Career and Work Education Standards

13.1.5.A: Describe the impact of individual interests and abilities on career choices.

13.1.5.B: Describe the impact of personal interest and abilities on career choices.

13.1.5.G: Identify the components of a career plan, such as, but not limited to:
   - Beginnings of career portfolio
   - Individual interests and abilities

13.1.5.H: Connect personal interests and abilities and academic strengths to personal career options

Research and Media

1.8.5.B Conduct inquiry and research on self-selected or assigned topics using a variety of teacher-guided media sources and strategies.

1.9.5.A Use media and technology resources for problem solving, self-directed learning, and extended learning activities.

1.9.5.B Understand and evaluate media as a source of information and entertainment.
**Red Lion Area School District – EATS Lesson**

_A lesson is a chunk of learning not a chunk of time_

**Topic:** Career Awareness and Preparation  
**Subject/Grade(s):** Career and Work/5

<table>
<thead>
<tr>
<th><strong>Essential Question:</strong></th>
<th>How does being aware of my individual /personal interests and abilities help me prepare to make good career choices?</th>
</tr>
</thead>
</table>

**What do students need to know and be able to do to answer the LEQ?**
- Assessment Prompt 1: Identify individual/personal interests and abilities
- Assessment Prompt 2: Identify individual dislikes
- Assessment Prompt 3: Match individual/personal interests and abilities to careers

**Activating Strategy:** Read _The Underwear Salesman: And Other Jobs for Better or Verse_ by J. Patrick Lewis as a lead in to a discussion on what students would like to be when they grow up. Have they thought about it yet? Pair share what ideas they have at this time. Get a few responses from group. Use one or two examples to discuss what that person might need to do in order to get that job? Say: Now is a good time to start thinking about what you might want to be when you grow up. The first place to start is to become aware of your interests and abilities.

**Key Vocabulary to Preview:** interests, skills, abilities, career, career clusters

**Teaching Strategies:** whole class discussion, pair-share, student research

**Materials:**
- Book: _The Underwear Salesman: And Other Jobs for Better or Verse_ by J. Patrick Lewis
- Graphic organizers: My Interests and Abilities, My Dislikes, Careers That Match My Interests

**Instruction:**

**Individual interests** are things you enjoy participating in, learning about and being part of such as going to the movies or math. **Personal interests** are things like hobbies that you may enjoy outside of school such as collecting rocks or stamps. Usually, when you have an interest in something, it also follows that you also enjoy something. **Abilities or skills** are the things that you are talented in; you have a natural ability to do. Or, it can be something that you have had training to do, so you are good at it. Often people will enjoy doing what they are skilled in and it is often something they also have an interest in.

It is important to consider your interests and abilities when choosing a job. People who find a job that matches their interests and abilities tend to be happier with their jobs.

Handout the Interests and Abilities sheet to the students. Teacher may have an example to share as a model for the students. Draw a line between things that are listed in both sides.

**AT #1:** Students complete My Interests and Abilities sheet. Students should save this sheet, as it may be something that will be placed in student career portfolios at a later time.

**Instruction:** We’re not usually asked about the things we dislike, but believe it or not, your dislikes are just as important for you to understand as are your likes. People who are not happy with the activities they perform while on the job are often very dissatisfies with their lives. Because we spend so much time at work, it is important to feel good about what we are doing in our jobs.

Handout My Dislikes sheet. Teacher may choose to have an example to share with the class.

**AT #2:** Students complete the Dislikes sheet. Students should save this sheet, as it may be something that may be placed in student career portfolios at a later time.
**Instruction:** Do you know what a career is? Discuss what they think the difference is between a job and a career. Have students look up words *career* and *job* and discuss as a group focusing on words such as *significant period of time*. When we choose a career we are usually finding a job that we can work for a long period of time, so it is important that we choose a job that we like doing. It is important to find a career that matches your interests and abilities. So far, we have identified what you are currently interested in and areas in which you are skilled. Today it is time to see if we can find some careers that match those interests and abilities. Show website and model plugging in interests from previous examples. Discuss that you will get a career cluster. Discuss that related careers are clustered or grouped together. This makes it easier for us to find a job that matches our interests and abilities.

**AT #3:** Using their interest and abilities sheets students will go to [Career View](http://www.vaview.org/k5/check-it/kids-search) and enter their information. Students record some interests and skills on the chart and after plugging in the information, jot down the career cluster and any other jobs that are listed in the cluster. Save to be used to for further research on matching careers.

**Assignment:** Review the information collected over these lessons and choose 3 careers from your career clusters that you are interested in learning more about.

**Summarizing Strategy:** In small groups have students share an interest and/or skill and a matching job that they have discovered.

Sources used: CareerKids,LLC, Career View
## My Interests and Abilities

<table>
<thead>
<tr>
<th>Interests/Hobbies</th>
<th>Skills/Abilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
<td>3.</td>
</tr>
<tr>
<td>4.</td>
<td>4.</td>
</tr>
<tr>
<td>5.</td>
<td>5.</td>
</tr>
<tr>
<td>6.</td>
<td>6.</td>
</tr>
<tr>
<td>7.</td>
<td>7.</td>
</tr>
<tr>
<td>8.</td>
<td>8.</td>
</tr>
<tr>
<td>9.</td>
<td>9.</td>
</tr>
<tr>
<td>10.</td>
<td>10.</td>
</tr>
</tbody>
</table>
My Dislikes

1. ____________________________________
2. ____________________________________
3. ____________________________________
4. ____________________________________
5. ____________________________________
6. ____________________________________
7. ____________________________________
8. ____________________________________
## Careers That Match
My Interests and Skills

<table>
<thead>
<tr>
<th>Interests</th>
<th>Skills</th>
<th>Career Cluster</th>
<th>Careers</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Career and Work Education Webliography
(sites last visited on 2/12/11)

**Career Development Through Children’s Literature**
At this site, by the Cooperative Children’s Book Center, you will find a bibliography of children’s literature that is divided into three main sections:
Who I Am: Developing Self-Awareness
Where I Belong: Connecting to the Community
What I Want to Be: Exploring Careers
http://www.education.wisc.edu/ccbc/books/detailListBooks.asp?idBookLists=30

**Career Exploration**
Numerous links to career related activities. Scroll down to find Career Activities and Vocational Lesson Plans
http://www.khake.com/page2.html

**Career Kids**
Here’s an easy way to put together a résumé. Simply follow the directions below and watch how your skills and interests can turn into a valuable resume.
http://www.careerkids.com/resume2.html

**Career Aisle**
Excellent site for students to explore available career opportunities. Videos showing many careers. Games and lesson plans are included, too.
http://knowitall.scetv.org/careeraisle/students/elementary/index.cfm

**Virginia Career View**
There are many activities here. One valuable activity is the Kids Search. Students can plug in their interests and skills. The search provides careers that match. Job Duties, Working Conditions, Education Needed, Subjects to Study, etc. are provided. There is a K-5 tab and 6-8 tab. Students can work with Career Clusters grades 6-8 section.
http://www.vaview.org/k5/check-it/kids-search

**Kids.gov**
A plethora of government sites for kids to research careers
http://www.kids.gov/k_5/k_5_careers.shtm

**Friends of the Congree Swamp Activity Guide**
The objectives of this instructional guide are to: Increase awareness of careers available to men and women in the National Park Service and the world in general. Inspire students to make career choices in the environmental and/or natural resource fields. Great activity guide for career awareness in this area.
http://www.friendsofcongaree.org/activityguide/

Dawn Persing