



Career Exploration Activities for Middle or High School Classrooms

Anne Bogstad and Dan Conway

Innovative Learning Tools for Skills Training

FACS | Health Sciences | Agriculture | Welding and Trade Skills



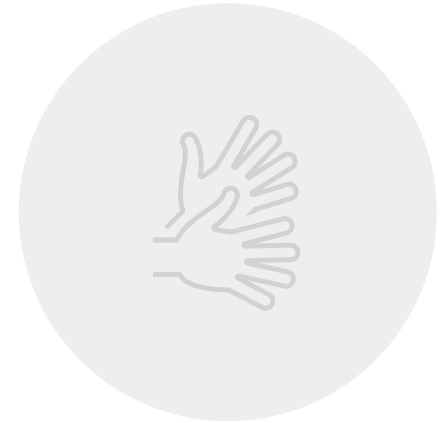
Presentation Plan



WHAT IS CAREER EXPLORATION

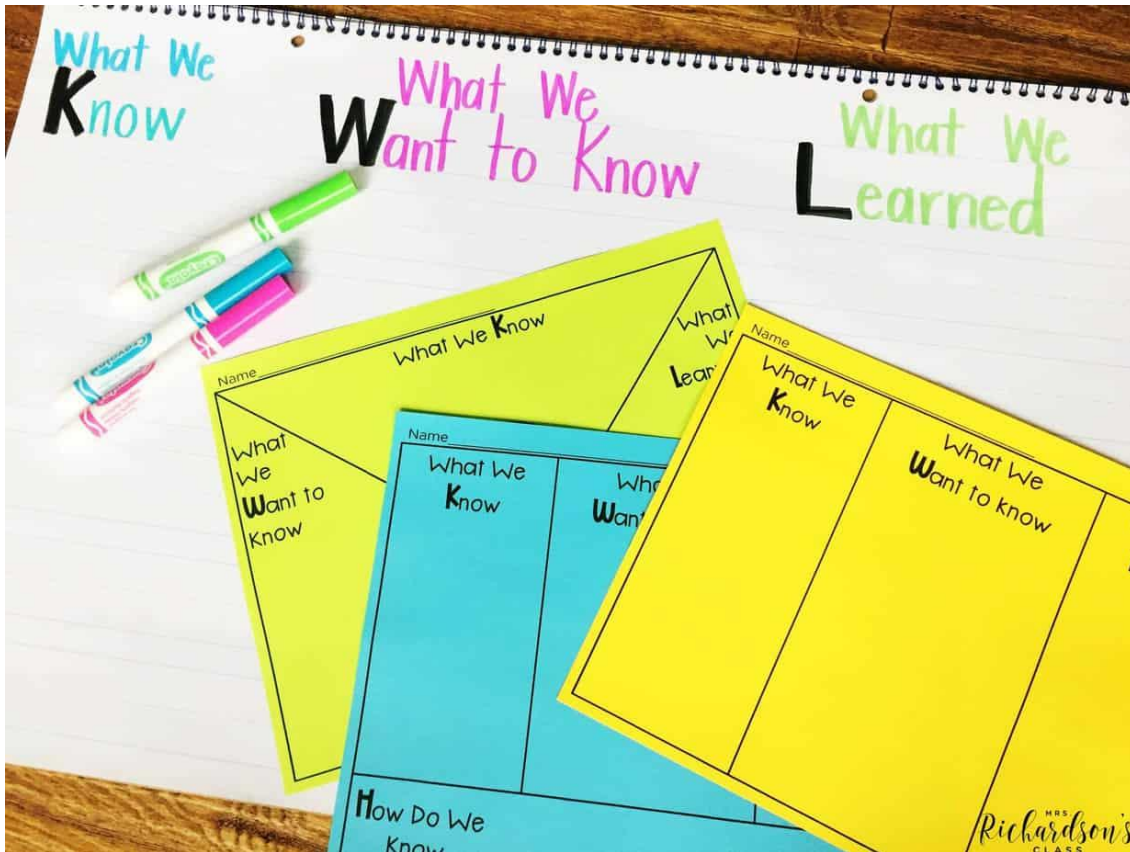


IDEAS TO START CAREER
EXPLORATION TODAY



HANDS-ON DEMONSTRATIONS

KWL



- Teams
- K- Know
- W- Want to Know
- L- Learned

Think-Pair-Share



- Critical thinking
- Communication
- Teamwork
- Presentation skills

What did you want to be in middle school or high school?



What is Career Exploration

Process to learn, discover and evaluate career opportunities based on one's own interests and values.

It should be FUN and INFORMATIVE.

Where do we get started?



