



# 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 Team at Career Girls

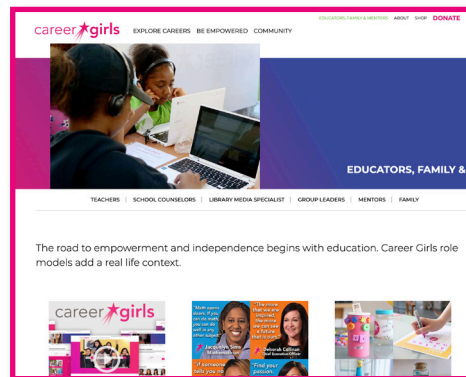
# Teaching With Career Girls

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.*

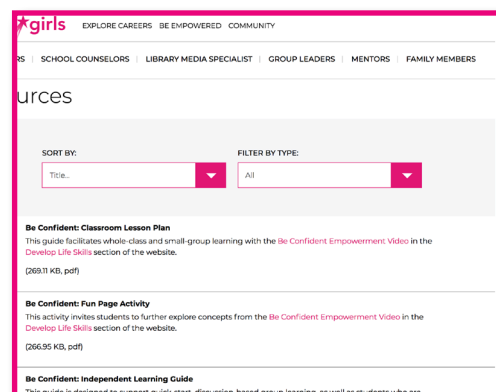
Research shows that women role models have a powerful and positive impact on girls, including their attitudes toward various careers, such as in STEM fields. Career Girls videos make it easy to bring these role models right to the girls you work with, engaging and empowering them to set and achieve academic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

With more than 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 students and educators, from lesson plans to inspirational mini-posters.



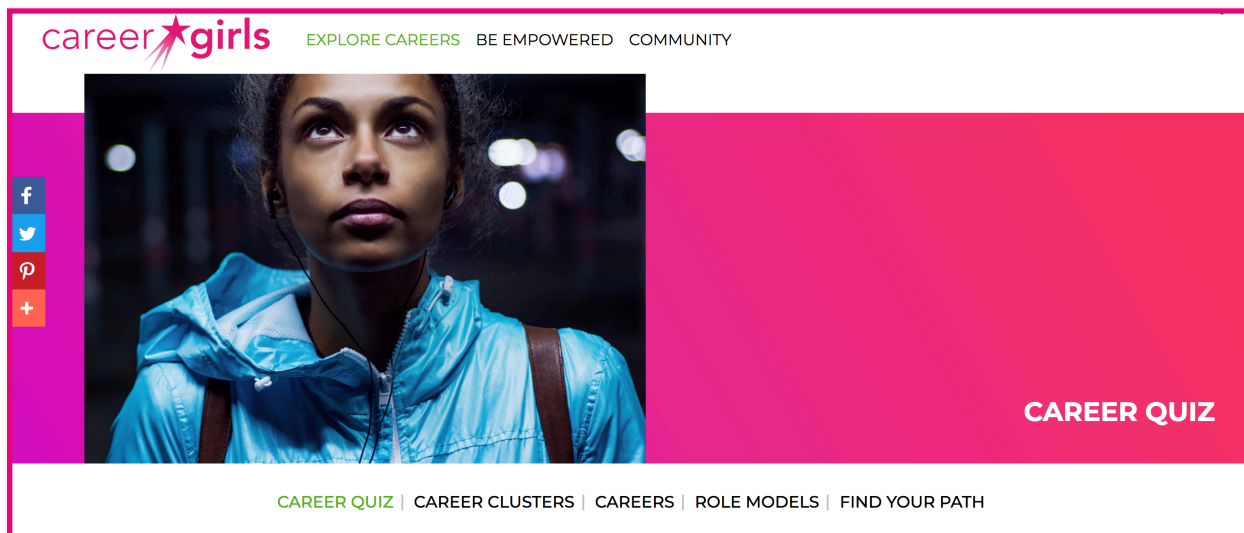
**Connections to the Common Core State Standards (CCSS).** Career Girls educational materials are designed to support students in developing lifelong learning skills such as critical thinking, creativity, and motivation, while also building competencies for meeting the Common Core State Standards. Please see pages 39–41 for correlations to the CCSS.



