

## **Lesson 1: Exploring Career Options Based on Interests and Strengths**

### **Objective:**

Students will explore different career options based on their interests and strengths.

**Grade Level:** 7 & 8

**Duration:** 60 minutes

### **Materials Needed:**

- Career interest quiz (online or printed)
- Handouts with a list of various careers and related skills
- Whiteboard and markers
- Reflection journals

### **Introduction (10 minutes):**

#### **1. Engage:**

- **Discussion Starter:** Begin by asking students what they enjoy doing in their free time, what subjects they excel in, and what activities make them feel energized.
- **Brainstorming:** Write their responses on the whiteboard to help them visualize how their interests and strengths could relate to different careers.

### **Explore (20 minutes):**

#### **1. Career Interest Quiz:**

- **Activity:** Have students take a career interest quiz that helps them identify their strengths and potential career paths. The quiz can be done online or with printed questionnaires tailored to their age group.
- **Group Discussion:** Once students have completed the quiz, bring them together to discuss their results. Encourage them to share which careers matched their interests and strengths and whether these careers align with what they enjoy or excel in.

### **Explain (15 minutes):**

#### **1. Connecting Interests to Careers:**

- **Class Discussion:** Introduce the concept of aligning personal interests and strengths with potential career options. Explain how knowing what

they are good at and what they enjoy can help them find careers that are fulfilling and enjoyable.

- **Examples:** Provide examples of careers that align with different interests. For instance, students who enjoy science might explore careers in healthcare or research, while those who are creative might consider careers in the arts or design.

**Elaborate (10 minutes):**

**1. Career Exploration Activity:**

- **Matching Activity:** Hand out lists of various careers along with descriptions of the skills required for each. Have students work in pairs to match these careers with the interests and strengths identified in the earlier quiz.
- **Discussion:** Ask students to consider how well their strengths match with the skills required for each career and whether these careers interest them.

**Evaluate (5 minutes):**

**1. Reflection Journal:**

- **Personal Reflection:** Ask students to write a short reflection in their journals about the careers they found most interesting based on their strengths and interests. Encourage them to consider how they might further explore these careers in the future.

## Lesson Support Resources

### Career Interest Quiz for Lesson 1

#### Instructions:

Answer the following questions to help identify your interests and strengths. Choose the option that best describes you. At the end of the quiz, you'll see which career paths might align with your answers.

1. What type of activities do you enjoy the most?

- a) Solving puzzles, conducting experiments, or figuring out how things work
- b) Drawing, painting, designing, or creating something new
- c) Helping others, providing support, or volunteering in your community
- d) Working with computers, coding, or playing video games
- e) Organizing events, managing projects, or planning things in detail
- f) Spending time outdoors, exploring nature or learning about the environment

2. When working on a group project, what role do you usually take?

- a) The problem-solver who comes up with solutions
- b) The creative designer who makes things look good
- c) The supportive team member who helps everyone get along
- d) The tech expert who handles the technical aspects
- e) The leader who organizes tasks and makes sure everything runs smoothly
- f) The researcher who gathers information and facts

3. What school subjects do you enjoy the most?

- a) Science, Math, or Technology
- b) Art, Music, or Drama
- c) Social Studies, Health, or Physical Education
- d) Computer Science, Information Technology, or Robotics
- e) Business Studies, Economics, or Management
- f) Geography, Environmental Science, or Biology

4. How do you prefer to spend your free time?

- a) Building models, conducting experiments, or reading science books
- b) Drawing, writing stories, or working on creative projects
- c) Volunteering, mentoring, or helping friends and family
- d) Coding, playing video games, or learning new software
- e) Organizing activities, planning events, or leading groups
- f) Hiking, gardening, or exploring nature

5. What kind of environment do you see yourself working in?

- a) A lab or research facility where you can experiment and solve problems
- b) A studio or design firm where you can create and innovate
- c) A hospital, school, or community center where you can help others
- d) A tech company or startup where you can work with computers and technology
- e) A corporate office where you can manage projects and lead teams
- f) An environmental organization or park where you can work outdoors

6. Which of these goals appeals to you the most?

- a) Discovering new scientific facts or developing innovative technology
- b) Creating a successful art piece, design, or media project
- c) Making a positive impact on people's lives and well-being
- d) Developing a new app, software, or video game
- e) Starting or managing a successful business or project
- f) Protecting the environment and promoting sustainability

