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|  | **First Steps: Understanding the World of Work through Career Technical Education** is a standard-based, CTE focused, career development curriculum for students in grades 7-8. The First Steps logo indicates instructional resources are aligned to the [First Steps Standards](https://cte.idaho.gov/Resource_Catalog/Program_Areas/Middle_School/TheIdahoMiddleSchoolCTEInitiative.pdf) and IDCTE approved! |

**First Steps Standard(s):** Domain 2: Career Exploration (What’s out there for me?) 1. Apply Self-Evaluation to the World of Work (Where do I fit in the world of work?) B. Summarize how one researches and chooses a career interest.C. Use results of self-evaluation to identify related career clusters and occupations.

**Career Activity Curriculum Topic:** What Skills Will I Bring to My Career?

**Learning Outcomes:** Students will be able to (SWBAT):

1. Identify and list the steps for career research
2. Identify the careers that match with their Self-Evaluation results

**Activity Summary:** This lesson will teach students a process for researching occupations and career interests through a self-evaluation. They will complete a self-evaluation and assess the results based on their own interests, skills, and goals. They will use those results to guide their research on a possible career path.

**Estimated Time:** One to two 45 - 60-minute class periods

**Suggested Grade Level:** 7th or 8th grade

**Materials Needed:**

* Teacher Materials: Computer/projector, slide deck, handout (Assignment Sheet (1 per student)) table for ordering steps (1 per student, partner set, table, etc.),
* Student Materials: Pen/pencil, device with web access, assignment sheet

**Academic Vocabulary:**

* **Self-Evaluation/Self-Assessment:** “the process of gathering information about yourself in order to make an informed career decision. It is the first step of the Career Planning Process.” [(Paradise Valley)](https://paradisevalley.libguides.com/careerexploration/self-assessment)

**Introduction:** Understanding the skills, interests, and hobbies that you have can be helpful in discovering a career path that fits you. Self-evaluations are one tool that can match some of your unique traits with a variety of job and career opportunities. At the end of the lesson, you’ll be prepared to research career interests based on the results of your Self-Evaluation. This narrows down the vast career options available to those you have strengths and aptitudes for.

**Learning Activities/Procedures:** Use the slide deck

1. Quick Write: Students will work for five minutes to answer the two prompts. Pair students according to your classroom procedures and give them time to share what they wrote.
2. Class Discussion: Students can write their ideas on the board or share verbally with the teacher being the scribe at the board.
* Slide 3: How do they determine that job was one they’d want in the future?
* Slide 4: What are ways we can narrow down the jobs we research?
1. Use the next two slides as a transitional moment to get students thinking about their self-knowledge and what this might mean in terms of their possible career or career path.
2. Challenge students to reorder the five steps into the correct order. They have a copy of the same table on their handout. Give them five minutes to order the steps and answer the two reflection questions.

**\*\*Slide 8 is an online option for this activity**. Pair students according to your classroom procedures and give them time to share the order they placed the steps.

1. Review the steps in the correct order and explain the benefit of self-evaluation in their career research.
2. Have students complete the self-evaluation [Interest Survey](https://nextsteps.idaho.gov/curriculum/interest-profiler). When finished, have them use the five steps to begin assessing their results and researching the jobs that were suggested for them.
3. Students will reflect on their completed self-evaluation and answer the three questions in the last section of the handout.
4. Present students with the final slide (quote by Steve Jobs) allow them the opportunity to write their opinion first, then open the floor for discussion or have them share with a partner.

\*\*This could also be done as an Exit Ticket on a sticky note, Pear Deck, Google Form, etc.

**Accommodations/Adaptations/Extensions**

**Accommodation:** Students can work individually or with a partner to answer questions on the handout; Students can complete the printed handout or online version; provide a partially done or correctly ordered chart for the five-step process, provide the self-evaluation ahead of time.

**Adaptation**: Print out copies of the 5 steps (see page 4) and have students cut and reorder the steps on their desk, individually or with a partner. Then they can paste the steps in order on their handout. Slide 7 can be assigned as an online version of this activity.

**Extension:** This lesson can lead to other lessons on the Next Steps website, including [Plan Smart](https://nextsteps.idaho.gov/curriculum/plan-smart-intro).

**Evaluation:** Students will be able to complete and submit the assignment sheet! They may also submit results of their self-evaluation or an Exit Ticket of some sort (if not completed on handout).

**Closing:** There are so many jobs available, with more being added every year. It can be intimidating to start looking for jobs and careers without first narrowing down those options. The best way to do that is to use a Self-Evaluation. This tool can show students their strengths, skills, and unique qualities and the careers that could be best matches, based on the results.

**Resources/References:**

https://nextsteps.idaho.gov/curriculum/plan-smart-intro

https://nextsteps.idaho.gov/curriculum/future-finder

https://nextsteps.idaho.gov/curriculum/interest-profiler

Job Statistics: https://www.bls.gov/news.release/jolts.nr0.htm

Article: https://www.nycbar.org/images/stories/pdfs/careerdevelopment/selfassessment-gomelskaya.pdf

Other Self-Evaluation options: https://www.careeronestop.org/ExploreCareers/Assessments/self-assessments.aspx

https://paradisevalley.libguides.com/careerexploration/self-assessment

If students don’t have access to the hyperlinks on their self-reflection to find the job qualities, they can use these sites instead:

https://nextsteps.idaho.gov/browse-careers/intro

https://www.onetonline.org/find/all

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| Alphabetical order:

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| △ Answer questions and complete a Self-Evaluation survey |
| ▢ Determine what high school courses or higher education are necessary for the job. How will you acquire the skills and requirements needed for this job? |
|  𐩒Find jobs in the same field, related to the first job. What possible careers have similar descriptions? |
| ☆ Reflect on the skills and requirements listed for these jobs. Do you have those qualities? |
| ⬠ Review your results and the jobs listed. Is there a job you’d be interested in having? |

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