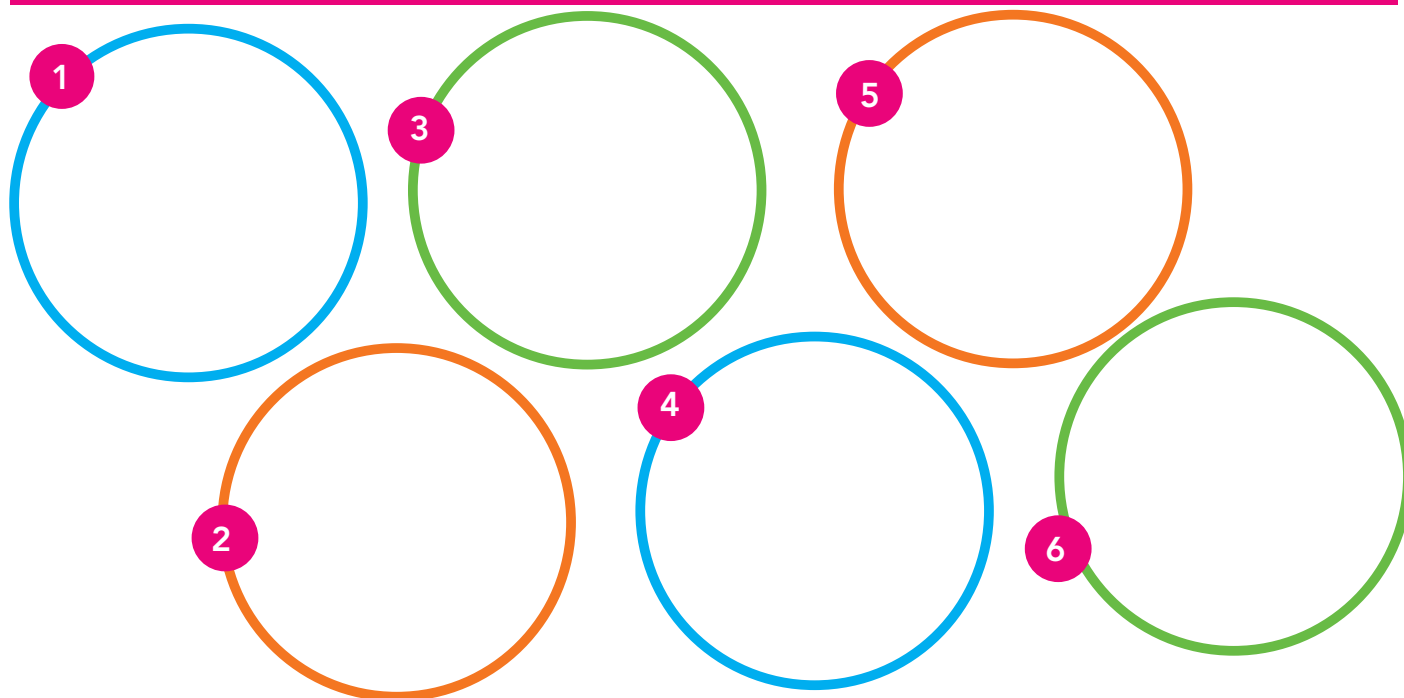
- ☐ Agriculture, Food & Natural Resources
- ☐ Architecture & Construction
- ☐ Arts, Audio/Video & Communications
- ☐ Business Management & Administration
- ☐ Education & Training
- ☐ Energy
- ☐ Finance
- ☐ Government & Public Administration
- ☐ Health Sciences
- ☐ Hospitality & Tourism
- ☐ Human Services
- ☐ Information Technology
- ☐ Law & Public Safety
- ☐ Manufacturing
- ☐ Marketing
- ☐ Transportation
- ☐ STEM (Science, Technology, Engineering & Math)

### Skills for Success

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

1. ....
2. ....
3. ....
4. ....

### JOB READY! What steps can you take, starting now, to make this career happen?



1. ....

2. ....

3. ....

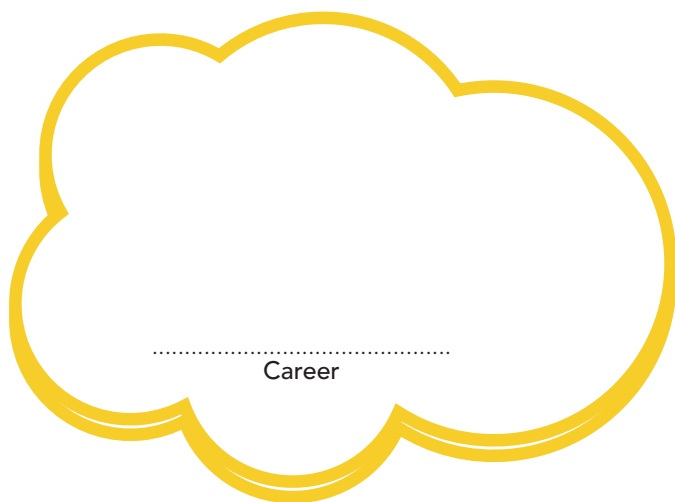
4. ....

5. ....