7. What are your strongest skills?

- a) Analytical thinking, problem-solving, attention to detail
- b) Creativity, artistic ability, imagination
- c) Empathy, communication, teamwork
- d) Technical skills, logical thinking, precision
- e) Leadership, organization, decision-making
- f) Observation, research, understanding natural processes

Results Interpretation:

- Mostly A's: Science and Technology Careers
  - Potential Careers: Doctor, Engineer, Research Scientist, Data Scientist, Environmental Engineer
- Mostly B's: Creative and Artistic Careers
  - Potential Careers: Graphic Designer, Artist, Illustrator, Fashion Designer, Architect
- Mostly C's: Helping Professions
  - Potential Careers: Nurse, Teacher, Social Worker, Counselor, Public Health Worker
- Mostly D's: Technology and Innovation Careers
  - Potential Careers: Software Developer, IT Specialist, Cybersecurity Analyst, Game Developer, Robotics Engineer

- Mostly E's: Business and Management Careers
  - Potential Careers: Business Manager, Entrepreneur, Marketing Specialist, Project Manager, Financial Analyst
- Mostly F's: Nature and Environmental Careers
  - Potential Careers: Environmental Scientist, Park Ranger, Conservationist, Marine Biologist, Agricultural Scientist

Discussion: After completing the quiz, discuss the results with students. Encourage them to think about how their interests and strengths align with potential career paths and consider exploring these areas further as they plan for their futures.

**Here are examples of careers that align with different interests:**

### **1. Science and Problem-Solving**

**Interests:** Enjoys experimenting, analyzing data, solving complex problems, and understanding how things work.

- **Healthcare:** Doctor, Nurse, Pharmacist, Medical Laboratory Technician, Radiologist
- **Research:** Biologist, Chemist, Environmental Scientist, Biomedical Researcher, Epidemiologist
- **Engineering:** Mechanical Engineer, Chemical Engineer, Civil Engineer, Environmental Engineer
- **Technology:** Software Developer, Data Scientist, Cybersecurity Analyst, IT Specialist

### **2. Creativity and Design**

**Interests:** Enjoys drawing, designing, creating art, working on creative projects, and coming up with innovative ideas.

- **Arts:** Painter, Sculptor, Illustrator, Graphic Designer, Art Teacher
- **Design:** Interior Designer, Fashion Designer, Industrial Designer, Web Designer, UX/UI Designer
- **Media:** Photographer, Videographer, Animator, Film Director, Art Director
- **Writing and Communication:** Author, Copywriter, Editor, Journalist, Public Relations Specialist

### **3. Helping Others and Social Interaction**

**Interests:** Enjoys working with people, helping others, providing support, and making a positive impact on the community.

- **Education:** Teacher, School Counsellor, Special Education Teacher, Educational Consultant, Librarian
- **Social Services:** Social Worker, Youth Counsellor, Community Organizer, Nonprofit Manager, Rehabilitation Counsellor
- **Healthcare:** Psychologist, Speech-Language Pathologist, Occupational Therapist, Physical Therapist, Public Health Worker
- **Law and Justice:** Lawyer, Paralegal, Police Officer, Probation Officer, Legal Aid Worker

#### 4. Business and Entrepreneurship

**Interests:** Enjoys planning, organizing, leading projects, managing finances, and thinking strategically about business opportunities.

- **Business Management:** Business Manager, Project Manager, Human Resources Manager, Operations Manager, Consultant
- **Entrepreneurship:** Start-up Founder, Small Business Owner, Business Development Specialist, Venture Capitalist
- **Finance:** Accountant, Financial Analyst, Investment Banker, Insurance Underwriter, Tax Advisor
- **Marketing and Sales:** Marketing Manager, Sales Representative, Market Research Analyst, Advertising Executive, Brand Manager

#### 5. Technology and Innovation

**Interests:** Enjoys working with computers, developing software, understanding new technologies, and solving technical problems.