Take time to research



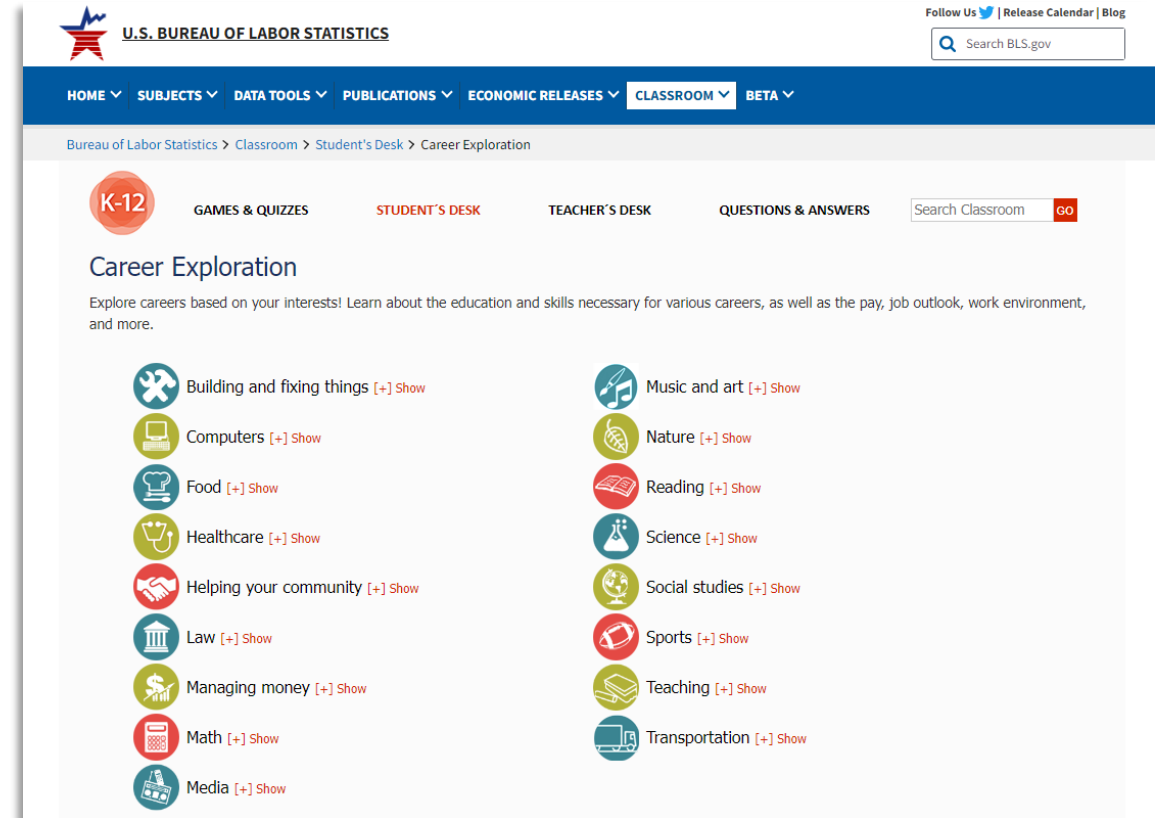
Free Career Exploration Lesson Plans:

<https://www.realityworks.com/career-exploration-implementation/>

1. Create a list of careers
2. Give parameters to share on the career
3. Have students choose a career
4. Share places to learn more about that career
5. Present that career to others!

Take time to research

<https://www.bls.gov/k12/students/careers/career-exploration.htm>



Career Exploration

Explore careers based on your interests! Learn about the education and skills necessary for various careers, as well as the pay, job outlook, work environment, and more.



Building and fixing things [\[+\] Show](#)



Computers [\[+\] Show](#)



Food [\[+\] Show](#)



Healthcare [\[-\] Hide](#)

Pharmacist

Dentist

Registered Nurse

Optometrist

Doctor



Helping your community [\[+\] Show](#)



Law [\[+\] Show](#)



Managing money [\[+\] Show](#)



Math [\[+\] Show](#)



Music and art [\[+\] Show](#)



Nature [\[+\] Show](#)



Reading [\[+\] Show](#)



Science [\[+\] Show](#)



Social studies [\[+\] Show](#)



Sports [\[+\] Show](#)



Teaching [\[+\] Show](#)



Transportation [\[+\] Show](#)

<https://www.realityworks.com/career-exploration-implementation/>

Free Career Exploration Lesson Plans

Registered Nurses PRINTER FRIENDLY

Summary What They Do Work Environment How to Become One Pay Job Outlook State & Area Data Similar Occupations More Info

Summary

Quick Facts: Registered Nurses	
2021 Median Pay	\$77,600 per year \$37.31 per hour
Typical Entry-Level Education	Bachelor's degree
Work Experience in a Related Occupation	None
On-the-Job Training	None
Number of Jobs, 2020	3,080,100
Job Outlook, 2020-30	9% (As fast as average)
Employment Change, 2020-30	276,800



What Registered Nurses Do
Registered nurses (RNs) provide and coordinate patient care and educate patients and the public about various health conditions.

Work Environment
Registered nurses work in hospitals, physicians' offices, home healthcare services, and nursing care facilities. Others work in outpatient clinics and schools.

How to Become a Registered Nurse
Registered nurses usually take one of three education paths: a bachelor's degree in nursing, an associate's degree in nursing, or a diploma from an approved nursing program. Registered nurses must be licensed.

Pay
The median annual wage for registered nurses was \$77,600 in May 2021.

Job Outlook
Employment of registered nurses is projected to grow 9 percent from 2020 to 2030, about as fast as the average for all occupations.
About 194,500 openings for registered nurses are projected each year, on average, over the decade. Many of those openings are expected to result from the need to replace workers who transfer to different occupations or exit the labor force, such as to retire.

State & Area Data
Explore resources for employment and wages by state and area for registered nurses.

Similar Occupations
Compare the job duties, education, job growth, and pay of registered nurses with similar occupations.

More Information, Including Links to O*NET
Learn more about registered nurses by visiting additional resources, including O*NET, a source on key characteristics of workers and occupations.

Use the community!



Use your community



Guest Speakers

Panel discussions

Company tours

Student interviews

Incorporate soft skills



Ideas for incorporating soft skills

Teamwork: Assign group work



Critical Thinking: Reflection activities



Communication: Role play



Think-Pair-Share Is SOFT SKILLS!

Incorporate employability skills



Home | Blog | 10 Easy Ways to Teach Soft Skills in Any Class



10 Easy Ways to Teach Soft Skills in Any Class

Soft skills, employability skills, job-readiness skills, emotional intelligence... these are the personal attributes that enable people to interact effectively and harmoniously with others. They're considered the "bedside manner" of the workplace — and they are vital for all career paths. If you're looking for easy ways to address soft skills in your classroom, keep reading. You'll hear our favorite ideas for helping students develop the top soft skills

<https://www.realityworks.com/resources/classroom-ideas/>



Respect

Scenario: Doug is working as a supervisor for a construction company that just started a house project on the beach. One of his workers, Tommy, has worked for the company for four years and has been a good employee. Recently, Doug saw Tommy misusing some tools and throwing them into the sand when he's not using them. Doug asks Tommy why he's not taking care of the tools. Tommy responds that they aren't his tools and that the company owner can afford to buy new ones. Tommy also says he's frustrated with the owner, who is making "the big bucks" but won't give his employees a raise.

