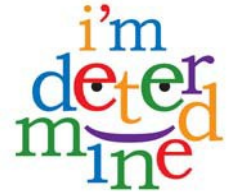


**Organizing Topic:** Career Decision-Making  
(Choosing from more than two known options related to careers.)



**Title:** How Will I Decide My Life's Work?

**Target Level:** Middle School

**Related Standards of Learning:**

Oral Language

- 8.1 The student will use interviewing techniques to gain information.
- a) Prepare and ask relevant questions for the interview.
  - b) Make notes of responses.
  - c) Compile and report responses.

**Objective:**

The student will choose a career to investigate based on individual likes and dislikes.

**Prerequisite Understandings/Knowledge/Skills:**

- Prior knowledge of their personal likes and dislikes.
- General understanding of career areas.
- Vocabulary related to lesson such as career, choice, decision, aptitude, skills, preferences, work and job.

**Materials Needed:**

- Internet access for pertinent websites such as [www.vaview.org](http://www.vaview.org) or [www.unitedstreaming.com](http://www.unitedstreaming.com)
- Questionnaire that focuses on likes and dislikes related to career preferences.
- Attachment A adapted from the following resource: Barclay and Cobb, J (Ed.). (2001). *Full life ahead: A workbook and guide for students & families of students with disabilities*. Montgomery, Alabama: Southeast Regional Resource Center
- "How Will I Decide My Life's Work" worksheet (Attachment B)
- "Ten Things I Like to Do" worksheet (Attachment C)
- Instructions for "Things I Like to Do" exercise

**Time Frame:** Two 90-minute class periods.

**Lesson Procedure:**

1. Students will complete an exercise entitled "Ten Things I Like to Do." Instructions:

- a. List ten things you like to do.
  - b. Beside each activity, code with the following letters.
    - P** for with people
    - A** for alone
    - I** for indoors
    - O** for outdoors
    - S** for seated
    - M** for movement
    - D** for daytime
    - N** for night time
    - H** for hand
    - B** for brain
  - c. Compose a statement about your preferences.
  - d. Write a reflection statement on these preferences and their relationship to job-related preferences.
2. The students will complete a career-interest survey using a website such as [www.vaview.org](http://www.vaview.org) or a paper/pencil format (Attachment A).
  3. Conduct a class discussion surrounding the following questions:
    - a) *How could the answers to the survey questions influence your career choice?*
    - b) *What are your best skills?*
    - c) *How could you use your skills to plan a career?*
  4. Using classified ads from the newspaper or online job search have each student chose three of interest. Clip or print these ads, then mount on worksheet entitled "*Would This Job Fit Me?*" (Attachment B). Answer questions from worksheet.
  5. Using interview techniques interview an adult working in a job that is similar to one of the jobs from the Attachment B. Compile the responses from the interview and record a short statement of information gleaned from the interview.

**Specific Options for Differentiating this Lesson:**

- Video related to careers such as one found on United Streaming or *Exploring Careers; What is Right for You?*
- "Things I Like to Do" could be role played, created pictorially, created in PowerPoint format, interview format, audio-taped, video-taped or created as a podcast.
- Survey could be conducted as interview format and then audio-taped or recorded as a podcast.
- Pictorial responses to dictated questions as alternative to worksheets.

- PowerPoint presentations created to answer questions from survey.

**Evaluation:**

- Teacher-generated rubric of student work on interest surveys and/or Attachments A and B.
- Performance assessment of differentiated activities.

**Extending Understanding:**

- Guidance counselor as guest presenter to enhance and broaden student understanding of career decision-making.
- Student interview of person working in a career of interest to student.

## How Will I Decide My Life's Work?



Look at what it is you do when losing track of time and concentrate on what skills you're using. These are the ones you're born to use.

1. What type of work have you done already?	
2. What about this work did you enjoy?	
3. What about this work frustrated you?	
4. Would you like to work alone or with people?	
5. Would you like to work indoors or outdoors?	
6. Would you like to work seated at a desk or be moving around?	
7. Would you like to work during the day or at night?	

Adapted from: Barclay and Cobb, J (Ed.). (2001). *Full life ahead: A workbook and guide for students & families of students with disabilities*. Montgomery, Alabama: Southeast Regional Resource Center.

## Would This Job Fit Me?



*Attach two classified ads in box below:*

*Answer the following questions:*

1. Why did you choose these jobs?	
2. Do you think others who know you would agree with your choices? Why or why not?	
3. Which job would you most like to try?	
4. What do you need to learn to get a job doing the type of work you'd like to try?	
5. What will you do to begin preparing for the work world?	

## Ten Things I Like to Do

Things I Like to Do Activities	Check Code Box									
	P	I	S	D	H	A	O	M	N	B

Code	P - with People	A - Alone
	I - Indoors	O - Outdoors
	S - Seated	M - Movement
	D - Daytime	N - Night time
	H - Hands	B - Brain