

## Building a Bridge to Your Future

### Lesson Pacing Guide (approximately 45 hours)

Hour	Workbook Page	Workbook Activity	Methodology	Instructor's Guide (IG) Page and Content	
<b>CHAPTER ONE: Introducing the 10-year Planning Process</b>				<b>4/3</b>	<b>Chapter Learning Objective</b>
1	10	Vocabulary of Success	Read	4/1	
	11	The 10-year Planning Process	Quick write	4/4	
	12	How Ready are You to Think about Your Future?		4/5	
	14	What Will Your Life Look Like in 10 years' Time?	Read	4/6	
	15	Questions to Think About	Quick write	4/7	Mindmap
2	16	Strategies for Creating the Future You Envision for Yourself	Read Reflect	4/8	Poster
	18	Imagining My Future Life	Visualization activity Write	4/9	
	19	My Lifestyle Choices	Reflection in workbook	4/10	Research Interviews
	20	Making a Career Choice	Read	4/11	
	21	Who Am I?	Read	4/11	Group activity
	21	What Do I want?	Read	4/11	Group activity
	21	How Do I Get It?	Read	4/11	Group activity
	22	Why Do I Need a 10-year Plan?	Video Discussion	4/12	
3	28	Skills-based Education Plan		4/14	
	30	Jordan's Plan		4/15	
	31	Your Plan		4/16	
<b>CHAPTER TWO: Student Success--Perseverance is as Important as Brainpower</b>				<b>4/17</b>	<b>Chapter Learning Objectives</b>
4	34	Vocabulary of Success	Read	4/1	
	35	The Power of Thought	Share a personal experience	4/18	
	36	Challenges and Emotional Rewards		4/18	
	38	Delayed Gratification	Brainstorm Discussion	4/20	Video
5	39	Effort and Perseverance	Quiz	4/21	
	41	Grit	Discussion Reflection	4/22	Video Group share
	42	Our Brains: How They Change and Our Abilities Grow	Reflection in workbook	4/23	Video Discussion
6	44	Brainpower versus Growth Mindset	Read Video Discussion	4/25	
	45	Survey: Do You Have a Fixed Mindset or a Growth Mindset?	Quiz	4/25	
	47	Your Future Happiness	Reflection in workbook	4/26	Mapping activity

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<b>CHAPTER THREE: Know Thyself</b>				<b>4/27</b>	<b>Chapter Learning Objective</b>
7	50	Vocabulary of Success	Read	4/1	
	51	The Real You	Reflection Draw/create a collage	4/28	Interviews Iceberg activity
8	54	Discovering Who You Are	Video Discussion	4/30	
	55	Fame	Reflection in workbook	4/31	Attributes chart
	56	Success	Quiz Write	4/32	Who is successful activity Jordan's plan
9	57	Vision + Energy = Success	Brainstorm	4/33	
	58	Your Successful Future	Visualization Quick write	4/34	
	59	The Role of High School in Your Future Vision	Brainstorm	4/36	
<b>CHAPTER FOUR: Positive Self-concept</b>				<b>4/38</b>	<b>Chapter Learning Objectives</b>
10	62	Vocabulary of Success	Read	4/1	
	63	Positive Self-talk	Activity in workbook Discussion	4/39	Negative/positive qualities
11	65	Positive Affirmations	Quiz List	4/41	Video
	67	Turning Negative Thoughts into Positive Ones	Model	4/42	Student model and share
12	68	Practicing Being Positive	Reflection in workbook	4/43	
	69	Gaining Wisdom from Failures	Activity in workbook Discussion	4/44	
13	70	The Positive Side of Failure	Activity in workbook Discussion	4/45	
	71	Turning Your Behaviors in a Positive Direction	Group activity in workbook	4/46	Group report activity
<b>CHAPTER FIVE: Love What You Do and You'll Never Work a Day in Your Life</b>				<b>4/47</b>	<b>Chapter Learning Objective</b>
14	74	Vocabulary of Success	Read	4/1	
	75	"Love What You Do and You'll Never Work a Day in Your Life"	Brainstorm Reflection in workbook	4/48	
	76	Finding Your Passion	Video Essay in workbook	4/49	
15	79	Career Research: Your Most Important Research Project	Read Visit website	4/50	Career comparison grid
	80	Job Shadowing Online	Video	4/51	
	81	Career Exploration is a Long-term Research Project	Read	4/52	