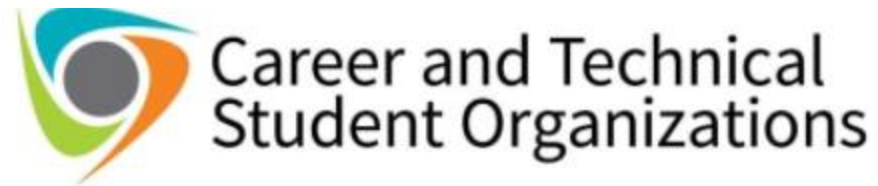
Points of view to consider

- Doug, the supervisor
- Tommy, a construction worker
- The rest of the crew who needs the tools for their job
- The owner of the company

Key questions

- What does respect mean to you?
- How do you think Tommy could have handled this better?
- How do you think Doug should respond?
- Can people be taught how to respect others and their property, or is respect ingrained in our personalities?

CTSO Connections





[Career Pathways Flyer.pdf \(fcclainc.org\)](http://fcclainc.org)

FCCLA Competitive Events and Career Exploration - STAR Events:

Career Investigation - recognizes participants for their ability to perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals, and describe the relationship of Family and Consumer Sciences coursework to the selected career.

Teach and Train - recognizes participants for their exploration of the education and training fields through research and hands-on experience.

HOSA Middle School Competitive Events:

Health Career Exploration - Health Career Exploration provides Middle School Division HOSA members with the opportunity to explore and learn about the five health career clusters and to gain knowledge about career skills, fundamental skills, and professional and academic knowledge within various health careers.

Health Career Display - Health Career Display provides Middle School members with the opportunity to research a career of interest, create a display board of associated career materials, and improve presentation skills as they communicate the career information to others.

Incorporate hands-on learning tools!



Incorporate hands-on learning tools!



KWL



- K - Know
- W- Want to know
- L - Learned

Nurse Assistant / Patient Care Tech HealthCare Cluster

GERIATRIC SENSITIVITY TRAINING

HELPING STUDENTS DEVELOP EMPATHY FOR OUR AGING POPULATION

Empathy (n): The action of understanding, being aware of, being sensitive to and vicariously experiencing the feelings, thoughts and experience of another without having the feelings, thoughts and experience fully communicated in an objectively explicit manner.¹

Empathy in patient care includes:

- verbal communication
- understanding nonverbal cues
- spending time with patients
- providing care

By attempting to recognize and empathize with patients, providers improve the odds of successful health outcomes like:^{2,3}

- Increased reports of symptoms and concern by patients
- Increased diagnostic accuracy
- Increased sharing of illness-specific information with patients
- Increased patient participation and education
- Increased patient compliance and satisfaction
- Greater ability of patients to cope with prescribed treatments
- Decreased rate of depression
- Increased quality of life
- Decreased illness duration and severity
- Decreased rate of malpractice litigation



- Industry Career Facts
- 1. An additional 2.3 million healthcare workers needed by 2025.
- 2. 2022 CA. 1.3 billion dollars bonuses for hc.
- 3. Over 400,000 Californians long term care
- 4. Average cost is over \$110,000 annually.
- Skills Needed
- 1. Organization
- 2. Communication
- 3. Time Management
- 4. Attention to Detail

Industry Growth

Careers in geriatrics and gerontology are increasing . . .

- 4 of the top 6 occupations with most projected job growth through 2024 deal with geriatric care⁴
- Health occupations and social assistance industries are expected to have the **fastest employment growth and add the most jobs** through 2024⁴
- 5 million job openings will be available in the healthcare and social assistance sector from 2012 to 2022⁵
- Healthcare and social assistance industry careers are projected to **increase 29 percent** through 2022, compared to an average of 11 percent for all industries⁵

JOE GROWTH

Health & Social Assistance Industry Growth Rate: **29 %**

Average Industry Growth Rate: **11 %**

Try it at the Visual Impairment Experience Station

Facilitation Steps:

1. Divide the class into five or six groups. Give each of the small groups one of the visual impairment simulation glasses. In their small groups, participants will each try on the simulation glasses and do some of the following tasks:
 - Read a page out of a book
 - Button a shirt
 - Open a pill bottle
 - Dial a phone
 - Write a grocery list

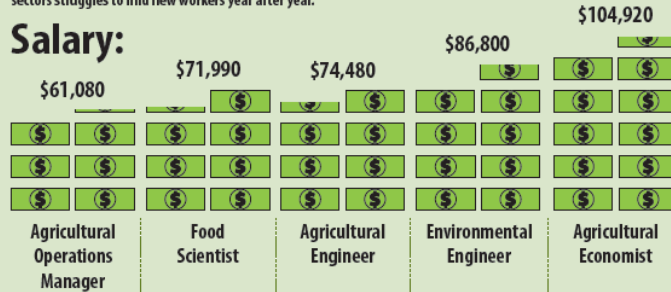
Visual Impairment	Impact on Vision	How I Felt	How would this impact my daily life as an older adult?
Glaucoma			
Macular Degeneration			
Cataracts			
Diabetic Retinopathy			
Retinal Detachment			
Retinitis Pigmentosa			

Agriculture Careers

Top Agriculture Careers ⁽⁵⁾

In the US alone, over 50,000 jobs in agriculture are available per year, but there aren't enough qualified graduates to fill them. The UK also seems to be experiencing similar problems with labor shortage, as their horticultural sectors struggles to find new workers year after year.

