

SCOIR



# Scoir Career Readiness Curriculum

*7th Grade Lesson Plans*

# Scoir Career Readiness Curriculum

## Course Objective & Overview

The Scoir team's vision is a world where every student understands, appreciates, and values their unique talents and pursues career paths strongly matched to their interests and abilities.

The Scoir Career Readiness Curriculum is a comprehensive set of lessons created to support school counselors as they help students transition into adulthood, post-secondary education, and the world of work.

This curriculum is designed to build in complexity and detail as students progress through grades 6-12. Each lesson can also stand alone, which allows counselors to choose specific topics based on preferences and needs for grade level or individual students.

Scoir is focused on providing counselors with valuable materials that are easy to implement and promote and support student success.

This curriculum guides and supports the work you do in preparing students for post-secondary pursuits and provides lessons related to the following areas:

- Career Exploration
- Goal Setting & Academic Planning
- Financial Literacy & Planning
- Developing Workplace Skills
- In-depth Career Research
- Resume Development
- Internship & Work Experience Opportunities
- Networking & Professional Development
- Transition to College & Career

ASCA Student Standards are aligned within individual lessons to clearly outline how the Scoir Curriculum supports the academic achievement, attitudes, and skills students need for college and career readiness.

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# Lesson 7.1

## Discovering Personal Interests

### Overview

In this lesson, students will explore their personal interests. Through various activities and discussions, they will identify their interests and begin to understand how these interests can align with different career paths. This lesson aims to enhance students' self-awareness, critical thinking, and communication skills.

### Learning Objectives

- Increase self-awareness and motivation by exploring personal interests and hobbies
- Develop critical thinking skills by connecting interests with potential career paths
- Build communication skills through interactive discussions and activities

### ASCA Standards & Competencies

**B-PF.1.d.** Use counseling theories and techniques to promote academic, career, and social/emotional development in various settings

**BSS-1.f.** Utilize technology in lesson delivery

**BSS-1.h.** Analyze lesson data to assess the impact on student outcomes

**B-SS 4:** Demonstrate ability to work independently, as well as the ability to work cooperatively with other students

**Suggested Grade Level 7**

**Time Required 30 minutes**

### Materials

- Projector and screen, or interactive whiteboard
- Laptops, tablets, or Chromebooks with internet access
- Resources on various careers (Scoir Account)
- [Career Interest Survey](#)\*

*\*Scoir does not own or maintain this resource. It is publicly available and can be referenced as you customize the lesson for your classroom.*





# Instructions

## Classroom Work

1. Begin by displaying the Career Interest Survey on the screen.
  - Introduce the concept of personal interests and hobbies.
  - Explain that these are activities or topics students enjoy or are passionate about.
  - Discuss the career interest areas outlined in the survey.
    - Provide examples for each
  - Engage students in a conversation about how personal interests relate to different career pathways.
  - Encourage them to share examples of their interests and speculate on how those interests could be connected to various careers.

## Individual Work

2. Allocate time for students to complete their interest surveys independently.
3. Guide students to carefully read the instructions and answer the questions thoughtfully.
4. Encourage students to raise their hands if they encounter difficulties or need clarification on any part of the survey.

## Small Groups

5. Once the surveys are completed, organize students into small groups.
6. Facilitate a discussion within each group where students share their top interests and hobbies from the survey. Encourage students to listen actively to their peers and identify any common interests within the group. Prompt students to discuss how their interests could potentially translate into career paths within the clusters discussed earlier.

# Lesson 7.2

## Reflecting on Values and Preferences

### Overview

By engaging in interactive activities and discussions, students will uncover what truly matters to them and how their preferences shape their decisions.

### Learning Objectives

- Increase self-awareness and motivation by reflecting on personal values and preferences
- Develop critical thinking skills by analyzing how values influence decision-making
- Build communication skills through interactive discussions and activities

### ASCA Standards & Competencies

**B-PF.1.d:** Use counseling theories and techniques to promote academic, career, and social/emotional development in various settings

**BSS-1.f:** Utilize technology in lesson delivery

**BSS-1.h:** Analyze lesson data to assess the impact on student outcomes

**B-LS 3:** Apply knowledge of oneself and others to make informed decisions

**B-SS 4:** Demonstrate ability to work independently, as well as the ability to work cooperatively with other students

**B-PF 4:** Demonstrate an understanding of the relationship between personal abilities, strengths, and achievements and career planning

**Suggested Grade Level 7**

**Time Required 30 minutes**

### Materials

- Projector and screen, or interactive whiteboard
- Laptops, tablets, or Chromebooks with internet access
- [Values Auction sheet\\*](#)



# Instructions

## Classroom Work

1. Begin by introducing the topic of values and preferences.
  - Explain that values are beliefs or principles that are important to us, while preferences are our likes and dislikes.
2. Engage students in a discussion about the importance of understanding one's values and preferences in making decisions.
3. Share examples of values such as honesty, kindness, creativity, etc., and preferences such as favorite foods, activities, etc.

