



**Career Development**

# Career Exploration - Curriculum

**Direct Your Future™** is an 11-week career planning curriculum to help you explore the world of work and prepare you to make informed career decisions in the future. Below is an overview of the entire course.

Week 1: **Scanning the World of Possibilities** Do you know what you want to do with your life? Don't worry if you have no clue; you are not alone. This session helps you understand why career planning is important and who or what influences the decisions you make.

Week 2: **Mapping the Future** This is not the work world your parents entered. In this session, you will learn about the rapid changes that are occurring in the workplace and how you can prepare for them.

Week 3: **Determining Your Direction** You make decisions from morning until night. Some are more important than others. This session will teach you how to handle the tough decisions regarding your future.

Week 4: **Embarking on a Voyage of Self-Discovery** Sometimes you may like yourself, and other times you may wish you could be a completely different person. This session helps you to see and value yourself, and then relates this self-information to initially choosing an occupation and making changes in the future.

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Week 5: **Exploring the Destinations** There are thousands of jobs from which to choose, but they can be organized into clusters that will help you understand and explore the world of work more easily.

Week 6: **Finding Your Personal Compass Points** In this session, you will take what is called an interest inventory and a skills assessment. It is not a test, and there are no wrong answers. It is a way to help you see how your interests and skills relate to occupational choices.

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Week 7 / 8: **Using Guideposts to Direct Your Journey** Like people, jobs have characteristics. It is important you become aware of characteristics that will give you the greatest satisfaction in any **Refining the Destinations** In previous sessions, you will have identified many occupations that could be possible destinations for your future. In this lesson, you will explore in depth a few occupations from your list of possibilities.

Week 9 /10 : **Charting Your Course** This session is designed to help you make a connection between what you want out of work and your future educational planning. It focuses on the selection or reevaluation of high school courses and the type and level of postsecondary education available. **Writing Your Personal Logbook** By now, you will have begun the process of career exploration, discovering occupational options that relate to your current interests and skills. This session will help you bring it all together in a personal career plan that will help you meet your goals in the future.

Week 11: **Planning for Getting a Job** Ready, set, go! But wait a minute. How do you get the job you want? This session will teach you job-seeking skills, from resume writing and sample job applications to preparing for a job interview. By now you will know who you are, where you are going, and how you will get there. It is your life and as you Direct Your Future, you need to take responsibility for making your dreams come true. This is an exciting time as you think through what you want to do in life.

## Enjoy the Journey

# Career Exploration - Teacher - Who am I?

*Mrs. Salinas - Hunt*



I have been a teacher - 17 yrs  
Librarian - 6 years  
School Counselor - 2nd year

# Career Exploration in Middle School

## Goals -

Gain awareness of and exposure to a wide array of careers

Increase self-awareness and begin to form their potential occupational identity

Develop employability skills

Develop foundational technical skills as appropriate

Be positioned to make more informed educational choices

Transition to high school with an actionable plan for next steps

# Career Exploration in Middle School Homework Policy

Make-up work - Students will have 1 week to make up and complete work.

Homework - Work will be given only during the week - None on Weekend

Class rules - They have signed and agreed to rules =

- Treat others with Respect
- Listen to your teachers when they are speaking
- Ask for help whenever you need it
- Respect your classmates property
- Listen and follow directions
- Raise your hand before speaking

# Career Exploration in Middle School Projects

All students start with 100!! The goal is that if all the work is completed



First and Last Name <small>Full Address • City/State</small>	
<b>OBJECTIVE:</b> Career Objective	
<b>EDUCATION:</b>	
School or Program Name	City, State
Certification or Degree	Graduation Date
School or Program Name	City, State
Certification or Degree	Graduation Date
<b>WORK EXPERIENCE:</b>	
Employer's Name	City, State
Job Title	Start Date - End Date
Job Description	
Employer's Name	City, State
Job Title	Start Date - End Date
Job Description	
Employer's Name	City, State
Job Title	Start Date - End Date
Job Description	
<b>VOLUNTEER EXPERIENCE:</b>	
Volunteer Agency's Name	City, State
Job Title	Date Volunteer(s)
Volunteer Agency's Name	City, State
Job Title	Date Volunteer(s)





# Career Exploration in Middle School info

Contact

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# Additional Resources to be used -videos for Start of class

<https://www.nj.gov/education/standards/clicks/CareerReadinessandLifeLiteracies.shtml>

<https://www.knowitall.org/series/kids-work>

<https://www.knowitall.org/collections/career-explorations>