

MIDDLE SCHOOL CURRICULUM

Building a Bridge to Your Future

Co-authored by best-selling *Career Choices* author Mindy Bingham (over 2 million copies in print) and Dr. Karen Miles, career counselor/professor with over 25 years of experience, this unique and timely curriculum is designed to:

1 Get students enthusiastic about career exploration and planning in high school

Six of the 12 chapters prepare students to begin the career planning process.

2 Raise the self-efficacy of students so they believe they can attain their chosen career

Half of the content focuses on social-emotional development to help students build their success factors:

- ✓ Perseverance (grit)
- ✓ Motivation
- ✓ Growth mindset
- ✓ Positive self-concept
- ✓ Positive attitude
- ✓ Resiliency and overcoming obstacles

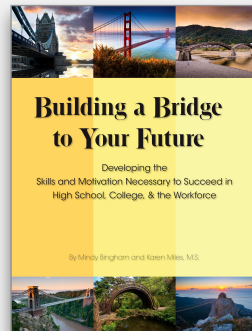
FLEXIBLE FORMAT

The curriculum is extremely flexible and can be offered in many formats:

- ▶ Elective wheel
- ▶ One semester
- ▶ One year
- ▶ Homeroom period
- ▶ Summer bridge
- ▶ Half in 7th grade; half in 8th grade

The *Building a Bridge to Your Future* curriculum includes a workbook for students, 25 embeddable videos to introduce new concepts, an instructor guide for teachers, a two-hour professional development to launch new teachers, and a two-hour follow-up workshop on raising student self-efficacy in career planning.

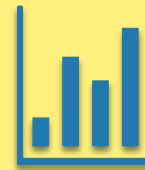
For more information, please contact Dr. Monica Carmo:
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Part of the **Stay Focused!**
Get Curriculum Series

Research shows that career development efforts across elementary and middle schools address social inequity issues.

(Schultheiss, Palma, and Manzi, 2005)



In the shadow of Covid, students' career self-efficacy

is more critical than ever. One recent research study shows 41% of students reported feeling that their job ambitions were now impossible to achieve.

(OECD Education Working Papers, No. 241)



I saw a change in self-motivation. They have a reason to get to where they want to be—it was a light at the end of the tunnel for them.”

(Middle School Teacher)