## Small Groups

4. Divide the class into small groups.
5. Explain that each group will be given a set amount of "money" (imaginary) to bid on values listed on the Values Auction sheet.
6. Display the Values Auction sheet on the screen.
7. Each group will discuss and prioritize the values listed based on the importance to them.
8. Groups will then participate in a simulated auction where they bid on the values using their allotted "money."
9. Facilitate a discussion after the auction, where groups explain their bidding strategy and why they prioritized certain values over others.
10. The following is a template of what could be used for this activity: [https://www2.iccb.org/iccb/wp-content/pdfs/adulted/healthcare\\_curriculum/curriculum&resources/career\\_aware/f\\_career\\_aware\\_resource\\_file/career\\_values\\_auction.pdf](https://www2.iccb.org/iccb/wp-content/pdfs/adulted/healthcare_curriculum/curriculum&resources/career_aware/f_career_aware_resource_file/career_values_auction.pdf)\*

## Small Groups

11. Organize students into small groups of 3-4 students.
12. Instruct students to reflect on their personal values by taking turns sharing them with their peers.
13. Encourage students to think deeply and honestly about what matters most to them and what they enjoy or dislike.

*\*Scoir does not own or maintain this resource. It is publicly available and can be referenced as you customize the lesson for your classroom.*



# Lesson 7.3

## Introduction to Career Pathways

### Overview

Through engaging activities and discussions, students will explore different professions and begin to envision their future career possibilities.

### Learning Objectives

- Explore various career pathways and gain insight into different professions
- Develop critical thinking skills by analyzing the qualifications required for different careers
- Build communication skills through interactive discussions and activities

### ASCA Standards & Competencies

**B-LS 7:** Identify long- and short-term academic, career, and social/emotional goals

**B-SS 4:** Demonstrate ability to work independently, as well as the ability to work cooperatively with other students

**B-SS.2 f.** Help students understand the importance of post-secondary education and/or training as a pathway to a career

**B-PF.1.d:** Use counseling theories and techniques to promote academic, career, and social/emotional development in various settings

**Suggested Grade Level 7**

**Time Required 30 minutes**

### Materials

- Projector and screen, or interactive whiteboard
- Laptops, tablets, or Chromebooks with internet access
- [Career Pathways Exploration Visual Worksheet\\*](#)
- Resources on various careers (Scoil Account)

*\*Scoil does not own or maintain this resource. It is publicly available and can be referenced as you customize the lesson for your classroom.*

# Instructions

## Classroom Work

1. Begin by introducing the topic of career pathways.
  - Explain that career pathways are routes individuals can take to reach their desired professions.
2. Engage students in a discussion about the importance of exploring various career options and the diversity of career pathways available.
3. Share examples of different career clusters and the types of professions within each cluster.

## Small Groups

4. Divide the class into small groups.
5. Explain that each group will be given a list of five career profiles to explore.
6. Display the list of career profiles on the screen or distribute printouts to each group.
7. Instruct groups to research and gather information about each career profile, including required education or training. Scoir is a great resource for research.
8. Encourage groups to discuss and analyze the education and/or training needed for each profession.
9. Set a time limit for the scavenger hunt and encourage groups to work collaboratively to complete the task.

## Individual Work

10. Distribute the [Career Pathways Exploration Visual Worksheet](#)\* to each student.
11. Instruct students to reflect on the career profiles they explored during the scavenger hunt.
12. Students will identify at least three career pathways that align with their interests, skills, and aspirations.
13. Encourage students to think critically about the steps they need to take to pursue their chosen career pathways.

*\*Scoir does not own or maintain this resource. It is publicly available and can be referenced as you customize the lesson for your classroom.*



# Lesson 7.4

## Researching Specific Careers

### Overview

Students will research specific careers to gain insight into various professions. Through interactive activities and discussions, they will explore the skills, education requirements, job duties, and potential career paths within different fields.