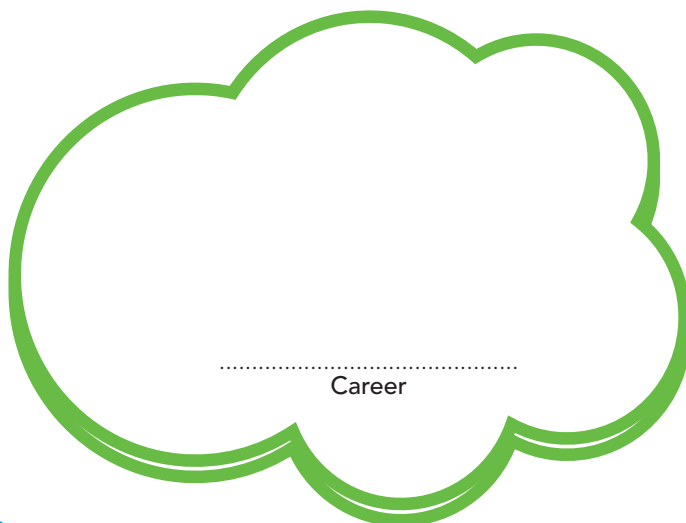
6. ....

# COOL CAREER FACTS

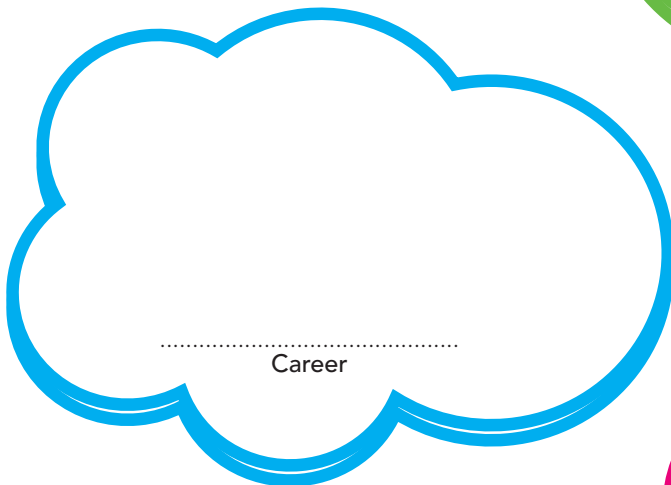
With Career Girls videos, you'll discover lots of cool things about all kinds of careers. If you're interested in space, for example, you might find it amazing that Chemical Engineer Susana Tapia Harper does safety testing on any material that goes up with an astronaut—even a guitar! Listen for more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



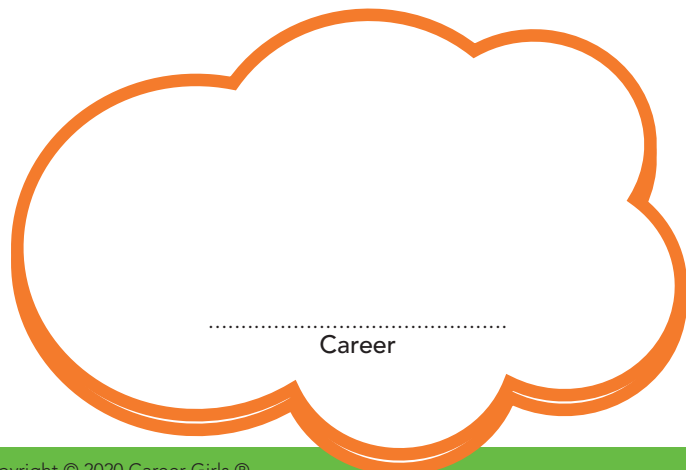
.....  
Career



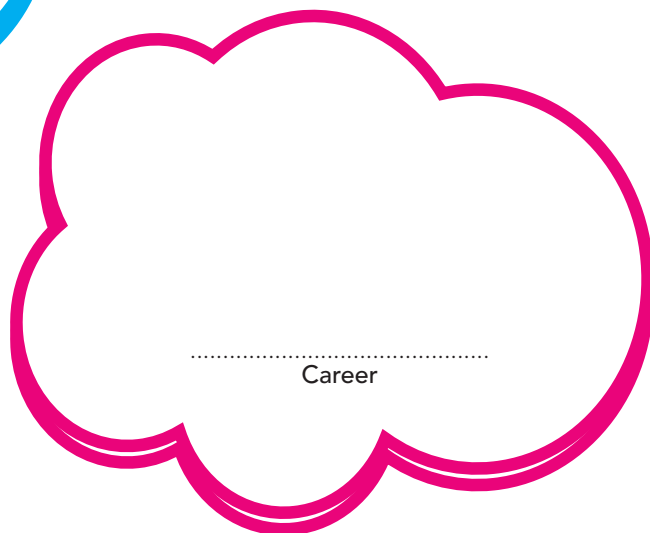
.....  
Career



.....  
Career



.....  
Career



.....  
Career

# CAREER COMICS 1

CAREER VIDEO I WATCHED .....

CAREER I'M EXPLORING .....

View the career video. Then ask yourself: "What is this job like?" Create a comic strip starring you in this career.