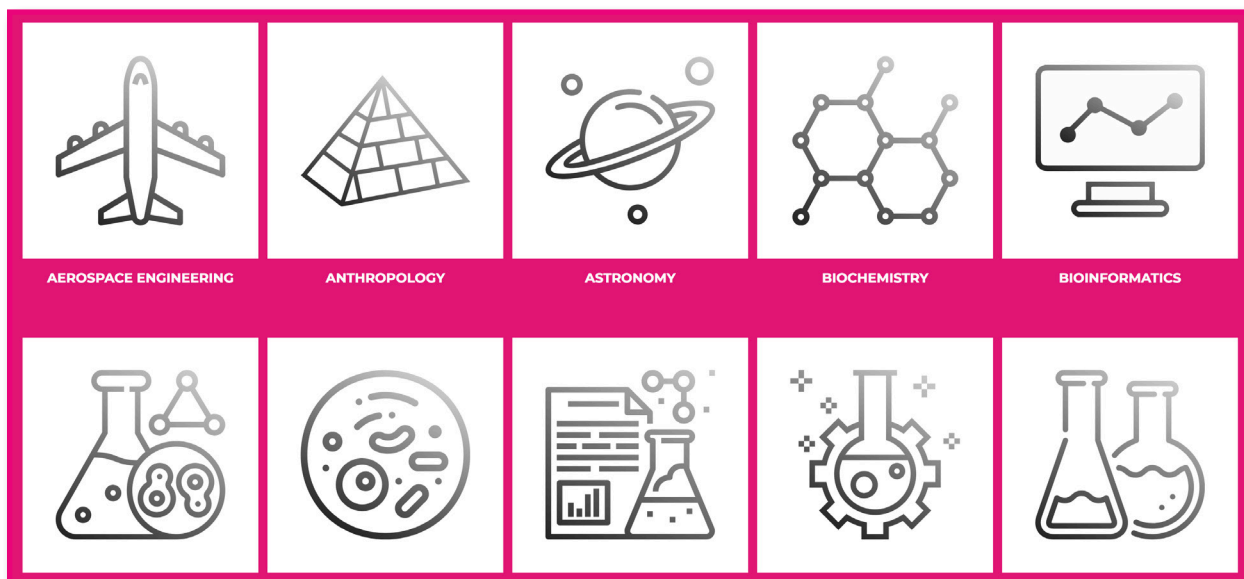
## Part 1: Exploring Careers on the Website

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 students 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.

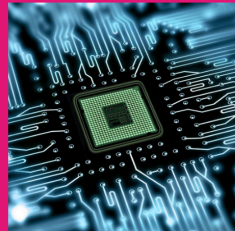


**Careers and Career Clusters.** Your students can also explore by Career Clusters, such as STEM, Health Sciences, and Finance. Or, they can jump right into an A to Z tour of careers and the role models who work in them — from an Accountant to a Zoologist.

## Career Clusters



STEM



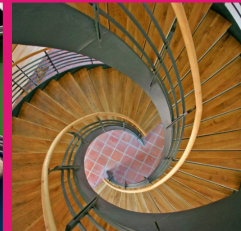
INFORMATION TECHNOLOGY



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

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

## 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



**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 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 piece of advice?

EXPLORE CAREERS   BE EMPOWERED   COMMUNITY

**SHAUNA WILLIAMS**  
PRODUCTION DESIGNER

**PLAYLISTS**  
My Career  
My Education  
My Story  
My Advice

**ALL VIDEOS (36)**

What I Do	Considering Production Design As A Career	Breaking Down The Script	Heroes	Tips On Writing A Journal
My Career As A Production Designer	The Trifecta: Creating The Look On Set	Picking Crew Members	Skills From Childhood	Finding A Mentor In The Film Industry
A Typical Day At Tyler Perry Studios	Great Part	Importance Of Math	Skills To Develop	Being A Mentor
Why Girls Should Consider A Career Behind The Camera	First Time In The Credits	Always Have A Plan B	Production Design Tips For Girls	Family Support
Different Jobs In The Film	Challenges	Why Join A Union	Interior Design Tips For Girls	Staying Motivated
		Education	Tips For Managing Difficult	Overcoming Obstacles
		Favorites		

## 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.

**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 'CAREER-BASED EMPOWERMENT LESSONS' section of the Career Girls website. At the top is the 'career girls' logo with navigation links: 'EXPLORE CAREERS', 'BE EMPOWERED', and 'COMMUNITY'. Below the title is an introductory paragraph: '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 page features six lesson cards arranged in a 2x3 grid. Each card has a pink header with the lesson title, a subtitle 'career-based empowerment lesson', a row of five diverse female role models, and a title bar at the bottom. The lessons are: 1. 'EXPLORE' (CAREER EXPLORATION 101), 2. 'STEM' (WHY CHOOSE STEM), 3. 'SCIENCE' (SCIENCE CAREERS), 4. 'TECHNOLOGY' (TECHNOLOGY CAREERS), 5. 'ENGINEERING' (ENGINEERING CAREERS), and 6. 'VISUAL ARTS' (VISUAL ARTS CAREERS).

**career girls** EXPLORE CAREERS BE EMPOWERED COMMUNITY

### CAREER-BASED EMPOWERMENT LESSONS

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.

**EXPLORE**  
career-based empowerment lesson

CAREER EXPLORATION 101

**STEM**  
career-based empowerment lesson

WHY CHOOSE STEM

**SCIENCE**  
career-based empowerment lesson

SCIENCE CAREERS

**TECHNOLOGY**  
career-based empowerment lesson

TECHNOLOGY CAREERS

**ENGINEERING**  
career-based empowerment lesson

ENGINEERING CAREERS

**VISUAL ARTS**  
career-based empowerment lesson

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 shows the 'SKILL-BASED EMPOWERMENT LESSONS' section of the Career Girls website. At the top is the 'career girls' logo with navigation links: 'EXPLORE CAREERS', 'BE EMPOWERED', and 'COMMUNITY'. Below the title is an introductory paragraph: '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 page features three lesson cards arranged in a row. Each card has a pink header with the lesson title, a subtitle 'skill-based empowerment lesson', a row of five diverse female role models, and a title bar at the bottom. The lessons are: 1. 'FRIENDS 2' (CHOOSING THE RIGHT FRIENDS), 2. 'RESILIENCE' (IMPORTANCE OF RESILIENCY), and 3. 'CONFIDENCE' (BE CONFIDENT).

