

Session 3
Career Exploration: Mapping Your Future

Goals

- The students will explore their interests as it relates to choosing a career.
- The students will develop a plan in order to have a successful career
- The students will increase their knowledge of careers.

Materials

Activity 1
Activity 2
Activity 3
Activity 4

Procedure

Greet the students. Wait until the students are seated and quiet. Reintroduce yourself to the students if necessary. Briefly describe the goals of today's lesson.

Script

Career exploration begins with a student's knowledge of self. The students will tie their interests and hobbies to future high school electives, a college major and a future career.

Today we are going to learn about Career Exploration. We are going to explore the many opportunities that are available to you as an eighth grade student. Your journey toward a successful career has just begun. The choices you make now will directly influence your future.

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Activity 1:

Divide the students into groups of 3. Give the students 5 minutes to write down as many paid job positions found in a middle school as they can. The group that comes up with the most names wins. Go over the different positions with the students. Explore the differences in the qualifications needed for each position. Discuss how many different positions may exist at a shopping mall or Fortune 500 company.

Activity 2:

Allow the students to maintain their groups. Challenge the students to list as many subjects as they can that are taught at Chandler Middle School. Give them 5 minutes. Have the students share their lists with the class.

Activity 3:

Everyone's career exploration map or route looks a little different. However there are some events that must precede others. Put these events/actions in the proper chronological order. You can skip some events. You can add events using the lines marked other. Please describe the event that you add.

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Activity 4: How Subjects Relate To Careers

Often times the subjects that you prefer in school can help you select a career path. Read and answer the questions listed below. Be prepared to share your answers with the class.

Activity 5: Virginia Hero

Christopher Adam Daughtry (born December 26, 1979) is an US-American rock guitarist, singer and songwriter who is the lead vocalist of Daughtry, a band he formed in 2006. He is also known as the fourth-place finalist on the highly publicized fifth season of *American Idol*, eliminated from the competition on May 10, 2006. After his fallout from *Idol*, his band's self-titled debut album sold more than 1 million copies after just 5 weeks of release, becoming the fastest selling debut rock album of all time. In its ninth week of release, the album reached number one on the Billboard charts, edging out the *Dreamgirls* soundtrack. Daughtry is the fourth most successful American Idol contestant in history, behind Kelly Clarkson, Carrie Underwood, and Clay Aiken, as well as the most successful non-runner-up or winner.

Christopher Adam Daughtry was born in Roanoke Rapids, North Carolina. He was raised in Lasker, North Carolina until he was 14. His parents, Pete and Sandra Daughtry, reside in Lake Monticello, Virginia in Palmyra, Virginia, where Daughtry was raised before he relocated to McLeansville outside of Greensboro, North Carolina. His brother, Kenneth, resides in Victoria, Virginia.

In his spare time, Daughtry is an artist, and he reads comic books avidly. At the age of 16, Daughtry started taking singing seriously as a professional musician and became a performer with other rock bands during his time in high school. He was influenced by 1990s bands like Bush, Live, Alice in Chains, and the Stone Temple Pilots. It was while in high school that he appeared in two stage productions: *The Wiz* and *Peter Pan*. His first public performance was singing "Achy Breaky Heart" at his grandfather's bar. He graduated from Fluvanna High School in 1998. Daughtry's first job was a service worker at a car dealership at Crown Honda, in Greensboro, North Carolina.

Activity 6: Teen Health and Safety

Do young men have different health risks than young women?

Yes. Young men don't wear seat belts as often as young women do. They're also more likely to carry weapons, to get into physical fights, to use smokeless tobacco or marijuana, to drink alcohol heavily, and to have more sexual partners. On the other hand, young women have some special risks. They try to commit suicide more often and they try to lose weight in harmful ways more often than young men.