Unit 1 Title: Goal Setting

Lesson Title: Revisit 4-Year Plan/Post HS Requirements  Lesson: 1 of 4

Grade Level: 9

Length of Lesson: 55 to 70 minutes

Missouri Comprehensive Guidance Standard:
CG 7 Applying Career Exploration and Planning Skills in the Achievement of Life Career Goals.
CG 8 Knowing Where And How To Obtain Information About The World Of Work And Post-Secondary Training/Education.

Grade Level Expectation (GLE):
7.1 Compare current strengths and limitations with the individual career and educational plan and adjust the plan as necessary.
8.2 Identify the entrance requirements and application procedures for post-secondary options.

American School Counselor Association National Standard (ASCA):
Career Development
A. Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decision.
B. Students will employ strategies to achieve future career goals with success and satisfaction.
C. Students will understand the relationship between training and the world of work.

Materials (include activity sheets and/or supporting resources)
Students’ Personal 4 year plan
Career interest inventory results
List of minimum entrance requirements for a variety of colleges/universities/technical schools or plans for immediate employment. (From counselor resources)

Show Me Standards: Performance Goals (check one or more that apply)

<table>
<thead>
<tr>
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<th>Goal 1: gather, analyze and apply information and ideas</th>
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<tbody>
<tr>
<td>X</td>
<td>2. Conduct research to answer questions and evaluate information and ideas</td>
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<td>4. Use technological tools and other resources to locate, select and organize information</td>
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<td>10. Apply acquired information, ideas and skills to different contexts as students, workers, citizens and consumers</td>
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<th>Goal 2: communicate effectively within and beyond the classroom</th>
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<tr>
<td>X</td>
<td>2. Review and revise communications to improve accuracy and clarity</td>
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<td>7. Use technological tools to exchange information and ideas</td>
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X Goal 3: recognize and solve problems
4. Evaluate the processes used in recognizing and solving problems
6. Examine problems and proposed solutions from multiple perspectives
8. Assess costs, benefits and other consequences of proposed solutions

X Goal 4: make decisions and act as responsible members of society
1. Explain reasoning and identify information used to support decisions
4. Recognize and practice honesty and integrity in academic work and in the workplace
5. Develop, monitor and revise plans of action to meet deadlines and accomplish goals
6. Identify tasks that require a coordinated effort and work with others to complete those tasks
8. Explore, prepare for and seek educational and job opportunities

This lesson supports the development of skills in the following academic content areas.

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<thead>
<tr>
<th>Academic Content Area(s)</th>
<th>Specific Skill(s)</th>
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<tbody>
<tr>
<td>X Communication Arts</td>
<td>6. Participating in formal and informal presentations and discussions of issues and ideas</td>
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<tr>
<td>Mathematics</td>
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<td>Social Studies</td>
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<td>Science</td>
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<td>Health/Physical Education</td>
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<td>Fine Arts</td>
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Enduring Life Skill(s)

| X Perseverance           | X Integrity     | X Problem Solving |
| X Courage                | Compassion      | Tolerance         |
| Respect                 | X Goal Setting  |                   |

Lesson Assessment (acceptable evidence):

Assessment should relate to the performance outcome for goals, objectives and GLE’s.
Assessment can be question answer, performance activity, etc.
Students will be able to reevaluate and assess their 4-year career plan and revise as needed

Lesson Preparation

Essential Questions:
How have my interests, strengths, and limitations changed since I developed my 4-year career plan?

Engagement (Hook):
What I wish I would have known…
## Procedures

### Instructor Procedures:
1. Instructor will facilitate a panel discussion of community members who will communicate things they wish they had known prior to making a career choice.

   2. Instructor organizes the panel discussion and students’ personal 4 year plans, career interest inventories and results, list of minimum entrance requirements for a variety of colleges/universities/technical schools and a plan for immediate employment form.

### Student Involvement:
1. Students will engage community member(s) in a discussion about the misinformation one realizes after being in the chosen profession.

   2. Students will use the information gained during the panel discussion, their personal 4 year plan, their career interest inventory results, list of minimum entrance requirements for a variety of colleges/universities/technical schools or their plan for immediate employment to help them reevaluate their 4 year plan.

## Teacher Follow-Up Activities

Teacher might share what they wish they had known before starting their job as a teacher.

## Counselor reflection notes (completed after the lesson)