**career girls** EXPLORE CAREERS BE EMPOWERED COMMUNITY

### SKILL-BASED EMPOWERMENT LESSONS

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.

**FRIENDS 2**  
skill-based empowerment lesson

CHOOSING THE RIGHT FRIENDS

**RESILIENCE**  
skill-based empowerment lesson

IMPORTANCE OF RESILIENCY

**CONFIDENCE**  
skill-based empowerment lesson

BE CONFIDENT

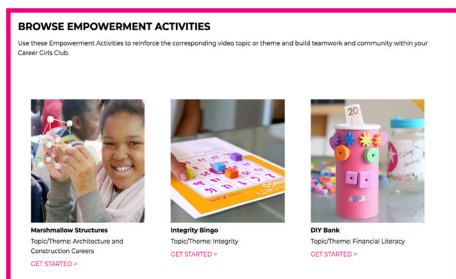
**Getting started.** Each Empowerment Lesson centers around a short video clip that features real-world role models who share straight-to-the-point career insights and advice, making the lessons an ideal jumping-off point for meaningful and lasting learning experiences. These videos are paired with ready-to-use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

Empowerment Lessons are easy for teachers to use with large groups, small groups, or individuals. 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 student'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 students.** Use the Independent Learning Guide as a quick and easy way to jumpstart lively discussions about the lesson topic with your students 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 students 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 students. 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 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 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 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



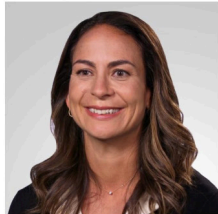
BIOCHEMIST




TECH MANAGER




NASA ENGINEER




PUBLIC POLICY LEAD



BIOTECH EXECUTIVE



CHEMIST



SCIENTIST

[VIEW ALL](#)

## Part 4: Teaching With Any Career Girls Video

Although the Empowerment 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 career options.
- Use 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 students 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 26, “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 you 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 in 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 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.

**BROWSE EMPOWERMENT ACTIVITIES**


Use these Empowerment Activities to reinforce the corresponding video topic or theme and build teamwork and community within your Career Girls Club.



**Marshmallow Structures**  
Topic/Theme: Architecture and Construction Careers  
[GET STARTED >](#)



**Integrity Bingo**  
Topic/Theme: Integrity  
[GET STARTED >](#)



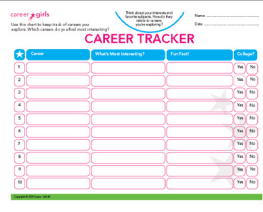

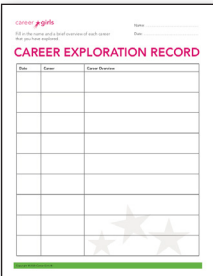
**DIY Bank**  
Topic/Theme: Financial Literacy  
[GET STARTED >](#)

**Empowerment Activities**

Create your own, or browse from the ones shown on the Empowerment Activities page in the Be Empowered section of the Career Girls Website.

## 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 organizational skills.

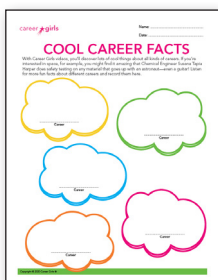
	<p><b>Career Tracker (Page 21)</b></p> <p>Setting college and career goals can motivate your students to improve their academic performance. Use this Career Tracker with your group to maintain a record of careers they explore. This can also serve as an important reminder of the active role they are taking in their future and provide them with a handy resource to revisit careers they explore.</p>
	<p><b>Career Cluster Tracker (Page 22)</b></p> <p>Use this Career Cluster Tracker with your students 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 23)</b></p> <p>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.</p>



