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**M1 Lesson 3: My Career, My Future**

Core Competencies:

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| --- | --- | --- |
| * Communication | * Thinking | * Personal & Social |

Big Ideas:

* Reflecting on our preferences and skills helps us identify the steps we need to take to achieve our career goals

Curricular Competencies:

* Use self-assessment and reflection to develop awareness of their strengths, preferences and skills
* Set and achieve realistic learning goals with perseverance and resilience
* Question self and others about how individual purposes and passions can support the needs of the local and global community when considering career choices

Lesson:

**Let's Discover and Learn**

And ... what you like to do, you can learn to do well!

**Let's begin by reviewing what you just learned about yourself.**

Think back to the 'You and Your Strengths' section. You probably have a mixture of talents and abilities. Now, think about just your talents - the things you like to do, that come naturally whether you have had any instruction or not.

e.g. good artist, good with tools, good with numbers, great helper in the yard or kitchen, great communicator, very creative, problem solver, social organizer, music lover, sports minded, etc.

**Let's make sense of your strengths and online personality tests:**

You've just circled your personality, learning style and intelligence strengths. What do these mean? Why should you care? Well, if you know that you learn better by listening rather than reading, then you might make a recording of information you need to know. Or, if you have a strength in music you might decide to put all of those boring math formulas into a rap song!

**Learning Styles**

1. Are you a visual learner? I learn best when I see it. "I understand the problem better if I see it on paper, than hearing my teacher give me instructions"
2. Are you an auditory learner? I learn best when I hear it. "Reading is so boring. Why can't the teacher just explain it to me."
3. Are you a tactile/kinesthetic learner? I learn best when I can touch it. "I enjoy taking apart old machines such as telephones and radios, and putting them back together."

Sometimes you may be a mixture of these styles, but usually one style will be more dominant than the others.

Have you ever heard someone say, "She's a right-brain thinker" or "He's a left-brain thinker"? Dominant right brain thinking tends to be associated with the more creative side involving the tactile and visual sides. Dominant left-brain thinking is often associated with logic, auditory, and linguistic thinking. Remember that you use both the left and right brain but one side may be more dominant. If you can get both sides working equally you'll get the best of both brains!

**Now it is time to get your strengths to work for you!**

Assignment

**Part 1**

Which jobs suit your personality and intelligence styles...

1. First, find out what possible jobs suit your strengths:

Check out Employment Personality Test: <https://www.123test.com/career-test/index.php> Write a reflection (20-30 words) stating the five top jobs that would suit your personal style and projected educational level. Why is it important to match career choices with personality types? For eg. I would enjoy \_\_\_\_ job because I like to \_\_\_\_\_.

**Part 2**

What do other teens say about their own personal strengths...

You are to interview 2-3 teenagers and ask them

1. what they think is their greatest talent and what habit is important for success in school, for example, make study notes for studying, ask their teacher questions when they don't understand a problem, or hand in their assignments on time
2. What do they think is important to them in finding their ideal job, for example,  working with children, working with animals, hours of work, or having work that is challenging.

Type up the answers in your document to submit.

Second, Click on [http://www.seancovey.com/teens.html](http://www.seancovey.com/teens.html (Links%20to%20an%20external%20site.)Links%20to%20an%20external%20site.)

1. Click on **Teen Stories**.
2. Read at least two teen stories. These teens tell their own story on how they have found success by creating good study and positive thinking habits.
3. List three similar things about both teens, for example: setting goals, thinking positive, working at something they enjoy doing.
4. In your document with the interview answers, the list of similar things about teens, create a table like the one below. List the seven habits of highly successful teens that are listed on the [The Seven Habits of Highly Successful Teens](https://comoxvalleyschools.instructure.com/courses/196/files/81319/preview?verifier=HfIT5Q7mQydxUbS0p32JhhepVuFgH88qoZQYzSsu" \t "_self) document.

| **Habit** | **Name of Habit** | **How would these habits help you achieve your goal or dream (in 20 – 30 words)** |
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| 1. |  |  |
| 2. |  |  |
| 3. |  |  |
| 4. |  |  |
| 5. |  |  |
| 6. |  |  |
| 7. |  |  |

Assessment:

(see next page)

