

Lesson Plan:

Exploring College and Career

Grade 11

Total Duration: 40 minutes

CASEL Competencies: Self-Awareness, Self-Management, Responsible Decision-Making, Relationship Skills

DESSA Subgroups: Self-Awareness, Self-Management, Goal-Directed Behavior, Decision Making

Objective: Students will engage in a brainstorming and organizational activity to explore their interests, strengths, and potential career paths. This exercise aims to prepare students for their future after high school by helping them make informed decisions about college and career choices.

Materials Needed:

Writing paper or digital devices for research
Pens or pencils

Access to the internet for research (optional)

This detailed plan should engage 11th-grade students effectively, incorporating CASEL competencies, DESSA subgroups, and interactive elements tailored to their level.

Questions:

Why is it important to consider your interests and strengths when planning for the future?

Possible Answer: It helps ensure you choose a career that you will enjoy and be good at.

How can exploring career paths now benefit you in the long term?

Possible Answer: It can help you make informed decisions about your education and career, reducing uncertainty and stress later on.

Brainstorming Interests and Strengths (10 minutes)

Teacher's Script:

Let's start by identifying what you are passionate about and what you excel in. Think about subjects you enjoy, activities you excel at, and hobbies that capture your interest.



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Questions:

What are your top three interests?

Possible Answer: Sports, writing, and science.

What are your top three strengths?

Possible Answer: Leadership, creativity, and problem-solving.

Researching Career Paths (15 minutes)

Teacher's Script:

Now that you've identified your interests and strengths, use the internet or other resources to explore careers that align with what you love and do well. Look for information about what these careers involve, the education needed, and potential job outlooks.

Questions:

What educational requirements are needed for the careers you researched?

Possible Answer: A bachelor's degree in engineering for a career as a mechanical engineer.

What do these careers involve on a day-to-day basis?

Possible Answer: A mechanical engineer designs, develops, and tests mechanical devices.

Organizing Information (5 minutes)

Teacher's Script:

With the information you've gathered, let's organize it into a clear format. This will help you visualize your path forward and make informed decisions about your future.

Questions:

Why is it helpful to organize your research into a chart or list?

Possible Answer: It makes it easier to compare different career paths and their requirements.

How can this information guide your future decisions?

Possible Answer: It helps you identify the steps you need to take to pursue your desired career.



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Sharing and Discussion (5 minutes)

Teacher's Script:

Let's share some of the career paths we've explored. This is a great opportunity to learn from each other and possibly discover new options based on your classmates' research.

Questions:

What career path did you choose to share, and why does it interest you?

Possible Answer: I chose a career in journalism because I love writing and storytelling.

How does this career align with your strengths and interests?

Possible Answer: Journalism aligns with my strength in writing and my interest in current events and storytelling.

Closure (1 minute)

Teacher's Script:

Great work today, everyone! You've taken an important step in planning for your future. Continue to explore and refine your interests as you move closer to graduation.

Questions:

What is one thing you learned about exploring careers today?

Possible Answer: I learned that it's important to choose a career that aligns with my interests and strengths.

How will you continue to explore and plan for your future?

Possible Answer: I will keep researching different careers and think about what education and skills I need to achieve my goals.

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