Salary:



2018 - 2028 Projected Employment Growth ⁽⁴⁾



Top Soft Skills Needed for Agriculture ⁽⁶⁾



- Industry Career Facts
 - 1. One U.S. Farm feeds 166 people annually
 - 2. 27% of the world's population works in agriculture
 - 3. It is the U.S.'s largest employer with 23 million jobs
 - 4. California produces nearly half U.S. grown fruits, nuts and vegetables.
- Skills Needed
 - 1. Problem Solving
 - 2. Time Management
 - 3. Mechanical
 - 4. Organizational

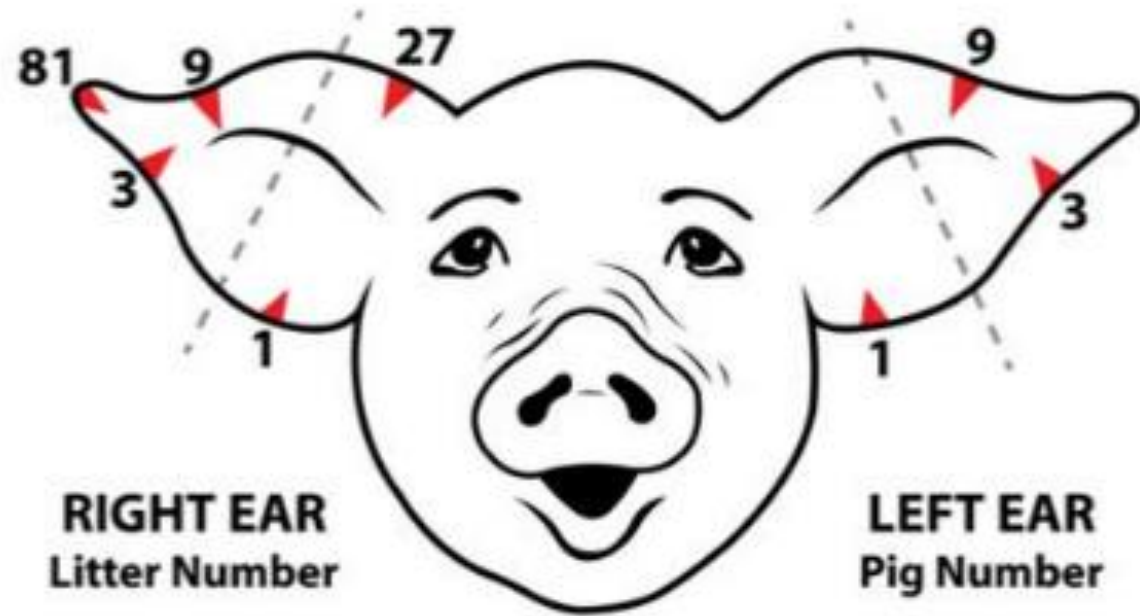
Swine Litter Processing Demonstration



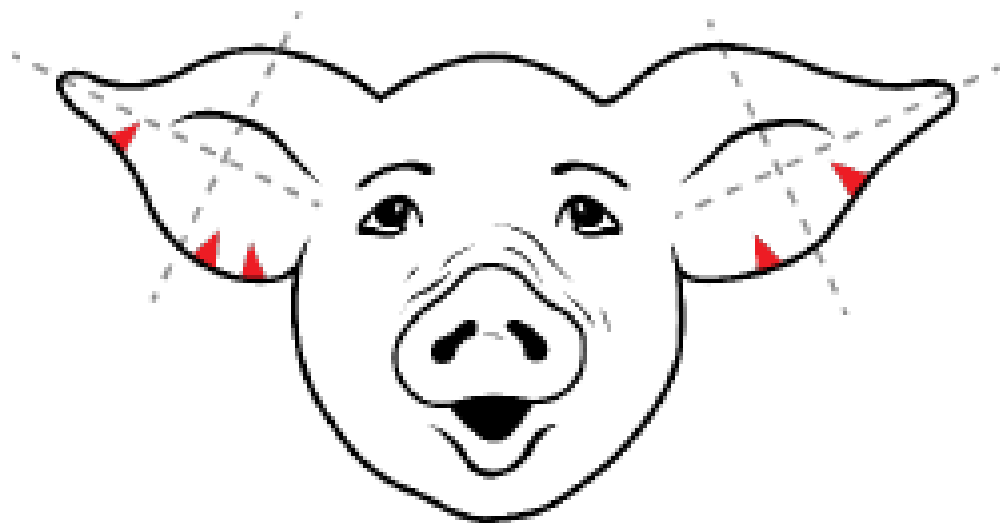
Understanding Ear Notching

Goals:

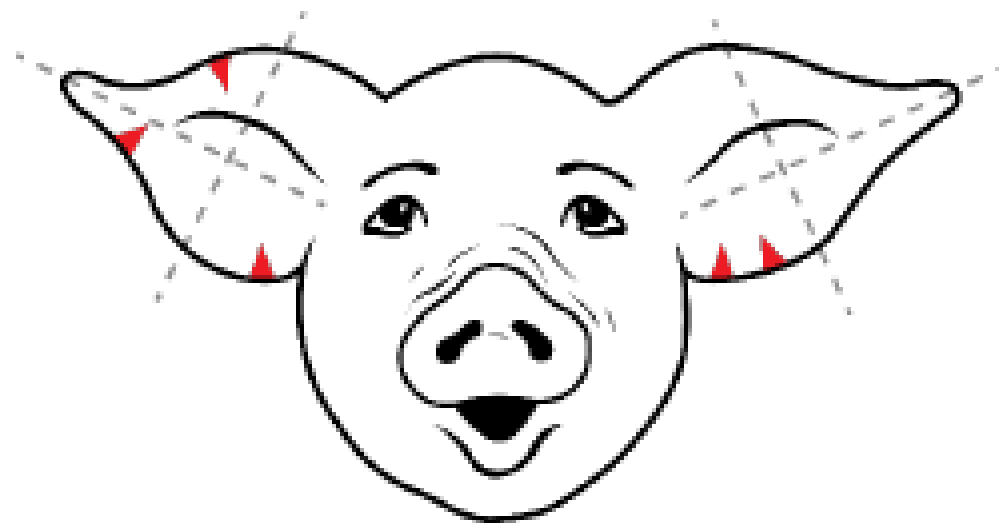
- Permanent identification
- Least number of notches possible
- Ear segments represent a specific number
- Add the segments to get the final number



