

Do What You Love!
10th Grade Advisement Activity
Estimated time: 30 Minutes

Georgia Teachers-As-Advisors Framework

Goal 10-1.1 - Create, manage, and enhance a Peach State Portfolio.

c. Assess one's interests (likes and dislikes), skills and/or aptitudes, and work values and preferences (Level II assessment) on Georgia-identified instruments.

Objectives:

- Understand the importance of choosing a career that matches personality, interests, and values
- Use GAcollge411 as a source for career information and career-matching tools

Materials:

- Handout #1: What Do You Like? Print front and back for handouts 1 and 2.
- Handout #2: "Do What You Love!"
- Blank Sheet of Paper and Pen/Pencil for the "Five Lives" activity

Activity:

1. *Say:* "Good morning. Welcome to advisement. Today we are going to look at the importance of finding a career that really interests you. Nobody wants to wake up each morning dreading their job! If you look forward to each day and your daily activities, you will be more likely to awake with optimism and excitement instead of dread and loathing. As they say, "If you love what you do you never have to work a day in your life." It is very important that you find a career that will provide you with a positive outlook each day. Do what you love to do!

2. *Revisit the education and career planning process: (Write these steps on the board) A. Learn about yourself, B. explore the world of work and C. make a plan.* Ask students to envision their lives in 20 years. What type of career do they see themselves having? Ask them to picture in their mind what a typical day at work would be like in that career. Would they be indoors or outdoors, would they be traveling, would they work around lots of people? What type of salary would they be making? Have students use their blank sheet of paper and pen/pencil and complete the "Five Lives Activity":

- ✓ *Read:* If you had five lives to live, how would you live each of those lives? "Suspend your disbelief" and use your imagination. Let your fantasies, your secret wishes come true. Draw five lives, noting key features of each. Be prepared to share with the group.

3. *Now have the students think about their favorite classes, or their hobbies and interests to make the connection between themselves and work. Have them complete Handout #1 and match their interests to a career. Ask for volunteers to share their responses.*

4. *Say:* A great way to find a career that is a good match for you is to complete a career interest inventory on GAcollge411 called the Interest Profiler. You took this in the 7th grade at your middle school. Now it's time you take it again. You grow and change so you should take these assessments every so often. This is a type of instrument will help you find those work related tasks that are of interest to you.

Remember we are all very different in what we like and dislike. You may already have some idea of activities that you enjoy. This inventory will let you match interests you have with similar skills in various occupations. The key is "Do What You Love." Take a minute and think about a hobby you enjoy. It may be sports, playing a musical instrument, drawing, writing, cooking, babysitting, etc. Each of these interests has specific skills that can be related to an occupation. For example, suppose you play a sport. What kinds of interests are involved in playing a sport?

Wait for response. List them on the board: Analyze the opponent's strategy, teamwork in doubles, preparation, practice, physical demands. Indirect skills one would need to be a sports manager, physical therapist, broadcaster, coach, camera person, sports marketing

Say: "What are some other occupations that might use these interests?" *Wait for response. List on the board: Sales, research, business management, small business, fitness trainer, firefighter, the list is endless.*

5. *Say:* Let's take a look at some tools at the GACollege411 site that will help you find a career that is a good match for you. *Say:* GACollege411 has 5 career-related assessments under the CAREER PLANNING tab that you can take periodically. You should take them often because as we grow our interest change----YOU change. Record your findings in your GACollege411 PORTFOLIO and explore different occupations based on your findings. Plan your classes/courses based on your findings. That's it for today. Remember if you need me, just let me know. You can access GACollege411 from home, the media center or in any computer lab. Have a great day and remember grow up to do what love!

(Handout #1)

What Do You Like/Love?
Matching Academics, Interests, and Careers

Match the following careers to the academic subject or interest area: (Not all careers will match and some careers will match several subjects and interest)

SUBJECT/INTEREST

1. Math
2. Reading
3. Science
4. Social Studies
5. Music & the Arts
6. Building & Fixing Things
7. Helping People
8. Computers
9. Law
10. Managing Money
11. Sports
12. Nature