## Printable Activity Pages

<p>The page is titled 'CAREER GIRLS JOURNAL Careers I'm Exploring'. It includes a 'Things to Know About This Career' section with fields for 'What you do', 'Education you need', and 'What might surprise you'. There is a '3 Steps I Could Take to Prepare for This Career' section with numbered lines 1, 2, and 3. A 'Could This Be the Career for Me?' section features a star rating scale from 1 to 5 stars, with a 'Here's why:' field below it.</p>	<p><b>Career Girls Journal – Careers (Page 24)</b></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?</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 page is titled 'CAREER GIRLS JOURNAL College Majors I'm Exploring'. It includes a 'Things to Know About This Major' section with fields for 'Classes you might take', 'Courses &amp; projects you'll do', and 'What might surprise you'. There is a '3 Steps I Could Take to Prepare for This Major' section with numbered lines 1, 2, and 3. A 'Could This Be the Major for Me?' section features a star rating scale from 1 to 5 stars, with a 'Here's why:' field below it.</p>	<p><b>Career Girls Journal – College Majors (Page 25)</b></p> <p>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>• What are the important things to know about this college major?</li> <li>• What questions do I have about this college major?</li> <li>• What steps can I take to prepare for this college major?</li> <li>• Is this the college major for me? (rating scale)</li> </ul>
<p>The page is titled 'CAREER GIRLS JOURNAL Colleges I'm Exploring'. It includes a 'Things to Know About This College' section with fields for 'Academic requirements', 'What might surprise you', and 'What might surprise you'. There is a '3 Steps I Could Take to Prepare for This College' section with numbered lines 1, 2, and 3. A 'Could This Be the College for Me?' section features a star rating scale from 1 to 5 stars, with a 'Here's why:' field below it.</p>	<p><b>Career Girls Journal – Colleges (Page 26)</b></p> <p>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>• What are the important things to know about this college?</li> <li>• What questions do I have about this college?</li> <li>• What steps can I take to prepare for this college?</li> <li>• Is this the college for me? (rating scale)</li> </ul>
<p>The page is titled 'IS THIS A CAREER FOR ME?'. It features a Venn diagram with three overlapping circles labeled 'Interests', 'Strengths', and 'Careers'. The circles are colored blue, green, and pink respectively. The page is designed for students to write down careers that fit into the intersections of these categories.</p>	<p><b>Is This a Career for Me? (Page 27)</b></p> <p>This Venn diagram is a fun way to explore careers alongside interests and strengths. Guide your students to notice careers that intersect with interests and abilities.</p>
<p>The page is titled 'CAREER ACTION PLAN'. It includes a 'Skills for Success' section with a list of skills: Communication, Critical Thinking, Creativity, Problem Solving, Teamwork, and Leadership. There is a '2025 READY!' section with a checklist of skills: Research, Planning, Organizing, Managing, and Evaluating. The page also features a '2025 READY!' section with a checklist of skills: Research, Planning, Organizing, Managing, and Evaluating.</p>	<p><b>Career Action Plan (Page 28)</b></p> <p>Use this activity page with students 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>

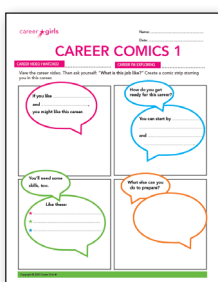
## Printable Activity Pages



### Cool Career Facts (Page 29)

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!"

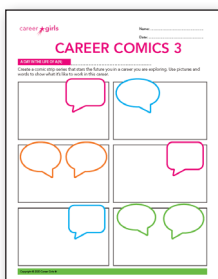
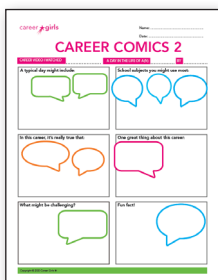
- Create opportunities to notice moments like this that might spark a student's interest. What makes a career stand out?
- Before viewing a video, give each student a sticky note (large enough to write on). Have students listen for something that captures their attention and write it on the sticky note. (This might be 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.



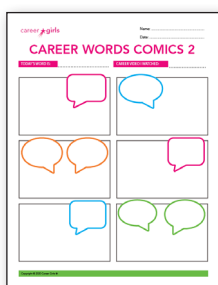
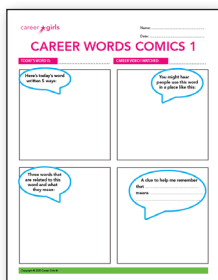
### Career Comics

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

- **Career Comics 1** (Page 30)  
After viewing a career video, your students can use this activity page to explore the question: *How do I do this?*
- **Career Comics 2** (Page 31)  
After viewing a career video, your students can use this activity page to explore the question: *What is this job like?*
- **Career Comics 3** (Page 32)  
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



### Career Words Comics (Pages 33 and 34)

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.

## Printable Activity Pages



### Motivational Mini-Poster (Page 35)

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 students, pay special attention to the My Advice and Overcoming Obstacles video clips. Invite your students 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 36)

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



### Smart About STEM Certificate (Page 37)

Use this certificate with students 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 38)

Use this certificate with students 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:

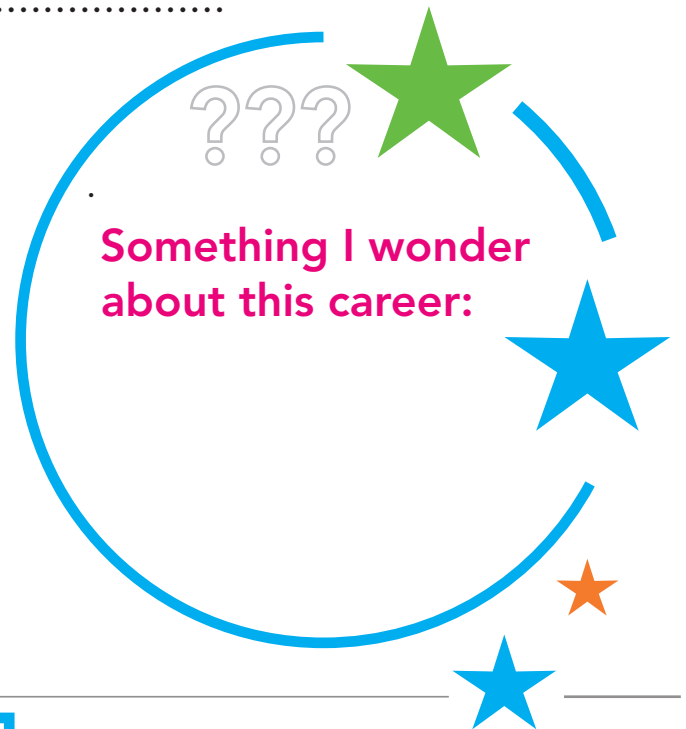
.....

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:

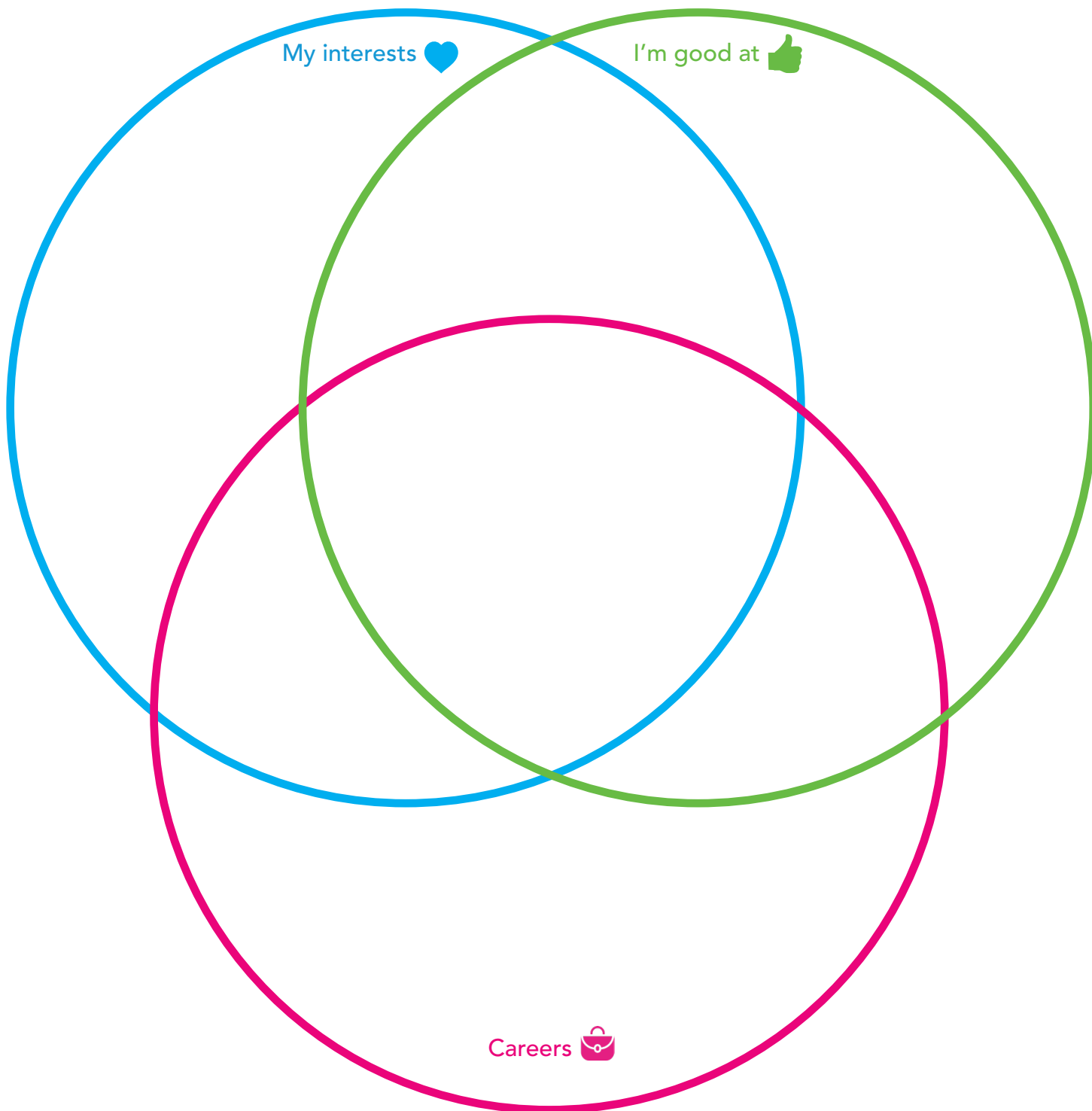
.....

.....

.....