Ear Notching 101



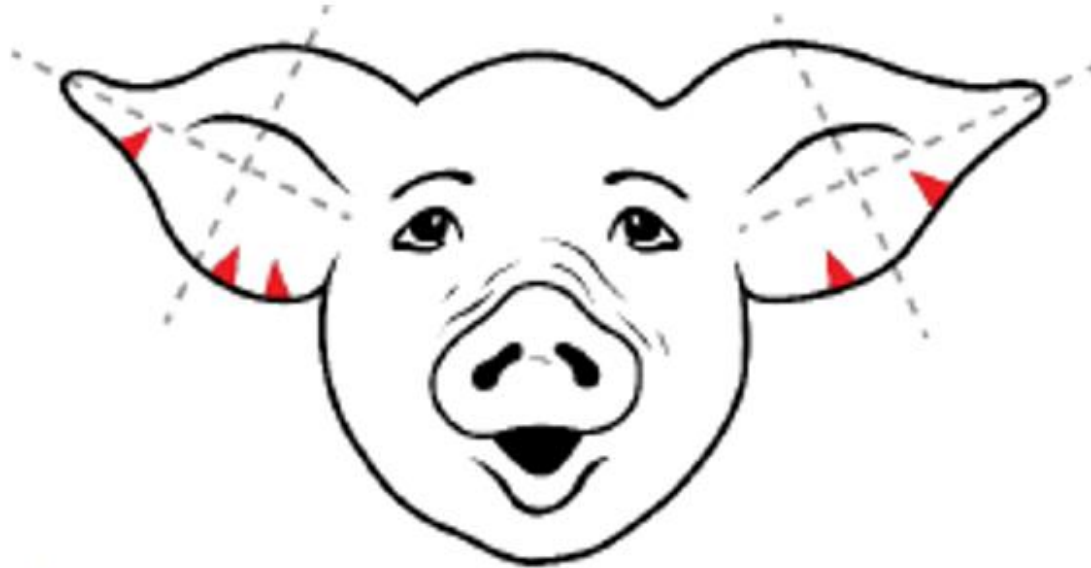
1. 5-4



2. 13-2

Practice:

What is the litter number-pig number?



1. _____

Try it at the piglet station



Welding

- Industry Career Facts
 - 1. More than 50% of U.S. products require the work of welders
 - 2. The average age of a U.S. welder is 54
 - 3. The earliest recorded welds occurred in 3500 BC
 - 4. California is second in the country employing over 30k welders.
- Skills Needed
 - 1. Attention to Detail
 - 2. Hand-Eye Coordination
 - 3. Mathematical Skills
 - 4. Communication and Teamwork

WELDING

ADDRESS THE SKILLS GAP WITH THIS IN-DEMAND SKILL

*"For every four Baby Boomers leaving the skilled trades, only one Millennial or Gen Z member enters. This means that the demand for qualified welders is growing daily."*¹

TRAINING

A 15-week program correlates to the American Welding Society's Guide for Training and Qualification of Welding Personnel – Entry Level Welder.²

**Average total tuition costs starting at:*
\$5,000³

WELDING TUITION VS. 4-YEAR SCHOOLS

- Average public 4-year out-of-state tuition: \$25,620/year x 4 = \$102,480 total
- Average public 4-year in-state tuition: \$9,970/year x 4 = \$39,880 total⁴

**Cost varies based on program and school location.*

By 2024 there will be a need for **400,000** replacement and new welding professionals.⁵

Did you know?
Welders can have jobs as:

- Assemblers and Fabricators
- Metal and Plastic Machine Workers
- Jeweler, Stone and Metal Workers
- Machinists, Tool and Die Makers
- Plumbers, Pipefitters, and Steamfitters
- Sheet Metal Workers
- Boilermakers

Why weld?

Over 50 percent of U.S. products require welding, including race cars, bridges, ships, computers, medical devices, farm equipment, gas pipelines, skyscrapers, automobiles, train tracks, airplanes and scooters.

CERTIFIED

Try it at the Welding “Top Gun” Station



Now it's your turn to explore!