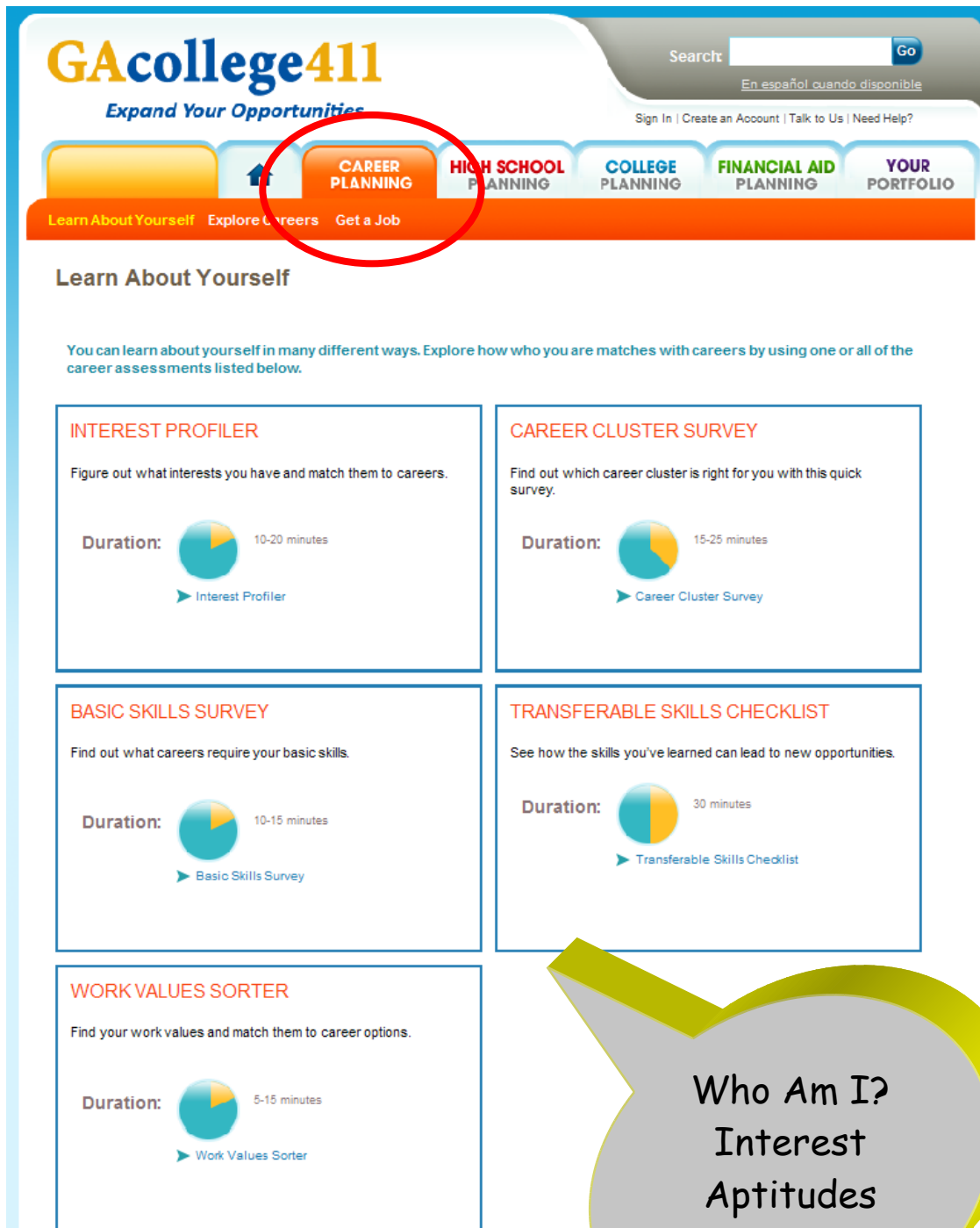
CAREER

- A. Teacher
- B. Agricultural and Food Scientist
- C. Paralegal
- D. Singer
- E. Pharmacist
- F. Reporter
- G. Urban Planner
- H. Recreational Therapist
- I. Photographer
- J. Construction
- K. Database Administrator
- L. Accountant
- M. Broadcaster

FIVE LIVES

- 1.
- 2.
- 3.
- 4.
- 5.

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Learn About Yourself | Explore Careers | Get a Job

Learn About Yourself

You can learn about yourself in many different ways. Explore how who you are matches with careers by using one or all of the career assessments listed below.

INTEREST PROFILER


Figure out what interests you have and match them to careers.

Duration:  10-20 minutes

▶ Interest Profiler

CAREER CLUSTER SURVEY


Find out which career cluster is right for you with this quick survey.

Duration:  15-25 minutes

▶ Career Cluster Survey

BASIC SKILLS SURVEY


Find out what careers require your basic skills.

Duration:  10-15 minutes

▶ Basic Skills Survey

TRANSFERABLE SKILLS CHECKLIST


See how the skills you've learned can lead to new opportunities.

Duration:  30 minutes

▶ Transferable Skills Checklist

WORK VALUES SORTER

Find your work values and match them to career options.

Duration:  5-15 minutes

▶ Work Values Sorter

**Who Am I?
Interest
Aptitudes
Values**

GACollege411 can assist you learn by yourself so you can select a career that "fits" you as a unique individual. "Do what you love" is great advice for career planning.

Learn about yourself with career assessments. GACollege411 has 5 assessments you can choose to complete. Take the assessments often so you can continue to make the very best decisions about your future career and your current plan of study.

Remember to include your findings in your 411 Portfolio.