# 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?

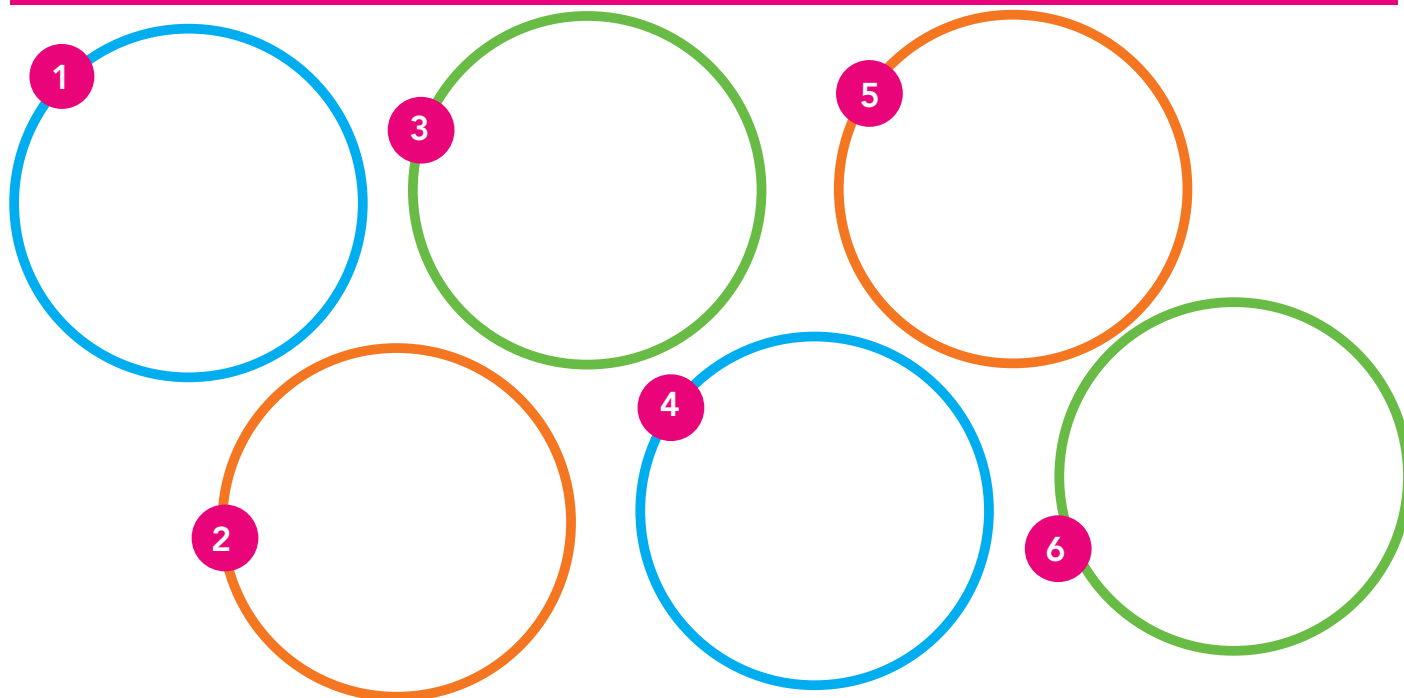
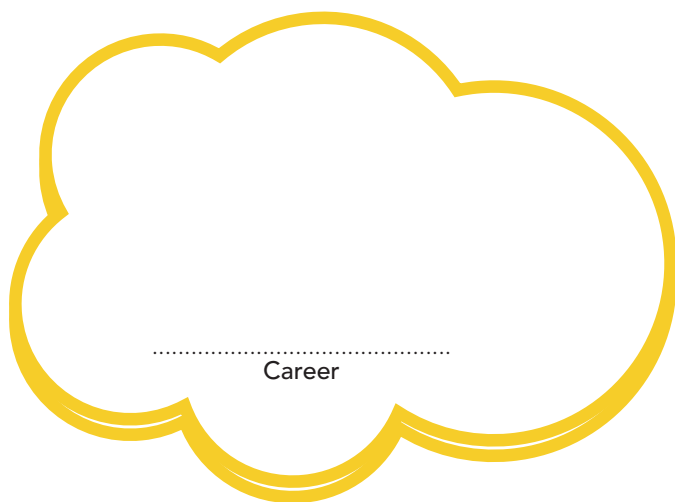


Diagram showing six numbered circles (1-6) arranged in a circular pattern, intended for listing steps to achieve the career goal.

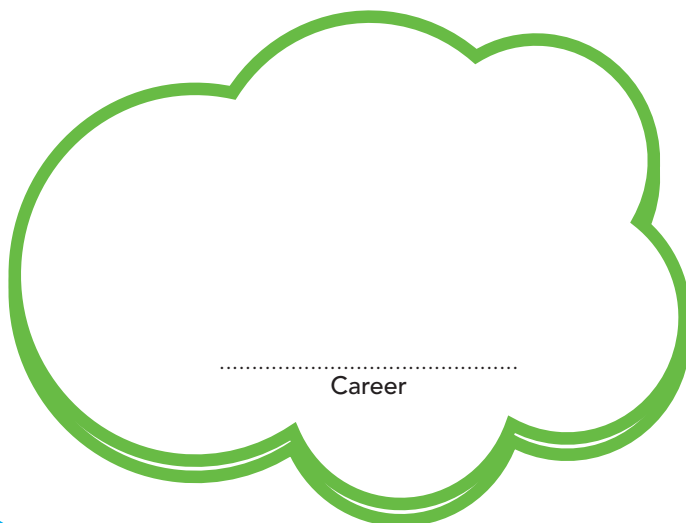
# COOL CAREER FACTS

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.