If you like .....  
and .....,  
you might like this career.

How do you get  
ready for this career?

You can start by .....  
.....  
and .....  
.....

You'll need some  
skills, too.

Like these:

- ★ .....
- ★ .....
- ★ .....

What else can you  
do to prepare?



# CAREER COMICS 2

CAREER VIDEO I WATCHED .....

A DAY IN THE LIFE OF A(N) .....

BY .....

A typical day might include:



School subjects you might use most:



In this career, it's really true that:



One great thing about this career:



What might be challenging?





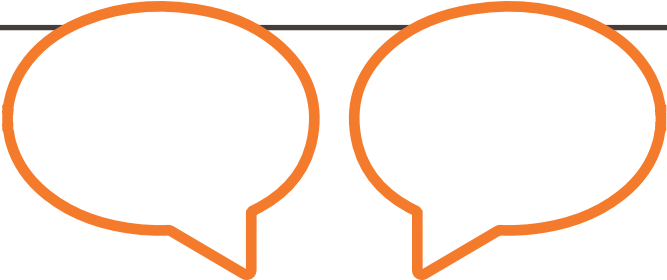


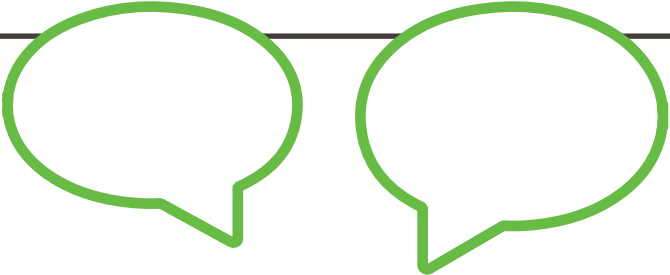
Fun fact!



# CAREER COMICS 3

A DAY IN THE LIFE OF A(N) .....

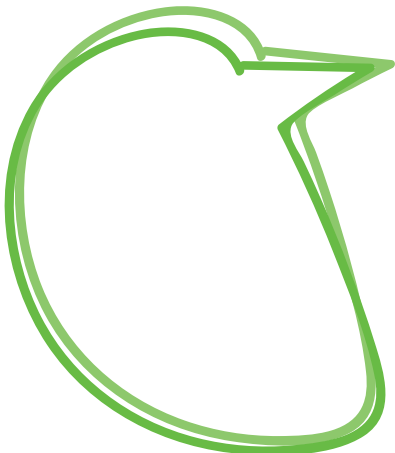
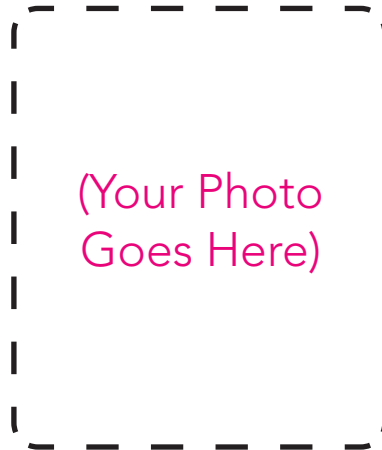
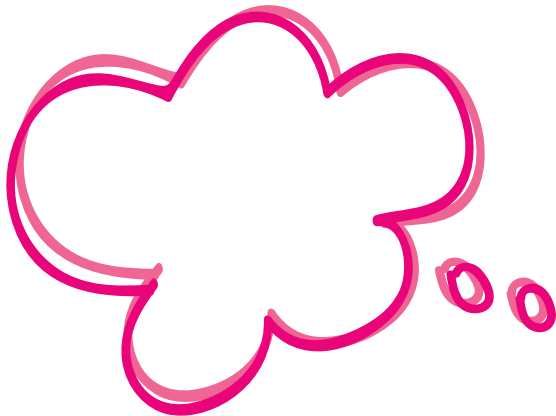
Create a comic strip series that stars the future you in a career you are exploring. Use pictures and words to show what it's like to work in this career.

# 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!"

**You can do  
ANYTHING!**



Positively Empowered

# Certificate of Completion

Awarded to \_\_\_\_\_ on \_\_\_\_\_ By \_\_\_\_\_

for Completing 10 Career Girls Empowerment Lessons

(Write the name of each lesson)



"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 \_\_\_\_\_

on \_\_\_\_\_

By \_\_\_\_\_

for Exploring at Least 10 Careers in STEM

(Write the name of each career explored)

STEM

SCIENCE TECHNOLOGY  
ENGINEERING MATH



## Career Connections

# Certificate of Completion

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

on \_\_\_\_\_

By \_\_\_\_\_

for Exploring at Least One Career in Each Career Cluster

(Color a star for each cluster you explored a career in)



Agriculture, Food & Natural Resources

Architecture & Construction

Arts, Audio/Video & Communications

Business Management & Administration

Education & Training

Finance

Government & Public Administration

Health Science

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

– Tonya Noble  
Software Engineer and  
Systems Manager, Boeing



Hospitality & Tourism

Human Services

Information Technology

Law & Public Safety

Manufacturing

Marketing

Transportation

STEM

