

SOARS LESSON PLAN

(9:16 – 10:00)

Juniors Lesson #4

Introduction/Ice Breaker (5 minutes)-

- GOAL: Relationships & Your values: Choices and opportunities that shape your future

How might choices made based on one's values affect the future?

Some examples: Cheating on a test, lying to a co-worker or classmate, helping someone fill out an application, defending someone's right to be heard....

Because poor choices have been made in the past, does that mean one can't change? What might help someone to change when peers expect the same behavior as in the past?

Examples: try different activities, don't be available, and explain your desire to change to another person for their support such in breaking a habit.

How do choices affect relationships over time? Can you trust someone that isn't truthful? Can you rely on someone that can't keep promises? Would you enjoy doing most of the work and not getting credit for it because your associate claimed they were just as involved? Would you appreciate getting help in difficult situations? Would you rather have the truth even if it hurts a bit?

Activity (15 mins)-

Complete the **Values Ranking Handout** and discuss some of the questions at the end of the handout.

Lesson – (15 mins)-

Resource: Classroom Activities for Career Cruising/Career Interview Project/ Activity#9

*Career Interviews and Shadowing experience opportunities

-After reading and researching about careers, it is worthwhile to validate or check for accuracy with people employed in your area of interest. Career interviews and shadowing gives you an understanding from a person's point of view. You need to prepare yourself with relevant questions, a professional appearance, be prompt for the interview or shadowing experience, and send a personal thank-you soon after the event.

-Interviews may last from 30 minutes to 1.5 hours depending on the person and situation. Shadowing may last from 2 hours to a full workday. You may even get a hands-on experience depending on the situation and nature of the job.

-Often students learn the process by interviewing a family member or adult friend first before setting up an interview with someone working in the career you do not know personally. You may

also explore one or more of the multimedia **Career Cruising Career Interviews**. Use the **Career Cruising Handout** to guide you through the interview process.

Closure (5 mins) –

- Seek to make choices based on values that will guide you toward a successful future in relationships and in careers.
- Explore the Career Cruising interviews you can view online. Then interview someone employed in the career you are interested in.

| Junior level 2011-2012 SOAR Lessons Overview | | |
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| Session | SOARS Topic | Career Cruising Completion <i>SD Adm Rules 24:43:11:01 & 08</i> |
| 1 Sept 15 | *Introduction/Overview/ Ice Breaker *Sign up for Advisee meeting | <i>Administrative Rule Requirements</i> Review Career Matchmaker Review PLP – Secondary Education Plan |
| 2 Oct 13 | *16 Career Cluster Concept overview *Connecting your dots...to your successful future | <i>Career Exploration & Assessments</i> My Skills Careers that Interest Me |
| 3 Nov 16/17 | *Jr/Sr Speakers ALL DAY presentations planned by Mr. Foster *Post-Secondary schooling – types, programs, opportunities, private and public institutions | <i>Career Exploration & Assessments</i> Career Selector Schools that Interest Me |
| 4 Dec 8 | *Relationships & Your values: Choices and opportunities that shape your future *Shadowing experience opportunity | <i>Career Preparation</i> Career Cluster Interests Career Planning Activities |
| 5 Jan 26 | *Tolerance and Diversity: Individuality and Commonalities www.tolerance.org *Post-secondary visit opportunity | <i>Career Preparation</i> Career Planning Activities Career & Life Goals |
| 6 Feb 16 | *Fact sheets, resumes, application forms: digital online info may morph into a life of its own- how social networking may haunt you later *National Honor Society Application, college applications, scholarship applications... | <i>Activities, Experiences & Awards</i> Extracurricular Activities Skills & Abilities Awards & Certificates |
| 7 Mar 22 | *Etiquette in the working environment: inquiring about jobs, interviews, & follow-up, becoming a team player, respecting authority *Post-secondary education 1-2-4yrs, military, on-the-job training, other learning opportunities- entrepreneurship, trade apprenticeships | <i>Personal Learning Plan</i> PLP – Post-Secondary Education Plan |
| 8 Apr 19 | *Closure & Summary of school year * Summer opportunities-volunteer, paid, education, related career experiences | <i>Advisement Activities</i> Annual My Portfolio Review |