- **Information Technology:** IT Support Specialist, Network Administrator, Systems Analyst, Cloud Computing Specialist
- **Software Development:** Software Engineer, Web Developer, Mobile App Developer, Game Developer, Database Administrator
- **Cybersecurity:** Cybersecurity Analyst, Ethical Hacker, Information Security Manager, Cybersecurity Consultant
- **Robotics and AI:** Robotics Engineer, AI Specialist, Machine Learning Engineer, Automation Engineer

#### 6. Nature and the Environment

**Interests:** Enjoys working outdoors, studying nature, protecting the environment, and promoting sustainability.

- **Environmental Science:** Environmental Scientist, Ecologist, Conservationist, Environmental Consultant, Wildlife Biologist
- **Agriculture:** Agronomist, Agricultural Scientist, Horticulturist, Farm Manager, Soil Scientist
- **Sustainability:** Renewable Energy Specialist, Environmental Policy Analyst, Sustainability Coordinator, Urban Planner
- **Wildlife and Forestry:** Park Ranger, Wildlife Conservationist, Forester, Marine Biologist, Environmental Educator

## 7. Hands-On and Practical Work

**Interests:** Enjoys building, fixing, creating with hands, and working with tools or machinery.

- **Trades:** Electrician, Plumber, Carpenter, Welder, Auto Mechanic
- **Manufacturing:** Manufacturing Technician, CNC Operator, Quality Control Inspector, Production Manager
- **Construction:** Construction Worker, Civil Engineer, Construction Manager, Surveyor, Mason
- **Aviation:** Aircraft Mechanic, Pilot, Air Traffic Controller, Aerospace Engineer, Flight Instructor

## 8. Performance and Public Speaking

**Interests:** Enjoys being in front of an audience, performing, entertaining, or communicating with the public.

- **Performing Arts:** Actor, Musician, Dancer, Choreographer, Theatre Director
- **Public Speaking:** Motivational Speaker, Debate Coach, Lawyer (Litigation), News Anchor, Politician
- **Broadcasting:** Radio Host, TV Presenter, Sports Commentator, Podcaster, Voice Actor
- **Event Planning:** Event Planner, Wedding Coordinator, Conference Organizer, Public Relations Manager



### **The Science Enthusiast Who Became a Researcher**

Jamal always loved science class, especially when it came to conducting experiments. He was fascinated by how different chemicals reacted and loved figuring out why certain things happened the way they did. In high school, he joined the science club and participated in several science fairs, where he often won awards for his innovative projects. His teachers noticed his passion and encouraged him to consider a career in research. Today, Jamal is a biomedical researcher working on finding cures for diseases. His love for science led him to a career where he can make a real difference in the world.

#### **Discussion Prompt:**

- How did Jamal's interest in science help guide his career choice?
- What other careers could Jamal have considered based on his love for science and problem-solving?

### **2. The Creative Student Who Found Her Path in Design**

Sophie was always the creative one in her group of friends. She loved to draw, paint, and design things from a young age. Whenever there was a school project, Sophie would volunteer to handle the visual aspects because she enjoyed making things look appealing. Her art teacher noticed her talent and suggested she look into careers in design. Sophie researched different options and realized that graphic design could combine her love for art with technology. She eventually pursued a degree in graphic design and now works as a successful graphic designer, creating logos and websites for companies around the world.

#### **Discussion Prompt:**

- How did Sophie's creative interests lead her to a career in graphic design?
- What other creative careers could Sophie have explored?

### **3. The Helper Who Became a Nurse**

Carlos always knew he wanted to help people. Even as a child, he would help his friends and family whenever they were sick or needed support. Carlos excelled in biology and health classes in school, which fuelled his interest in the medical field. He started volunteering at a local hospital during his summer breaks and quickly realized that he wanted to become a nurse. Today, Carlos is a registered nurse, providing care and comfort to his patients every day. His natural inclination to help others and his interest in healthcare made nursing the perfect career choice for him.

#### **Discussion Prompt:**

- How did Carlos's desire to help others influence his career choice?
- What other careers in the healthcare field might Carlos have considered?

#### **4. The Tech-Savvy Teen Who Became a Software Developer**

Emily was always interested in technology. She loved playing video games and was curious about how they were made. In middle school, she started learning to code by taking online courses and participating in coding clubs. Her skills quickly developed, and she began creating her own simple games and apps. By the time she finished high school, Emily knew she wanted to pursue a career in software development. She went on to study computer science in college and now works as a software developer, creating apps that help people manage their daily lives.

##### **Discussion Prompt:**

- How did Emily's interest in technology and coding lead her to a career in software development?
- What other technology-related careers could Emily have explored?

