



To help students [expand experiences](#) for college and career readiness, educators choose the lessons that best fit their students' needs.

- Each stand-alone lesson includes a slide deck and a student-facing, Google doc.
- Teachers can deliver the lesson online or in person.
- The 45-minute lessons can be extended, shortened, or modified as needed.

Models and Mentors

Students identify people to help learn about careers, and mentors to discuss and explore career opportunities

Connect with Role Models

- Explain what makes someone a role model
- List the characteristics of an ideal role model
- Survey others to understand what to look for in a role model

Find Professional Mentors

- Describe what you're looking for in a mentor
- Identify key aspects that make a good mentor
- Connect skills you want to develop to a mentor that can help you

Interview Mentors

- Identify the qualities of mentorship displayed by adults in your life
- Evaluate the qualities of a good mentor
- Interview individuals to identify possible mentors

Understand Your Needs

- Identify the type of help you want
- Identify who might help you in your life
- Communicate with a teacher to support you in reaching your goals

First-Hand Experiences

Students have work-based learning experiences

Explore Work-Aligned Experiences

- Identify experiences of interest to you
- Discuss work-aligned experiences with the people around you
- Describe characteristics of your ideal work-aligned experience

Discuss Internships and Externships

- Define internships and externships
- Compare the benefits of internships and externships
- Describe and discuss internships of interest to you

Engage in Job Shadowing

- Identify people in careers you would like to shadow
- Select and communicate with someone to shadow
- Describe what you would do to get the most out of a job-shadowing experience

Explore Careers Around You

- List the types of careers you see in your community on a regular basis
- Investigate careers using internet tools
- Network with members of your community

Explore Work Environments

Students have opportunities to experience a range of working conditions and environments

Identify Successful Work Environments

- Describe where and how you work best
- Identify what makes a work environment ideal
- Imagine, then create, your perfect work environment

Thrive in Your Work Environment

- Recognize when your work environment helps you thrive
- Learn from others about what makes an ideal workplace
- Visually represent a workplace that will help you thrive

Explore Working Independently

- Identify careers good for people who work independently
- Evaluate if working independently is right for you
- Create a job posting to recruit talent to your business

Explore Working in a Team

- Identify if you like to work on a team
- Evaluate if you like jobs that require teamwork
- Analyze the effectiveness of your team after completing a project