

Unit 1 Title: Goal Setting

Lesson Title: Revisit 4-Year Plan/Occupational Trial Plan

Lesson: 2 of 4

Grade Level: 10

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.

Grade Level Expectation (GLE):

7.1 Revisit current career and educational plan as it relates to evolving and/or new interests, strengths and limitations.

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 decisions.

Materials (include activity sheets and/ or supporting resources)

Copies of the Occupational Trial Plans.
Students' four year plans

Source: "The Occupational Trial Plan" is adapted from the Missouri Career Education: Senior High-Exemplary Activities Handbook, (1980).

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

X	Goal 1: gather, analyze and apply information and ideas 10. Apply acquired information, ideas and skills to different contexts as students, workers, citizens and consumers
X	Goal 2: communicate effectively within and beyond the classroom 2. Review and revise communications to improve accuracy and clarity 3. Exchange information, questions and ideas while recognizing the perspectives of others 7. Use technological tools to exchange information and ideas
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 7. Evaluate the extent to which a strategy addresses the problem 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 8. Explore, prepare for and seek educational and job opportunities
---	---

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

Academic Content Area(s)	Specific Skill(s)
X	6. Participating in formal and informal presentations and discussions of issues and ideas
	Mathematics
	Social Studies
	Science
	Health/Physical Education
	Fine Arts

Enduring Life Skill(s)

X	Perseverance	X	Integrity	X	Problem Solving
X	Courage		Compassion		Tolerance
X	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 identify job requirements/expectations of their personal career choices.

Lesson Preparation

Essential Questions:
 What does the Occupational Trial Plan have to do with my career choice?

Engagement (Hook):
 Instructor shows his/her completed Occupational Trial Plan and shares it with students.

Procedures

Instructor Procedures:	Student Involvement:
1. Instructor completes his/her Occupational Trial Plan and presents to students.	1. Following presentation, students create own plan.
2. Instructor monitors completion of students' occupational trial plans.	2. Students share plans with others.

Teacher Follow-Up Activities

Develop a lesson to include student research about unique job opportunities and their characteristics.

Counselor reflection notes (completed after the lesson)

--

The Occupation Trial Plan

Check when completed

Underline one

() 1. I have considered the mental abilities and aptitudes needed for this occupation (such as scholastic ability, clerical, mathematical, verbal, science or mechanical aptitude).	I can meet them I cannot meet them Not sure
() 2. I have considered the preparation needed for this occupation (length of training, courses required, nature of education or training, aptitude, strength and interest).	I can meet them I cannot meet them Not sure
() 3. I have considered my interests and personality needs (interest in ideas, people or things, and outdoor, artistic, investigative or mechanical personality inclinations).	My interests and personality needs are in the following areas:
() 4. The physical requirements, the physical surroundings and working conditions of this occupation have been investigated.	They appear to be: Satisfactory Unsatisfactory
() 5. I have carefully considered the advantages and disadvantages of this occupation. The advantages outweigh the disadvantages.	Yes No
() 6. I can tolerate the disadvantages.	Yes No
() 7. I have investigated the job outlook in this occupation for the next 10 years.	The outlook is: Excellent Good Fair Poor
() 8. The activities of this occupation seem to be in harmony with my value system and life style.	Yes No
() 9. I have investigated the probable geographic area in which employment will be available in this occupation.	I am I am not willing to leave my home town area.

10. Most workers in this occupation are found in (circle all that apply):

Cities Rural Areas All Areas Offices
 Factories Other

11. Possibilities for promotion are: ____good ____ fair ____ poor.

12. The earnings I can make in this occupation are: _____satisfactory _____ unsatisfactory.

13. I have_____ have not_____ discussed my plans with someone in this occupation.

14. List steps and courses needed to prepare myself for this occupation.

1. _____
2. _____
3. _____
4. _____
5. _____

15. I have_____ have not_____ considered the financial requirements for further preparation in this occupation. I will either meet these requirements with my own resources or I will apply for financial aid_____, scholarships_____, find a job_____, or get a student loan_____ at the institution I plan to attend. (Check all that apply)

16. I plan to seek further occupational preparation at one of these institutions:

- | | Name | Address |
|-----|-------|---------|
| (a) | _____ | _____ |
| (b) | _____ | _____ |
| (c) | _____ | _____ |