#### **5. The Nature Lover Who Became an Environmental Scientist**

Liam spent most of his childhood outdoors, exploring nature and learning about different plants and animals. He was passionate about the environment and wanted to do something to protect it. In high school, he joined an environmental club and started participating in local conservation projects. His teachers encouraged him to pursue his passion, so Liam decided to study environmental science in college. Today, Liam is an environmental scientist, working on projects that aim to protect natural habitats and promote sustainability. His love for nature turned into a career that allows him to make a positive impact on the planet.

##### **Discussion Prompt:**

- How did Liam's love for nature guide him toward a career in environmental science?
- What other careers related to the environment could Liam have pursued?

#### **6. The Business-Minded Teen Who Became an Entrepreneur**

Maya was always interested in how businesses operated. From a young age, she enjoyed setting up lemonade stands and selling handmade crafts at school events. She was curious about how to turn a simple idea into a profitable business. In high school, Maya took business and economics classes, where she excelled and decided that she wanted to start her own company one day. After college, Maya started a successful online business selling eco-friendly products. Her entrepreneurial spirit and interest in business led her to become a successful entrepreneur.

**Discussion Prompt:**

- How did Maya's interest in business and entrepreneurship influence her career choice?
- What steps did Maya take to turn her interest into a successful career?

**Video Support Resources:**

1. <https://www.youtube.com/watch?v=jpe-LKn-4gM>
2. <https://www.youtube.com/watch?v=4KgMRbTqdKo>

## **Lesson 2: Understanding the Importance of Career Planning and Setting Achievable Goals**

### **Objective:**

Students will understand the importance of career planning and setting achievable goals.

**Grade Level:** 7 & 8

**Duration:** 60 minutes

### **Materials Needed:**

- SMART goals worksheet
- Examples of career paths and the steps needed to achieve them
- Whiteboard and markers
- Reflection journals

### **Introduction (10 minutes):**

#### **1. Engage:**

- **Scenario Discussion:** Start by discussing a scenario where someone has a dream career but no plan to achieve it. Ask students what might happen if someone doesn't plan for their career. What challenges might they face?
- **Class Brainstorming:** Write down students' thoughts on the whiteboard, emphasizing the importance of having a clear plan to achieve career goals.

### **Explore (20 minutes):**

#### **1. Understanding Career Planning:**

- **Class Discussion:** Explain that career planning involves setting both short-term and long-term goals that guide someone toward their desired career. Discuss why it's important to start planning early, even while still in school.
- **Examples:** Provide examples of different career paths and the steps required to achieve them. For instance, to become a doctor, one might need to excel in science, complete a medical degree, and gain experience through internships.

### **Explain (15 minutes):**

#### **1. Setting SMART Goals:**

- **Introduction to SMART Goals:** Explain the concept of SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound. Discuss how setting SMART goals can help students stay on track and achieve their career aspirations.
- **Goal Setting Examples:** Provide examples of SMART goals related to career planning. For instance, “I will research three potential career paths and identify the required education for each by the end of the month.”

**Elaborate (10 minutes):**

**1. Goal Setting Activity:**

- **Worksheet Activity:** Hand out SMART goals worksheets and ask students to set at least one short-term goal (e.g., improving grades in a specific subject) and one long-term goal (e.g., gaining experience in a field of interest through volunteering or internships) related to their career aspirations.
- **Pair Share:** Have students pair up and share their goals with a partner, discussing how they plan to achieve them.

**Evaluate (5 minutes):**

**1. Reflection Journal:**

- **Personal Reflection:** Ask students to reflect on the importance of setting goals for their future careers. How can setting goals now help them achieve their dreams later on?

## Lesson Support Resource:

### SMART Goals Worksheet for Lesson 2

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

#### **Objective:**

Use this worksheet to set specific, measurable, achievable, relevant, and time-bound (SMART) goals related to your career aspirations. This will help you plan and stay on track as you work towards your future career.

