



Career Exploration 101: Classroom Lesson Plan

Lesson Topic:

Career Exploration 101

Lesson Objective:

Students will be able to name a variety of career possibilities as well as the benefits associated with working in each career field.

Materials:

- Copies of **List of Role Model Careers**
- Projector or other method to watch the movie

Advanced Preparation:

- [Preview the video](#) before sharing it with your students [2:25].
- Make copies of **List of Role Model Careers**.

Warm-up Activity:

1. Provide each student with a copy of the **List of Role Model Careers** featured in the Career Exploration 101 video.
2. Have students circle the careers they believe they are familiar with and look up the definitions of those they are not familiar with. Have students record their definitions on the page.
3. Use this opportunity to clear up any misconceptions about the careers that will be shown in the film.

View the Video: "Career Exploration 101"

1. Tell students they will be watching the video titled, "Career Exploration 101". Explain that first level college classes are often labeled 101 because they are classes for beginners.
2. Explain that the video presents role models talking about why they like their careers and why they find their careers rewarding.
3. View the video together and have students listen for the reasons that each role model likes her career. If possible, have students note the reasons given next to each career on the **List of Role Model Careers** sheet.
4. View the video again; this time, invite students to formulate questions or comments about the ideas discussed in the video and to be prepared to discuss these after viewing the video.

Video Follow-up:

1. Ask students to offer their questions, comments, reactions and responses to the video.
2. Invite students to note specific things they learned about the different careers featured in the video and to reflect on their observations (e.g., "I liked when the pediatrician said she liked working with children. I wish I could learn more about that career and other careers that involve working with children.")
3. Review the **List of Role Model Careers** sheet with students and discuss the reasons each role model enjoyed working in her career as well as possible benefits of working in that career field.
4. Have students tell about careers they think they might enjoy and why.
5. Encourage students to share their future career ideas with their parents and friends. Explain that sharing ideas about possible future careers with others can help you gather more information



about the career, its benefits, and may even help you learn about other career possibilities that you aren't familiar with.



Extension Activities:

1. Use the "Related Questions to Explore" as discussion springboards or writing prompts to help students further explore careers.
2. Have students use the Career Girls website to explore more careers that sound appealing or intriguing. They can use the website to explore many different careers.

Related Questions to Explore:

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



List of Role Model Careers from the "Career Exploration 101" Video:

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



Ideas for Future Lessons/Activities Related to Career Exploration:

1. What Color is Your Parachute? Considering Strengths, Preferences, and Likes to Select Possible Career Fields
2. Explore Role Playing Scenarios: Taking Turns Acting Out Different Career Possibilities
3. Literature-Based Learning: Reading and Responding to Autobiographies and Memoirs of Famous Females from a Variety of Career Fields
4. Conducting and Recording Interviews with Real Life Inspiring Women About Their Careers
5. Math Connection: Classifying Careers into Categories Based on a Variety of Factors
6. Can I Only Pick One? Analyzing the Career Paths of Professionals in Your Fields of Interest
7. But, How Do I Get There? Researching Fields of Interest and Their Educational Requirements