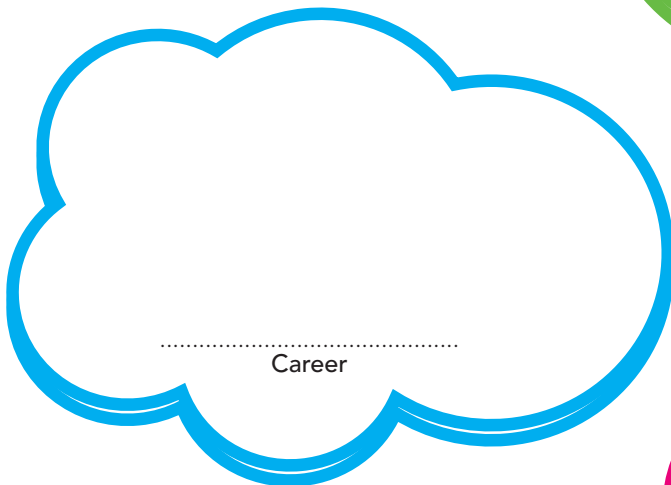
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Career



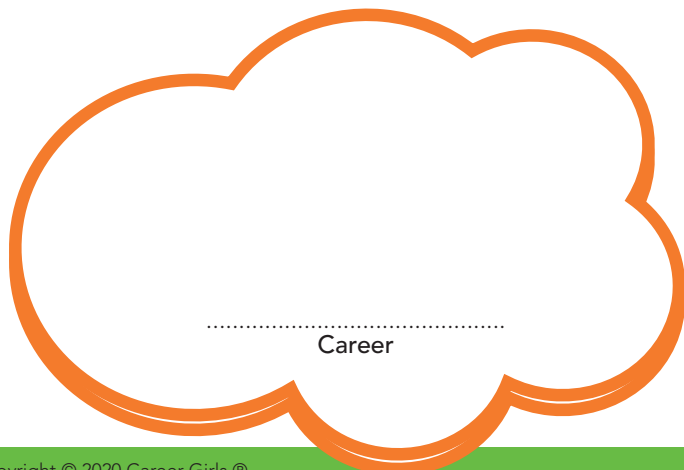
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Career



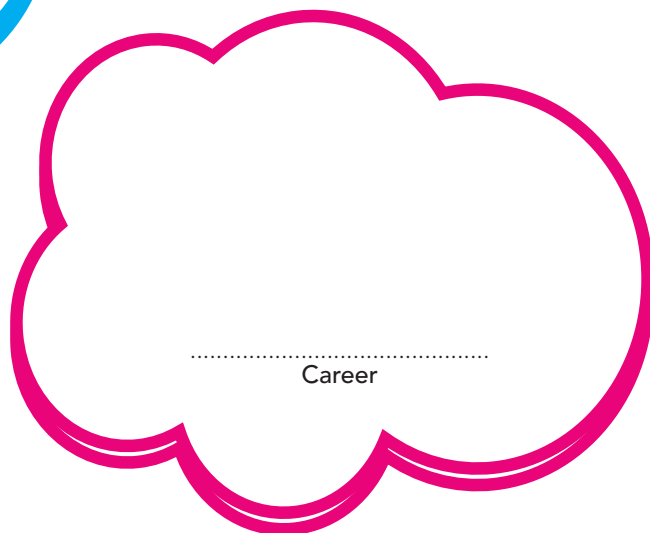
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Career



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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?





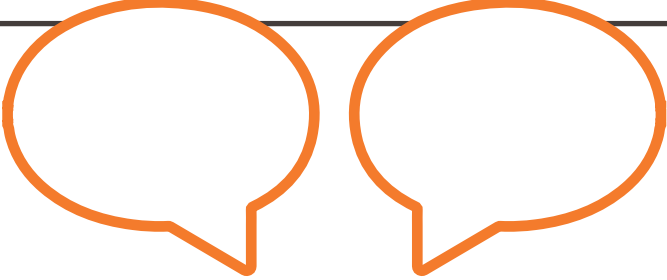


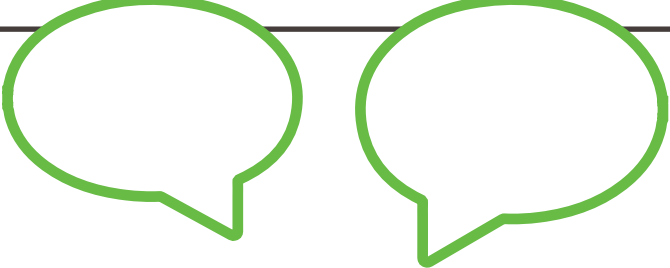
Fun fact!