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### **Part 1: Setting a Short-Term Career Goal**

#### **1. Specific:**

- What exactly do you want to achieve in the next 1-3 years?  
Example: Improve my grades in science and math to prepare for a career in engineering.
  - **My Specific Goal:**
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#### **2. Measurable:**

- How will you measure your progress? What indicators will show that you've achieved this goal?  
Example: Achieve an average grade of 85% or higher in both science and math by the end of the school year.
  - **My Measurable Outcome:**
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#### **3. Achievable:**

- Is this goal realistic given your current situation? What resources or support do you need to achieve it?  
Example: Yes, I will achieve this by attending extra study sessions and seeking help from my teachers when needed.
- **Steps to Achieve My Goal:**

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#### 4. Relevant:

- Why is this goal important to your career aspirations?  
Example: Excelling in science and math is essential for pursuing a degree in engineering, which is my desired career path.
  - **Why This Goal Matters to Me:**
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#### 5. Time-Bound:

- By when do you want to achieve this goal?  
Example: By the end of this school year (June 2025).
  - **Deadline for Achieving My Goal:**
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### Part 2: Setting a Long-Term Career Goal

#### 1. Specific:

- What exactly do you want to achieve in the next 5-10 years?  
Example: Graduate with a degree in engineering and secure a job at a top engineering firm.
  - **My Specific Goal:**
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#### 2. Measurable:

- How will you measure your progress? What indicators will show that you've achieved this goal?  
Example: Successfully complete my engineering degree with a GPA of 3.5 or higher and apply to at least five top engineering firms.
- **My Measurable Outcome:**

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### 3. Achievable:

- Is this goal realistic given your current situation? What resources or support do you need to achieve it?

Example: Yes, I can achieve this by maintaining strong academic performance, participating in internships, and building a professional network.

- **Steps to Achieve My Goal:**
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### 4. Relevant:

- Why is this goal important to your career aspirations?

Example: A degree in engineering is necessary for my desired career, and working at a top firm will provide valuable experience and opportunities.

- **Why This Goal Matters to Me:**
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### 5. Time-Bound:

- By when do you want to achieve this goal?

Example: By 2030, after completing my education and gaining relevant experience.

- **Deadline for Achieving My Goal:**
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## Part 3: Reflection

### 1. How will achieving these goals help you in your career?

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### 2. What challenges might you face, and how can you overcome them?



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### 3. Who can support you in achieving these goals?

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#### Action Plan:

- **Next Steps:**

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2. 

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3. 

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- **Accountability:**

How will you hold yourself accountable for achieving these goals?

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#### Conclusion:

Keep this worksheet as a reference and update it regularly. Review your progress towards these goals, and don't be afraid to adjust them as your career aspirations evolve. Remember, setting SMART goals is a powerful tool to help you achieve your dreams!

### **Lesson 3: Developing a Personal Career Plan**

#### **Objective:**

Students will develop a career plan outlining their short-term and long-term goals.

**Grade Level:** 7 & 8

**Duration:** 60 minutes

#### **Materials Needed:**

- Personal career planning worksheets
- Handouts with examples of career plans
- Reflection journals
- Case study scenario
- Multiple-choice quiz on career planning

#### **Introduction (10 minutes):**

##### **1. Engage:**

- **Career Plan Example:** Show students an example of a well-structured career plan. Discuss the different components, such as short-term goals, long-term goals, required education, and necessary skills.
- **Class Discussion:** Ask students why having a detailed career plan might be helpful. How can it guide their decisions and actions over the next few years?

#### **Explore (15 minutes):**

##### **1. Creating a Career Plan:**

- **Worksheet Activity:** Provide students with a personal career planning worksheet. The worksheet should include sections for:
  - **Short-Term Goals:** Goals for the next 1-3 years (e.g., improving specific skills, exploring career options through shadowing or volunteering).
  - **Long-Term Goals:** Goals for the next 5-10 years (e.g., completing a degree, starting a career in a chosen field).
  - **Steps to Achieve Goals:** The steps needed to achieve each goal, including education, skills development, and experiences.
  - **Required Skills and Education:** A list of the skills and education needed for their desired career.

## 2. Guided Planning:

- **Teacher Support:** Walk around the classroom as students work on their plans, offering guidance and answering questions. Encourage them to think realistically about what they can achieve and how they will accomplish their goals.

### Explain (10 minutes):

#### 1. Career Planning Discussion:

- **Importance of Flexibility:** Discuss the importance of being flexible and adaptable in career planning. Explain that sometimes plans change, and it's important to be open to new opportunities.
- **Case Study:** Present a case study of someone who had to change their career path due to unforeseen circumstances. Discuss how this person adapted their goals and found a new direction.

### Elaborate (15 minutes):

#### 1. Career Plan Presentation:

- **Class Presentation:** Allow students to share their career plans with the class or in small groups. Encourage them to explain their short-term and long-term goals and how they plan to achieve them.
- **Peer Feedback:** Encourage students to give constructive feedback to their peers, offering suggestions on how they might improve or refine their plans.

