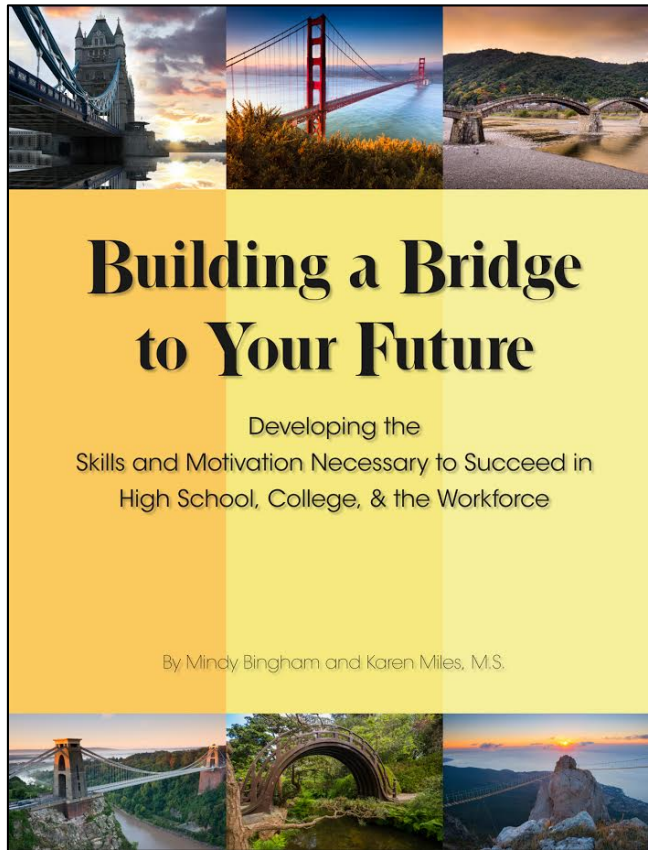


Overview of the Building a Bridge to Your Future Curriculum



Karen Miles M.S.

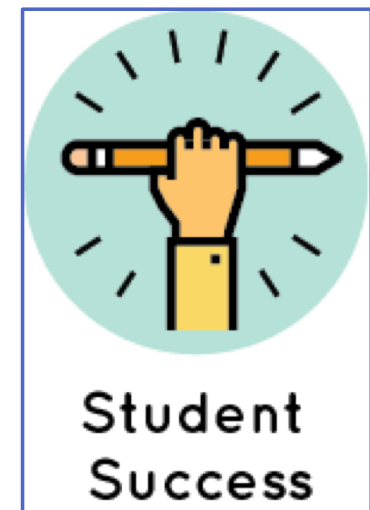
Purpose

- This curriculum was designed to do two very important things:
 1. To prepare students to engage in the career exploration, career decision-making and career planning process in high school.
 2. To raise the self-efficacy of students in order for them to believe that they can be successful in high school and beyond.
- The curriculum was designed as a bridge to the ***Career Choices*** curriculum being offered as part of the Freshman Experience in 9th grade in high schools across America.



Why is it needed?

- The idea of developing a 10 year skill development plan in 9th grade can be a little scary
- Enhancing non-cognitive skills in students improves student success in school and enhances student readiness for career development.
- Students need to understand more about their attitudes, self-concept, self-motivation and self-management.



The 12 lessons

- 6 lessons to prepare students to begin the career planning process
 - 6 lessons to enhance student success factors
-
- Student workbook plus instructor guide
 - Designed for one quarter or one semester
 - Additional activities/ projects to enhance the curriculum



Teaching strategies

- Interactive strategies:

- Read and reflect
- Brainstorm
- Videos
- Quizzes
- Activities
- Collages
- Posters
- Internet research



The 12 lessons

- 1 Introducing the 10 year planning process
- 2 Student success – perseverance is as important as brain power
- 3 Know thyself
- 4 Positive self-concept
- 5 Love what you do and you'll never work a day in your life
- 6 Cultivate a positive attitude towards learning
- 7 Identifying your passions: The first step to finding work that you love
- 8 Resiliency and overcoming obstacles
- 9 Beginning your career search
- 10 Your employability skills
- 11 Learning from the experts
- 12 Getting ready for high school

1 Introducing the 10 year planning process

Learning objective: To understand and value the 10 year planning process

- Introduction video/ sample printed 10-year plan
- Setting the stage for what is come
- Who am I?
- What do I want?
- How do I get it?
- Why do I need a 10 year plan?



