

Suggested Lesson Plan & Activities to Guide Career Exploration

These suggested optional lessons have been designed to provide a series of activities to help engage students and utilize Career Exploration Day as an educational resource.

Activities For Before Attending Career Exploration Day:

1. Students will use worksheets to assist them in researching three possible careers utilizing library and internet resources.
2. Students should make an inventory list of their personal values.

Activities for During Career Exploration Day:

1. Students will attend Career Exploration Day at Hudson Valley College to meet professionals representing 130 different careers to ask specific questions which will be noted on the Career Exploration Day worksheet.
2. Students will attend a workshop at Career Exploration Day to learn a broader perspective on career opportunities in a career category. Student will use the Career Exploration Day worksheet to write a summary of the workshop presentations.

Activities to Complete Following Career Exploration Day:

1. Students will write a research paper containing details of three specific jobs within a career option, education and/or training level and qualifications necessary for entry level employment, number of upcoming job openings in the career option, list of three postsecondary programs offering advanced study/training in the career option. Students should also indicate whether or not their research and career choice fits with their personal values.
2. Students should utilize the internet or school resources to identify three job ads for a selected career. Next, they should develop a sample resume and cover letter for their targeted career.
3. Students should be instructed to draft three possible interview questions that might be asked by a future employer. Students should then be matched in pairs to practice interviewing each other.
4. Students will write an essay on one of the following topics: discuss several examples of men and women in non-traditional careers (i.e. male nurses and female police officers) and identify how the roles of men and women have changed at work, at home, and in the community; describe how technology has changed three specific occupations; or identify a high school subject (such as biology, math, or art), and discuss its relevance in preparing students for future careers.

Adapted from the **NYSED** Career Development and Occupational Studies CDOS Learning Standards available online at <http://eservices.nysed.gov/vls/subjectAreaHome.do?lmid=10>.