

Career Exploration: The Incredible Journey

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Essential Question(s)

- What are the benefits of hands-on career exploration?

Summary

In this session, participants consider how hands-on learning about careers can benefit students' awareness and understanding of what careers are available. Participants engage in an activity to compare and contrast abstract and hands-on learning, review the research about hands-on career exploration, and develop ways they can support hands-on career exploration in their school.

Learning Goals

Attachments

- Airplane Abstract—The Incredible Journey.docx
- Airplane Abstract—The Incredible Journey.pdf
- Airplane Hands-On—The Incredible Journey.docx
- Airplane Hands-On—The Incredible Journey.pdf
- Career Exploration Events—The Incredible Journey.pdf
- Career Reflection—The Incredible Journey.docx
- Career Reflection—The Incredible Journey.pdf
- City Planner Task Cards—The Incredible Journey.docx
- City Planner Task Cards—The Incredible Journey.pdf
- Experiential Learning and Career Exploration—The Incredible Journey.docx
- Experiential Learning and Career Exploration—The Incredible Journey.pdf
- Fingerprint Analysis—The Incredible Journey.docx
- Fingerprint Analysis—The Incredible Journey.pdf
- Instructional Strategy Note Sheet—The Incredible Journey.docx
- Instructional Strategy Note Sheet—The Incredible Journey.pdf
- Marketing Task Cards—The Incredible Journey.docx
- Marketing Task Cards—The Incredible Journey.pdf
- Presentation Slides—The Incredible Journey.pptx
- Sensory Loss Simulation—The Incredible Journey.docx
- Sensory Loss Simulation—The Incredible Journey.pdf

Materials

- Presentation Slides (attached)
- City Planner Task Cards (attached; one set per station)
- Marketing Task Cards (attached; one set per station)
- Sensory Loss Simulation handout (attached; one per station)
- Fingerprint Analysis handout (attached; one per station)
- Instructional Strategy Note Sheet (attached; one per participant)
- Airplane Hands-On handout (attached; one per participant)
- Airplane Abstract handout (attached; one per participant)
- Career Reflection handout (attached; one per participant)
- Experiential Learning and Career Exploration handout (attached; one per participant)
- Career Explorations Events (attached; one per participant)
- Bucket or bowl with uncooked rice
- Pens (one per participant)
- Small items such as paper clips, marbles, and wooden blocks
- Sticky notes (one per participant)
- Thick rubber glove
- 20 index cards
- 4 ink pads
- 2 magnifying glasses

20 minutes

Engage

Begin by giving each participant one copy of the attached **Instructional Strategy Note Sheet** handout and a writing utensil. Encourage participants to use this handout to take notes on the strategies and resources referred to throughout this session.

Use the attached **Presentation Slides** to facilitate this professional development session. Display **slide 2** and briefly introduce yourself and the session to participants.

Once participants are settled, move to **slide 3** and pass out the attached **Airplane Hands-On** handout to half of the room and the attached **Airplane Abstract** handout to the other half of the room. Do not let the participants know what each half is doing, try to keep it a surprise. Instruct participants to complete the handout without revealing what the tasks are. Participants might notice that half of the room is making a paper airplane while the other half is reading. After providing time for participants to do the first activity, pass out the handouts so that the tasks are now reversed.

After they have had time to do each task, move to **slide 4** and provide time for participants to discuss with an Elbow Partner what they learned from doing both activities. Emphasize that, by participating in both activities, they had the opportunity to learn about a concept in an abstract *and* in a hands-on way.

Move through **slides 5–6** to review the essential question and learning objectives. Inform participants that the purpose of this session is to understand how hands-on career exploration activities help students identify what careers they might be interested in pursuing.

Explore

Presenter's Note: Alternative Materials

If the school site has career exploration materials available, have participants interact with those now instead of the following activity. Add a slide that has a timer and instructs participants to explore the hands-on career materials.

If the school site has chosen to implement virtual reality headsets for career exploration, provide time for an activity to be modeled by one participant. Cast the participant's headset to a monitor so the other participants can view the career activity.

Move to **slide 7** and introduce the four stations to participants. Split up participants evenly across the four stations. Provide time for participants to experience each station.

Display **slide 8** and pass out the attached **Career Reflection** handout to each participant. Ask participants to choose a career, which is related to the hands-on activity they engaged in, to learn more about. Set a timer for 10 minutes and have participants use the Career Reflection handout to research a career during this time. Using a modified version of the 30-Second Expert instructional strategy, have participants partner up and discuss what they have learned about their chosen career. Tell participants that this resource is available to use with students when learning about specific careers.

Explain

Display **slide 9** and pass out the attached **Experiential Learning and Career Exploration** handout. Have participants read the handout, which details the research behind hands-on learning about careers. Ask participants to highlight their Point of Most Significance, the part of the research that seems the most important, from the reading. After providing time for participants to find their point of most significance, have them share what they highlighted at their tables. Have a few volunteers share their thoughts.

Extend

Move to **slide 10** and ask participants to talk to one another about any potential local businesses or professionals that could speak to students about careers. Provide time for participants to generate a list.

Presenter's Note: Potential Connections

Encourage participants to think broadly about potential people and businesses they could ask to speak to their students. For example, teachers could reach out to their local college and ask if any current nursing students could speak to students about school and career options.

Pass out the attached **Career Exploration Events** handout to each participant. This flyer details services that are available to schools. Display **slide 11** and review the types of events that expose students to careers and career professionals.

Evaluate

Move to **slide 12** and pass out a sticky note to each participant. Ask participants to think of one way they can support hands-on career learning in their classroom. Have participants place their sticky notes in a common place and ask for volunteers to share their ideas.

Research Rationale

Research rationale for this professional development is provided in the literature review, "Future MEDIC - Medical Student-Led Healthcare Career Exploration Program for Underserved Middle School Students."

Resources

- K20 Center. (n.d.). 30-second expert. Strategies. https://learn.k20center.ou.edu/strategy/1048
- K20 Center. (n.d.). Elbow partners. Strategies. https://learn.k20center.ou.edu/strategy/116
- K20 Center. (n.d.). *Future MEDIC - Medical student–led healthcare career exploration program for underserved middle school students*. Literature Review. https://learn.k20center.ou.edu/literature-review/4957
- K20 Center. (n.d.). Point of most significance. Strategies. https://learn.k20center.ou.edu/strategy/101