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<b>CHAPTER SIX: Cultivate a Positive Attitude Towards Learning</b>				<b>4/53</b>	<b>Chapter Learning Objectives</b>
16	84	Vocabulary of Success	Read Read "Attitude" from IG	4/1 4/55	
	85	Maintaining Your Motivation Over Time	Share a personal experience Reflection in workbook	4/54	
	86	A Positive or Negative Outlook?	Read Reflect	4/55	Research study Video Activity
17	87	Motivators	Quiz	4/56	
	88	Strategies for Staying Motivated	Reflection in workbook	4/57	Identifying motivators
18	89	Motivational Triggers	Read Poster activity	4/58	Video
19	90	Motivational Goal-setting for the Short Term	Read "SMART goals" from IG Reflection in workbook Activity from IG	4/59	SMART goal-setting
	91	Staying Motivated for a Long-term Cherished Goal	Read Discuss	4/60	
<b>CHAPTER SEVEN: Identifying Your Passions: It's the First Step to Finding Work that You Love</b>				<b>4/61</b>	<b>Chapter Learning Objective</b>
20	94	Vocabulary of Success	Read	4/1	
	95	Identify Your Passions	Brainstorm Reflection in workbook	4/62	
	96	What are You Passionate About?		4/63	
	97	Articulating Your Passions		4/64	
21	98	Do the Math		4/65	
22	100	Your Ideal Day	Essay	4/66	
	102	A Word About Finding Your Passions	Read	4/67	Interview Report
	103	Your Plan in Your Pocket		4/68	
<b>CHAPTER EIGHT: Resiliency and Overcoming Obstacles</b>				<b>4/69</b>	<b>Chapter Learning Objective</b>
23	106	Vocabulary of Success	Read	4/1	
	107	Resiliency Quiz	Brainstorm Discussion Quiz	4/70	Video Poem
	109	Hang in There!		4/71	
	110	Some Good Advice		4/72	Poster
24	112	Your Attitude: A Key Factor to Overcoming Obstacles	Read "Attitude" from IG Discuss Reflection in workbook	4/55 4/73	Positive or negative? Types of negative thoughts
	113	What Would You Do?	Read Reflect	4/74	Brainstorm

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25	114	Teamwork and Problem Solving	Read Interview	4/75	
26	116	The Hardy Personality	Read	4/76	Videos Pairshare
	117	Developing a Hardy Personality	Read	4/77	Grid
<b>CHAPTER NINE: Beginning Your Career Search</b>				<b>4/78</b>	<b>Chapter Learning Objective</b>
27	120	Vocabulary of Success	Read	4/1	
	121	Your Career Search	Read	4/79	Interview
28	122	Brainstorming Careers that Match your Passions		4/80	Panel
29	124	Starting Your List of Possible Career Choices	Reflection in workbook	4/82	
30	124	Starting Your List of Possible Career Choices (continued)	Reflection in workbook	4/82	
	126	Using Higher-Order Thinking Skills to Get What You Want		4/83	
31	128	Career Research: Matching Skills and Traits	Reflection in workbook	4/84	Brainstorm (firefighter)
	129	Identifying Traits		4/85	
	131	Identifying Skills		4/86	
	132	Taking Control of Your Life		4/87	Skill-based plan development
	133	Developing an Education Plan		4/87	
<b>CHAPTER TEN: Your Employability Skills</b>				<b>4/88</b>	<b>Chapter Learning Objective</b>
32	136	Vocabulary of Success	Read	4/1	
	137	Your Employability Skills	Read "Employability skills" from IG Read Reflection	4/89	
	138	The Difference Between Employability Skills and Technical Skills		4/90	
33	139	Employability Skills and Traits Checklist	Quiz	4/91	
34	140	Assessing the Employability Skills You Have	Reflection in workbook	4/93	
	141	Planning for the Employability Skills You Need		4/94	
35	142	Articulating Your Skills and Traits		4/95	
36	144	Self-directed Learners: A Highly-Prized Skill in Today's Workplace	Read	4/96	
	145	Closing the Skills Gap	Read Activity in workbook	4/97	

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<b>CHAPTER ELEVEN: Learning from the Experts</b>				<b>4/98</b>	<b>Chapter Learning Objective</b>
37	148	Vocabulary of Success	Read	4/1	
	149	Learning from the Experts	Internet Video Reflection	4/99	
	150	The Virtual Job Shadow		4/100	
38	152	The Most Appealing Career to Me--So Far	Essay	4/102	
39	154	Reading the Best Book on the Topic	Read Internet	4/103	
				4/104	Study Skills for Developing Self-Directed
	155	Finding the Best Book on a Topic: A Life-long Skill		4/106	
	156	Steps for Finding the Best Book on a Topic		4/107	
	157	Why Read Books When You've Got Google?		4/109	
				4/110	Optional Special Project
<b>CHAPTER TWELVE: Getting Ready for High School</b>				<b>4/111</b>	<b>Chapter Learning Objective</b>
40	160	Vocabulary of Success	Reflection	4/1	
41	161	Getting Ready for High School	Read Reflection in workbook	4/112	Mindmap
42	164	Planning for Success in High School		4/114	
43	165	Checkpoint: What Are My Next Steps?	Reflection	4/115	
44	168	What Have I Learned	Quiz	4/116	
	170	What Will You Be Doing in 10 Years?	Essay		