2 Student success – perseverance is as important as brain power

Learning objective: learn how to persevere in the face of challenges, and learn how the brain changes in response to challenge

- Challenges and extrinsic rewards
- The power of thought
- Delayed gratification
- Effort and persistence
- Grit
- Brain power & growth mindset
- Mindset survey



3 Know thyself

Learning objective: the concept of “identity” and why knowing your motivation is important to your future

- Video from Chapter 2 of Career Choices: Developing a vision of your future
- Fame
- Success
- Vision + Energy = Success



4 Positive self-concept

Learning objective: identify your self-concept and practice reframing negative beliefs



- Positive self-talk
- Positive affirmations
- Turning negative thoughts into positive ones
- Practicing being positive
- Gaining wisdom from failures
- The positive side of failure
- Turning your behaviors in a positive direction

5 Love what you do and you'll never work a day in your life

Learning objective: Understand conscious career selection

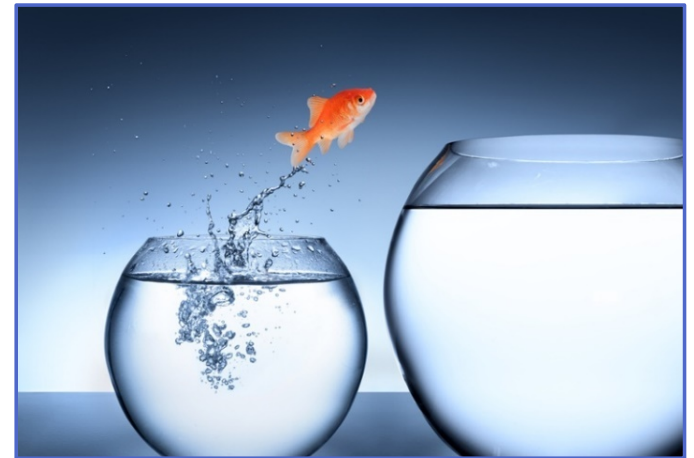
- Video: The Steve Jobs Commencement Speech, 2005
- Finding your passion
- Career research



6 Cultivate a positive attitude towards learning

Learning objective: Explore what motivates you

- Maintaining your motivation over time
- A positive or negative outlook?
- Motivators
- Strategies for staying motivated
- Motivational triggers
- Motivational goal-setting for the short-term
- Staying motivated for a long-term cherished goal



7 Identifying your passions: It's the first step to finding work that you love

Learning objective: identify what is important to you

- Identifying your passions
- Articulating your passions
- Time you will spend in your career versus time spent on choosing a career



8 Resiliency and overcoming obstacles

Learning objective: Explore your resiliency and practice handling emotions to overcome obstacles. Learn what a “hardy personality” means.

- How resilient are you?
- Your attitude is a key factor in helping you overcome obstacles
- What would you do?
- Teamwork and problem solving
- The hardy personality
- Developing a hardy personality



9 Beginning your career search

Learning objective: Use your passion list to start identifying potential careers

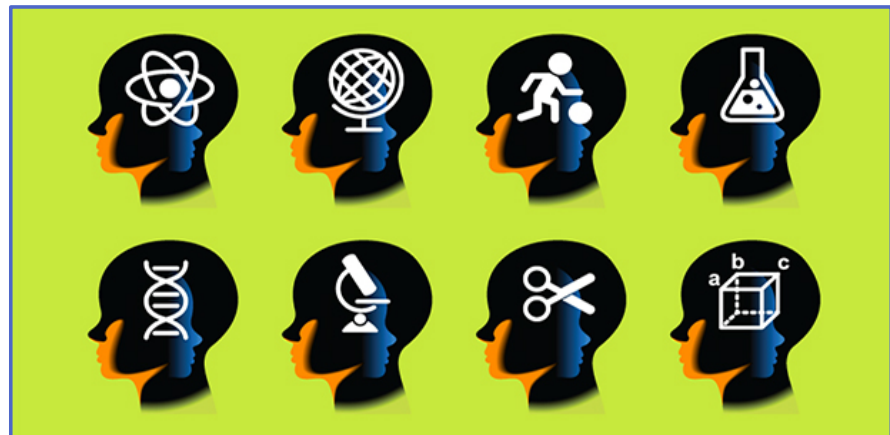
- Brainstorm activity: Careers that match your passions
- Understanding skills and traits
- Developing an education plan



10 Your employability skills

Learning objectives: Develop a list of employability skills you need to enhance together with a plan for doing so

- The difference between employability skills and technical skills
- Assessing your skills
- Planning for the skills you need
- Articulating your skills
- Self-directed learners
- Closing the skills gap



11 Learning from the experts

Learning objective:
How to use the video resources
on Dept. of Labor website



- Assignment: Find and view at least three videos of careers you've identified so far
- Essay: Choose one of the careers and write an essay on why you find this career intriguing
- Research your chosen career using the best book on the topic

12 Getting ready for high school

Learning objective: Learn what factors you need in place to be a successful student and develop a plan cover those factors

- The 6 student success factors: directed, focused, nurtured, engaged, connected, valued
- Checkpoint: what are my next steps?
- What have I learned?
- What will I be doing in 10 years?