Pick a station & try a career

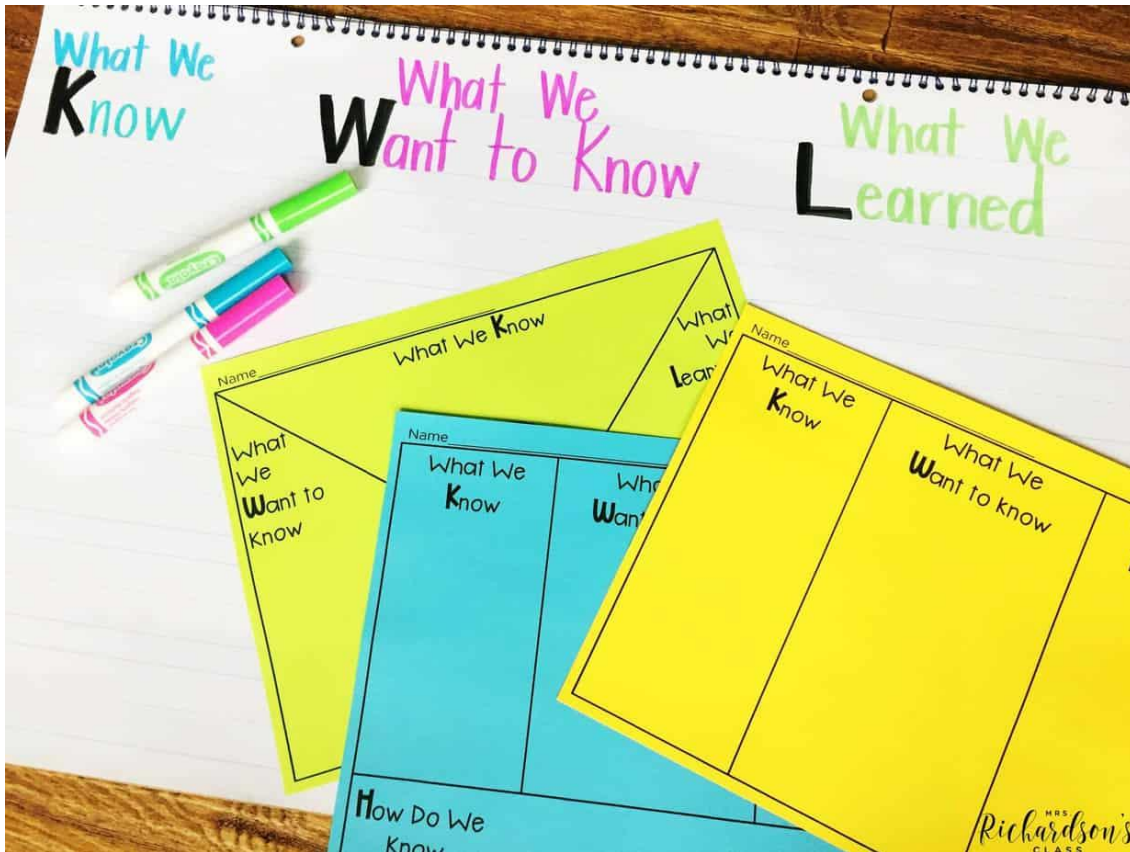


Share your experiences!



- What did you learn about the career?
- What did you learn about yourself?
- Was it what you expected?

KWL Review & Hand in



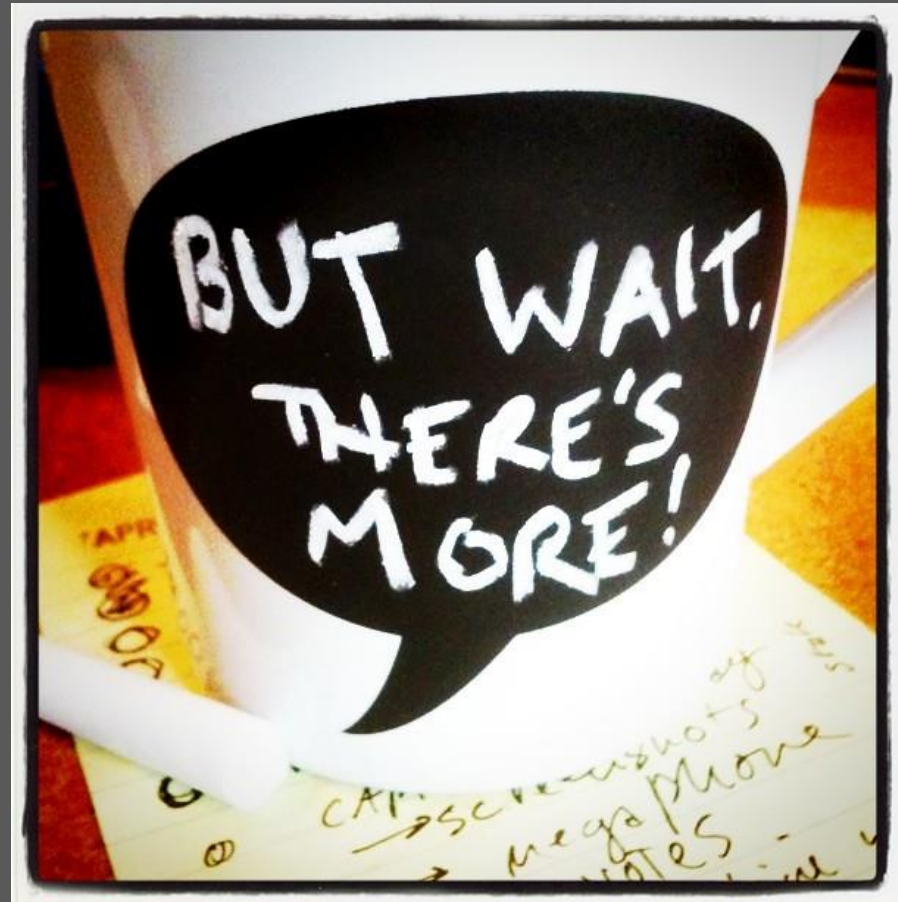
- K - Know
- W- Want to know
- L - Learned

Workplace Scenario Card Giveaway

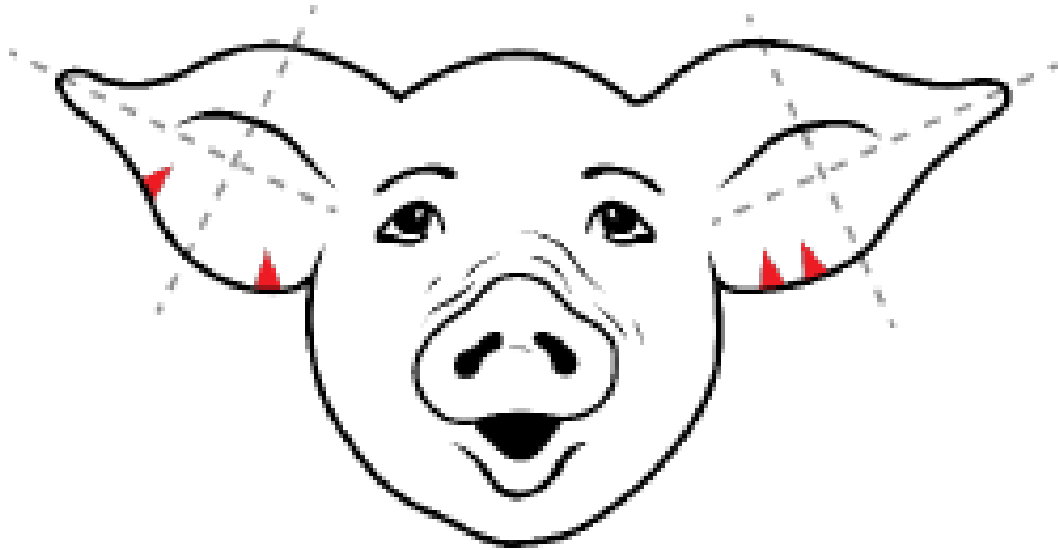


What questions can we answer?