### Evaluate (10 minutes):

#### 1. Reflection Journal:

- **Personal Reflection:** Ask students to write a reflection on how developing a personal career plan has helped them think more clearly about their future. What did they learn about themselves in the process? What are they most excited about in their plan?

#### 2. Multiple-Choice Quiz:

- **Quiz Activity:** Create a quiz that tests students' understanding of career planning. Example questions might include:
  - What is the difference between a short-term and a long-term goal?
  - Which of the following is an example of a SMART goal?
  - Why is it important to be flexible in career planning?

- What should be included in a personal career plan?

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### **Lesson Support Resources:**

#### **Personal Career Planning Worksheet for Lesson 3**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Objective:**

Use this worksheet to develop a personal career plan that outlines your short-term and long-term goals, the steps you need to take to achieve them, and the skills or education required for your desired career path.

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#### **Part 1: Identifying Your Career Interests and Strengths**

**1. What are your top interests?**

- List the subjects, activities, or hobbies you enjoy the most.

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**2. What are your strengths?**

- List the skills or subjects you excel in.

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**3. What careers are you currently interested in?**

- Based on your interests and strengths, list potential careers that appeal to you.

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## **Part 2: Setting Short-Term Career Goals (1-3 Years)**

### **1. What specific career-related goals do you want to achieve in the next 1-3 years?**

- **Examples: Improve grades in certain subjects, explore career options through volunteering, or gain work experience through internships.**

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### **2. What steps will you take to achieve these short-term goals?**

- **Example: Attend extra study sessions, participate in relevant extracurricular activities, or seek a mentor in your field of interest.**

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### **3. What skills or education do you need to develop for these goals?**

- **Example: Improve writing skills, learn basic coding, or take advanced math classes.**

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### **4. Deadline:**

- **When do you plan to achieve these short-term goals?**

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## **Part 3: Setting Long-Term Career Goals (5-10 Years)**

### **1. What are your long-term career goals for the next 5-10 years?**

- **Examples: Complete a degree, start a career in a specific field, or gain specialized certifications.**

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**2. What steps will you take to achieve these long-term goals?**

- **Example: Enroll in a degree program, complete internships in your desired field, or build a professional network.**

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**3. What skills or education do you need to develop for these goals?**

- **Example: Earn a bachelor's degree, acquire specific technical skills, or gain leadership experience.**

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**4. Deadline:**

- **When do you plan to achieve these long-term goals?**

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**Part 4: Action Plan**

**1. What actions will you take in the next 6 months to move closer to your career goals?**

- **Example: Research degree programs, apply for internships, or join relevant clubs or organizations.**

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**2. Who can help support you in achieving your goals?**

- **Example: Teachers, family members, mentors, or career counselors.**
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### **3. What resources do you need?**

- **Example: Access to career counseling, financial aid for education, or connections to professionals in your field.**

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### **4. How will you stay motivated and on track to achieve your goals?**

- **Example: Set regular check-ins with a mentor, create a vision board, or track your progress in a journal.**

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## **Part 5: Reflection**

### **1. How does your career plan align with your interests and strengths?**

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### **2. What challenges do you anticipate, and how can you overcome them?**

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### **3. What excites you the most about your career plan?**

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## **Part 6: Review and Adjust**

### **1. How often will you review and adjust your career plan?**

- **Example: Every 6 months or at the end of each school year.**

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**2. What signs will indicate that you need to adjust your plan?**

- **Example: Changes in interests, new opportunities, or unexpected challenges.**
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**Conclusion:**

**This personal career planning worksheet is a tool to help you take control of your future. Keep it updated, and use it as a guide as you work toward achieving your career goals. Remember, your plan can evolve as you grow and discover new interests, so be open to adjusting your path along the way!**



## **Extended Learning Activities for All Lessons:**

### **1. Mentorship Program:**

- Pair students with mentors in their field of interest. Mentors can provide guidance, share experiences, and help students develop a clearer understanding of what it takes to succeed in their chosen careers.

### **2. Career Portfolio:**

- Encourage students to start a career portfolio where they can keep track of their career plans, resumes, certificates, and any other relevant documents. This portfolio can grow with them as they progress through school and into their careers.

### **3. Job Shadowing Experience:**

- Organize opportunities for students to shadow professionals in their fields of interest. This real-world experience can provide valuable insights and help students refine their career plans.