

Lesson 2: Discover Your Interests

Category: Skills Identification and Career Exploration

Employability Skills

- a) Problem Solving & Critical Thinking
- b) Interpersonal Communication
- c) Enthusiasm & Attitude
- d) Flexibility & Adaptability

Instructional Direction

The following is a good introductory activity to the more detailed VISion activities included in the When I Grow Up Workbook (pp. 6–7). This will help students begin to think about how interests are developed and how they might connect these to career and educational choices.

To start students may watch and discuss the Life's an Adventure video (link below). On a blank sheet of paper, students should record their thoughts into four quadrants labeled (1) Dream Jobs & Careers, (2) Dream Activities, (3) Dream Destinations, and (4) Nightmares; the nightmares section may include jobs, destinations, and activities that would not interest them. Allow students to share their dreams and nightmares.

Have students identify a couple of interests that they would like to have in their future job. Ask students which interests they might want to keep as hobbies. For example, if one of their dreams is to travel to a number of foreign countries, do they want to have this interest in their work life, personal life, or both? What are the advantages and disadvantages of each option?

Once students have identified a few dreams and nightmares, have students begin working on the “Define Your VISion” (pp. 6–7) and “What is Your Dream Job?” (p. 2–4) pages in the workbook.

Learning Outcome(s)

Students will be able to identify and share personal strengths and characteristics, as well as correlate how these qualities might impact their career paths.

Resources Needed

1. Life's an Adventure video — www.wrksolutions.com/adventurevid
2. When I Grow Up Workbook or individual activity pages for “What is Your Dream Job?” and “Define Your VISion”

Modification and Extensions

- Provide students the opportunity to “Showcase” their talent:
 - Sing, Write a poem, Create a work of art, Build something
 - Demonstrate a lesson on a favorite subject
 - Create a presentation using PowerPoint, Prezi, etc.
- Students can interview one another, then the interviewer shares about the other person.
- Complete the Choices Career Planner Interest Inventory available on the Workforce Solutions website (www.wrksolutions.com/cp) and have students compare the interests revealed in this inventory with those on their worksheet. Have students write a summary essay or create a presentation to discuss their new findings.