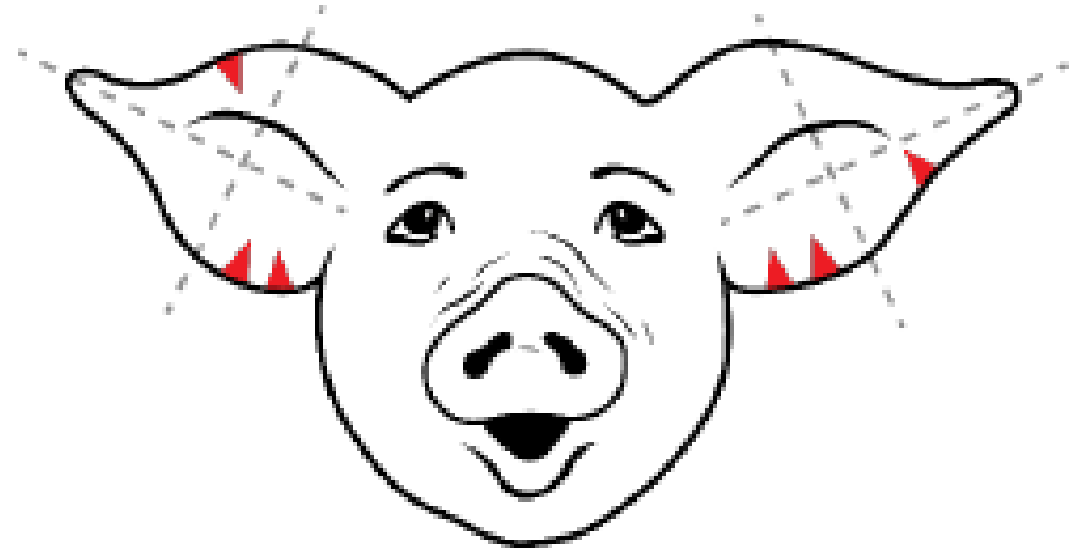




How did you do?



1. 4-2

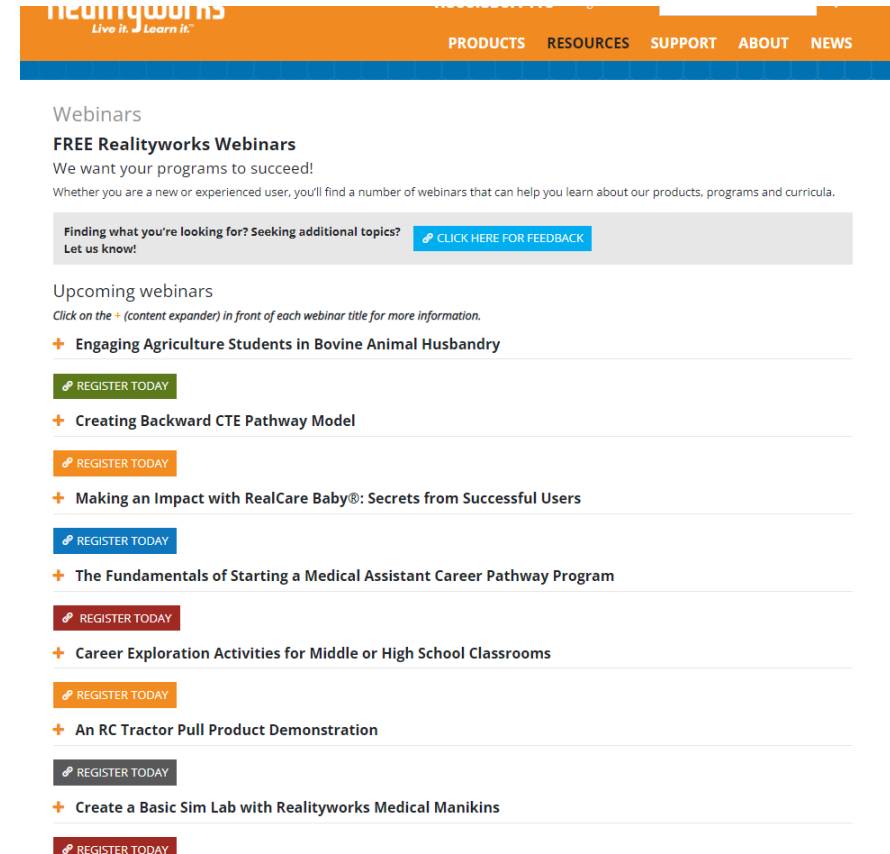


2. 11-5

Realityworks Webinars

- Realityworks' educational webinars are designed to provide:
 - Latest product information
 - Program best practices
 - Tips and tricks from experienced users and more.

<http://realityworks.com/webinars>



The screenshot shows the Realityworks website's 'Webinars' section. At the top is an orange navigation bar with the Realityworks logo and links for PRODUCTS, RESOURCES, SUPPORT, ABOUT, and NEWS. Below the navigation bar, the 'Webinars' section is titled 'FREE Realityworks Webinars' with the text 'We want your programs to succeed!' and 'Whether you are a new or experienced user, you'll find a number of webinars that can help you learn about our products, programs and curricula.' A search bar with the placeholder text 'Finding what you're looking for? Seeking additional topics? Let us know!' and a 'CLICK HERE FOR FEEDBACK' button is present. The 'Upcoming webinars' section follows, with a note to 'Click on the + (content expander) in front of each webinar title for more information.' There are eight webinar entries, each with a title, a plus icon, and a 'REGISTER TODAY' button. The titles are: 'Engaging Agriculture Students in Bovine Animal Husbandry', 'Creating Backward CTE Pathway Model', 'Making an Impact with RealCare Baby®: Secrets from Successful Users', 'The Fundamentals of Starting a Medical Assistant Career Pathway Program', 'Career Exploration Activities for Middle or High School Classrooms', 'An RC Tractor Pull Product Demonstration', 'Create a Basic Sim Lab with Realityworks Medical Manikins', and an eighth entry with a partially visible title.

realityworks
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PRODUCTS RESOURCES SUPPORT ABOUT NEWS

Webinars

FREE Realityworks Webinars
We want your programs to succeed!
Whether you are a new or experienced user, you'll find a number of webinars that can help you learn about our products, programs and curricula.