# 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.

# CAREER WORDS COMICS 1

TODAY'S WORD IS: .....

CAREER VIDEO I WATCHED: .....

Here's today's word  
written 5 ways:

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

Three words that  
are related to this  
word and what  
they mean:

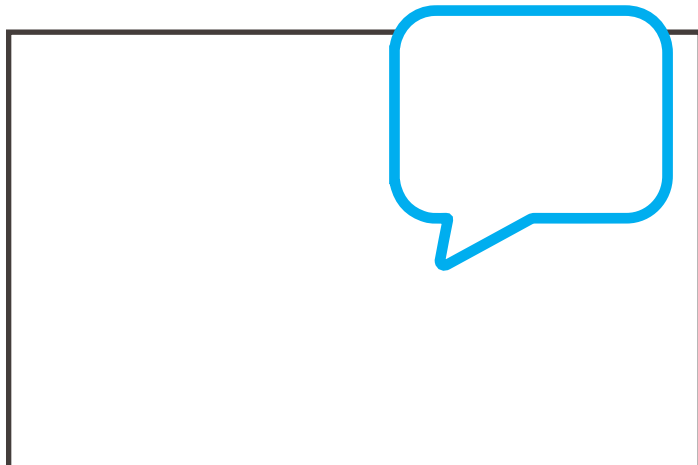
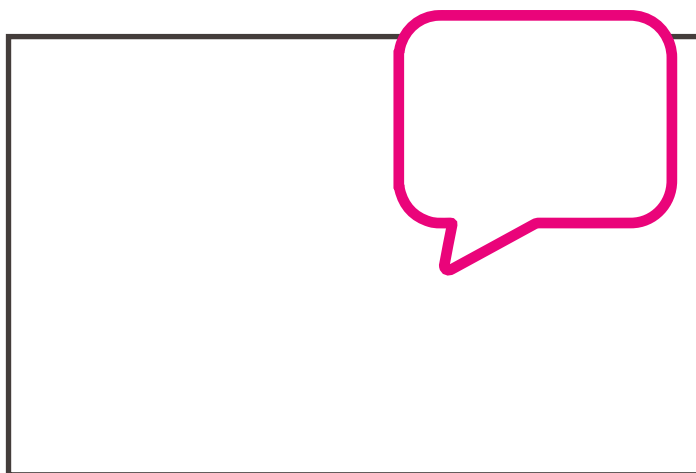
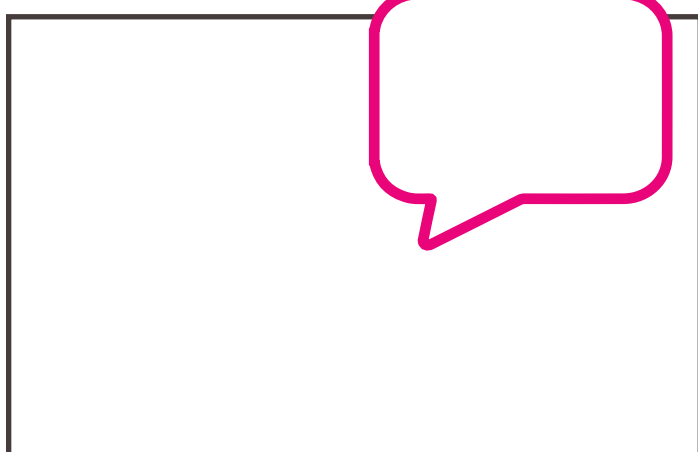
A clue to help me remember  
that .....  
means .....  
.....



# CAREER WORDS COMICS 2

TODAY'S WORD IS:

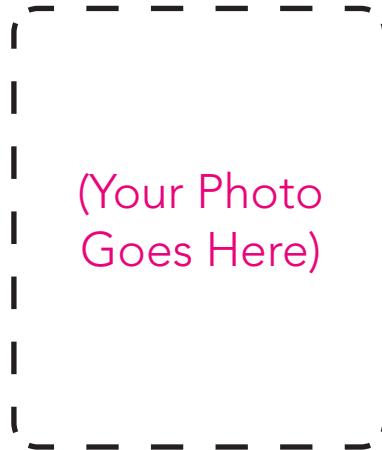
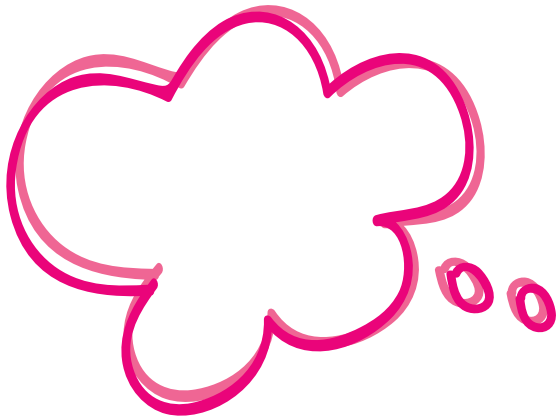
CAREER VIDEO I WATCHED:



# 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



## **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.