
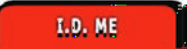
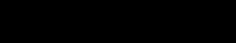








My College QuickStart™ Lesson Plan:

Name: _____

Grade Level(s)	Grades 6–8 and Grades 9–12
Goal(s)	<ul style="list-style-type: none"> • Learn how to identify careers that fit your personality type and how to begin planning your career goals.
Time Required	30–45 minutes
Materials Needed	<ul style="list-style-type: none"> • My College QuickStart™—My Major & Career Matches • MyRoad™—Research Careers • “Comparing Careers” and “Career Itinerary” worksheets (attached)
Before You Begin	<ul style="list-style-type: none"> • Set up your My College QuickStart account. (Refer to the “Get Connected” reference sheets for assistance.) • Make sure that you have a selected major displayed within My College QuickStart. If you were undecided about a major when you took the PSAT/NMSQT®, you can quickly retrieve a list of majors that might interest you by using the Majors QuickStart in MyRoad.* <ol style="list-style-type: none"> 1. Go to www.collegeboard.com/quickstart and sign in. 2. Click on  3. Click on Go to MyRoad (the link is on the far right). 4. Click on  5. Click on  6. Click on  7. Follow the on-screen instructions. 8. Choose a major of interest that will appear in the My Major & Career Matches section of your My College QuickStart. A list of related majors and careers will also appear here. <p>*Note: You may also complete the ORA Personality Profiler to generate a list of majors. This may take about 45 minutes to complete, but you do not need to complete it all at once.</p>

My College QuickStart™ Lesson Plan:

<p>Student Objectives</p>	<ul style="list-style-type: none"> You will discover how to investigate several careers, consider the suitability of each to your personality type, and draft a plan of action to reach your career goals.
<p>Student Assignment</p>	<ol style="list-style-type: none"> Go to www.collegeboard.com/quickstart and sign in. Click on  For most students, a list will appear called "Related Careers." If students do not see a list, they may use MyRoad's Majors QuickStart for a suggested list (see "Before You Begin"). Explore three of the careers that relate to your chosen major in My College QuickStart. Click on any of the links here to go to that particular career's MyRoad page. Review these Web pages for each career: <ul style="list-style-type: none"> Overview Where You'll Work Outlook Perspectives Complete the lesson worksheets, "Comparing Careers" and "Career Itinerary."
<p>Optional Assignments</p>	<ul style="list-style-type: none"> Take the ORA Personality Profiler. To do this, follow these steps: <ol style="list-style-type: none"> Log into My College QuickStart. Click on  Click on Go to MyRoad (the link is on the far right). Click on  Click on  Make sure the appropriate version of the ORA Personality Profiler (Middle School or High School) is selected. Click on  Follow the on-screen instructions.

My College QuickStart™ Lesson Plan:

Optional Assignments (cont'd)

- Review the ORA Personality Profiler results.
 1. After you take the Profiler, you may view your results by clicking on [My Profile](#).
 2. By clicking on any of these links near the top of the screen, you can view more about your personality type:
 - [My Type](#)
 - [Detail Results](#)
 - [Majors](#)
 - [Careers](#)
- Within MyRoad, you may enter your information into My Plan and begin building an online portfolio and résumé.

1. Click on [My Profile](#).
2. Click on any of the sections' links and fill out the resultant forms.

Classroom Discussion Topics (Optional)

1. Help assess the fit between your individual strengths, interests, and careers. Using the profiles of chosen careers, complete the "Comparing Careers" worksheet. Consider the following questions:
 - How much education is required beyond high school?
 - Are there entry-level jobs that would allow you to sample the field before committing to years of schooling?
 - Is additional certification required to become a professional?
 - Which of the characteristics in the Personal Attributes section describe you? Which don't?
2. What other factors might make a career more or less appealing to you?
 - How important is salary? How much money do you want to make after graduation from college (or high school)?
 - How important is geographic location? Some careers demand that one moves wherever the jobs are, others require a lot of travel, and others are concentrated in particular areas of the country or the world.

My College QuickStart™ Lesson Plan:

<p>Classroom Discussion Topics (Optional) (cont'd)</p>	<ul style="list-style-type: none"> • How much time are you willing to spend at work versus at play or at rest? What careers afford more flexibility this way? Which afford less? • Which of the careers you've looked at involve working with people? Which ones involve a lot of independent work? Which do you prefer? <p>3. Complete Step 2 on the "Comparing Careers" worksheet by ranking your career choices.</p> <p>4. Choose a career from the ranked list and use the "Career Itinerary" worksheet to create an "itinerary" for pursuing that career.</p> <p>Note: This is about exploring possibilities rather than developing a hard-and-fast plan.</p> <p>5. Discuss the following:</p> <ul style="list-style-type: none"> • What are some alternative routes into this career? • What other careers will you come into contact with in the work or internship environment? • If at any stage you discover that you don't want to pursue this career, where could you take the skills that you will have already built in the field? (Check the Possibilities section of Research Careers in MyRoad for information on related careers.) <p>6. Create lists of mentors and sources for internships that will help you explore your careers of interest.</p>
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My College QuickStart™ Lesson Plan:

Name: _____

Worksheet 1: Comparing Careers

1. Use MyRoad's Research Careers section to gather information on careers that interest you.

Career	How do I get initial experience in the field?	How much education is required?	Is additional certification required?	Personal Attributes	
				Which describe me?	Which don't describe me?

2. After discussion with your counselor, rank the above careers according to your level of interest.

My College QuickStart™ Lesson Plan:

Name: _____

Worksheet 2: Career Itinerary

Complete this worksheet with your counselor and keep it so that you can track your changing ideas and plans about careers.

Where am I now? High-school grade level _____

What do I want to be doing with my career in...

- 5 years? _____
- 10 years? _____
- 20 years? _____

What level of education do I need to achieve these goals? (Circle all that apply.)

High school/GED

Associate (2-year) degree

Bachelor of arts (major)

Bachelor of science or engineering (major)

Master's degree (field)

Ph.D. (field)

Medical degree (type)

Law degree

Certification

How many years will it take to get the necessary education? _____

Will I take any time off from school?

How will I spend this time (e.g., internships, travel, work)? _____

Do I need to plan ahead for professional licensing or certification?

If so, how many years of work experience will I need before I can become licensed or certified? _____

Four things I can do this year to explore careers that interest me:

1.

3.

2.

4.