Finding what you're looking for? Seeking additional topics? Let us know! [CLICK HERE FOR FEEDBACK](#)

Upcoming webinars
Click on the + (content expander) in front of each webinar title for more information.

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Resource:

<https://www.realityworks.com/career-exploration-implementation/>

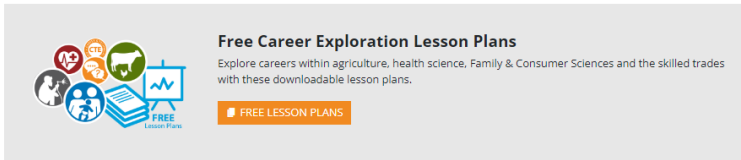
Free Career Exploration Lesson Plans



Career Exploration Implementation

Encourage Career Exploration With 21st Century Learning Aids

Engage your students and help them discover potential careers with hands-on learning aids that explore a variety of content areas.

The graphic features a cluster of colorful circular icons representing various career fields like agriculture, health, and family & consumer sciences. To the right of the icons, the text reads "Free Career Exploration Lesson Plans" followed by a brief description: "Explore careers within agriculture, health science, Family & Consumer Sciences and the skilled trades with these downloadable lesson plans." Below this text is an orange button labeled "FREE LESSON PLANS".

Custom Pathway Package

Build your own product package with learning aids and resources focused on the careers you would like your students to explore. All packages include hands-on learning aids and hours of course content.

[VIEW DETAILS](#)

[REQUEST A FREE QUOTE](#)



guideWELD® VR welding simulator

Grab students' attention and get them interested in welding and other trade skills with this portable simulator, which transports easily from classrooms to career fairs.

[VIEW DETAILS](#)

[REQUEST A FREE QUOTE](#)



Food Truck Design Kit

Give your students hands-on experience designing all aspects of a food truck business with this comprehensive kit, which includes lesson plans and activities.

- Blogs about teaching
- Access to downloadable Career Posters
- See Realityworks offerings
- And MORE!

Using Scenario-Based Learning to Explore Careers

Incorporating Scenarios Into Lessons

Our favorite ways to incorporate scenario-based learning into the classroom include:



Icebreaker Activities

Begin your class with a 5-minute workplace scenario challenge. Pick a scenario and read or display it to the class. Ask students to work on their own answers, then share them as a class or as a think-pair-share activity.



Team Challenges

Organize students into small groups to discuss the scenario, key questions, and various points of view. If several scenarios are available, have the teams exchange after 10 minutes. Wrap the activity by gathering the class back together as a big group and share answers to key questions.



Teaching Soft Skills

Choose a soft skill you wish to teach and write scenarios based on those skills. Teach the lesson on the skill you have chosen. After the lesson has been taught, have the students review the scenario with that soft skill in mind and answer the key questions.



Escape Room Activities

Create a classroom escape room, or breakout challenge, that is focused on scenarios. Fill a locked box with prizes of your choosing, then lay out the scenarios your students must complete to open the box. You can organize students into small groups, increasing motivation by telling them that the first group to finish their scenario completely gets first pick of the prizes. You could also allocate different parts of your classroom for a different scenario.



Bell Ringer Activities

Bell ringer activities, or warm-up activities that students complete at the beginning of the class while you're passing out materials or taking attendance, can be great activities for jump-starting classroom participation. Pass out scenario cards to small groups of students to read through, then instruct them to journal their answers to the key questions. You could also hand out your own scenarios for students to think-pair-share as you get organized for the day or consult a student independently.



Substitute Teacher Plans

Scenario cards can help substitute teachers engage with students and make the most of classroom time. Leave instructions and cards, and if more time is needed, provide a list of reflection activities (*see page 5 for more ideas*).

[Using-Scenario-Based-Learning-To-Explore-Careers.pdf \(realityworks.com\)](https://realityworks.com/Using-Scenario-Based-Learning-To-Explore-Careers.pdf)



5 Activities for Career Exploration

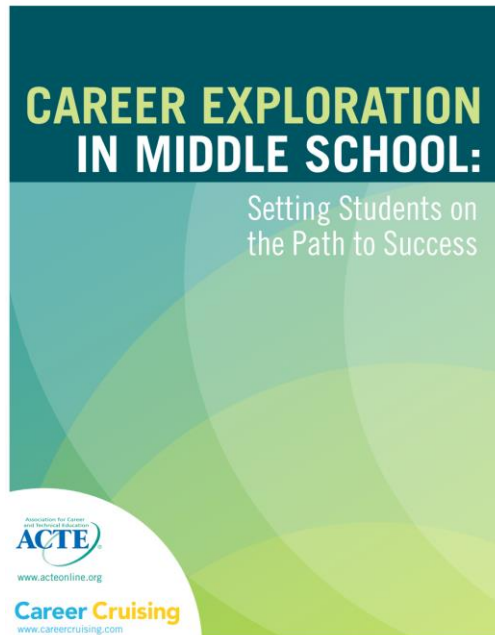
- [5-Easy-Activities-For-Exploring-Careers-in-Any-Class.pdf](#)
[\(realityworks.com\)](#)



RESOURCE:

What is appropriate for middle school career exploration?

<https://www.acteonline.org>



1. Incorporate career-related project-based learning in the classroom.
2. Design projects and activities to develop employability skills.
3. Be flexible when offering exploratory and introductory CTE courses.
4. Facilitate academic and career planning with scalable online tools.
5. Enable short-term interactions with business and community leaders.
6. Provide opportunities for CTSO participation, including financial support when needed.



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