### Learning Objectives

- Explore specific careers to gain insight into different professions
- Develop research skills by analyzing information about career options
- Build communication skills through interactive discussions and activities

### ASCA Standards & Competencies

**B-PF.1.d:** Use counseling theories and techniques to promote academic, career, and social/emotional development in various settings

**B-LS 3:** Apply knowledge of oneself and others to make informed decisions

**B-LS 7:** Identify long- and short-term academic, career, and social/emotional goals

**B-SS 2:** Demonstrate cooperation, collaboration, and teamwork

**B-SS 3:** Learn how to interact effectively with others

**B-SS 4:** Demonstrate ability to work independently, as well as the ability to work cooperatively with other students

**B-SMS 9:** Demonstrate social maturity and behaviors appropriate to the situation and environment

**Suggested Grade Level** 7

**Time Required** 30 minutes

### Materials

- Projector and screen, or interactive whiteboard
- Laptops, tablets, or Chromebooks with internet access
- List of specific careers (printouts or digital access)
- Resources on various careers (Scoil Account)
- Large paper or poster



# Instructions

## Classroom Work

1. Begin by introducing the topic of researching specific careers.
  - Explain that researching specific careers involves exploring detailed information about various professions to better understand their requirements and opportunities.
2. Engage students in a discussion about the importance of researching specific careers to plan their future.
3. Share examples of specific careers across different industries and fields to spark students' interest.

## Small Groups: Career Research Challenge & Presentation

4. Divide the class into small groups.
5. Display a list of specific careers on the screen or distribute printouts to each group.
6. Explain that each group will be tasked with researching one specific career from the list.
7. Provide guidelines for the research, including exploring job duties, required education/training, salary range, growth prospects, and any other relevant information.
8. Distribute the large paper or posters to each group.
9. Set a time limit for the research challenge and encourage groups to collaborate to gather comprehensive information about their assigned careers.
10. Instruct students to add the information gathered on their posters through writing, drawing, and coloring.
11. Allow time for each group to present their posters.

## Individual Work

12. Ask students to reflect on any interesting discoveries or surprises they encountered during the research activity.
13. Emphasize the importance of researching specific careers to make informed decisions about their future.

# Lesson 7.5

## Setting SMART Career Goals

### Overview

Students will dive into the concept of setting SMART career goals. Through interactive activities and discussions, they will learn how to create goals that are Specific, Measurable, Achievable, Relevant, and Time-bound.

### Learning Objectives

- Understand the importance of setting SMART career goals
- Learn how to create goals that are Specific, Measurable, Achievable, Relevant, and Time-bound
- Develop critical thinking skills by identifying actionable steps to achieve career goals

### ASCA Standards & Competencies

**B-LS 4:** Apply self-motivation and self-direction to learning

**B-LS 8:** Monitor and manage time effectively

**B-SMS 5:** Demonstrate perseverance to achieve long- and short-term goals

**B-SMS 6:** Apply decision-making skills to career planning, course selection, and career transitions

**B-LS 7:** Identify long- and short-term academic, career, and social/emotional goals

**Suggested Grade Level 7**

**Time Required 30 minutes**

### Materials

- Projector and screen, or interactive whiteboard
- [SMART goal prompts worksheet\\*](#)
- [SMART goal PowerPoint presentation\\*](#)



## Instructions

### Classroom Work

1. Begin by introducing the concept of setting SMART career goals.
  - SMART goals are a simple and effective way to help students achieve their dreams and aspirations. They provide a clear roadmap for success and are particularly useful during your students' high school years as they're setting both short-term and long-term goals.
2. Display the [SMART goal PowerPoint presentation](#)\* and go through it with the class.

### Individual Work

3. Hand out the [SMART goal worksheet](#)\* and have students fill it out.
  - Directions: Use the SMART goal prompts below to write short-term career goals. These are the goals you want to accomplish in the next 1-2 years.
  - Have students respond to the same prompts for their 5-10 year goals.

### Small Groups

4. Divide students into small groups and ask them to take turns sharing one short-term goal of theirs and one long-term goal.

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# Lesson 7.6

## Course Planning

### Overview

7th grade students will engage in activities aimed at exploring their interests, strengths, and academic goals to assist them in course planning for the upcoming academic year. Through self-reflection and interactive discussions, students will gain insight into their preferences and potential pathways, helping them make informed decisions about their academic journey.

### Learning Objectives

- Identify personal interests, strengths, and academic goals
- Explore different course options and their alignment with individual interests and goals
- Develop decision-making skills in course planning for the upcoming academic year

### ASCA Standards & Competencies

**B-LS 1:** Apply the understanding of how learning styles and study skills affect academic performance

**B-LS 7:** Identify long- and short-term academic, career, and social/emotional goals

**B-SS 2:** Demonstrate cooperation, collaboration, and teamwork

**B-PF 4:** Demonstrate an understanding of the relationship between personal abilities, strengths, and achievements and career planning

**Suggested Grade Level** 7

**Time Required** 30 minutes

### Materials

- Laptops, tablets, or Chromebooks with internet access
- Course catalog or list of available courses
- Chart paper or whiteboard markers (optional)

# Instructions

## Classroom Work

1. Explain the importance of thoughtful course selection in shaping students' academic journeys and future opportunities.

## Individual Work

2. Ask students to open a new document on Google Docs, Word or any platform used in class.
3. Ask students to take a few minutes to reflect on their interests, hobbies, and academic strengths.
4. Instruct them to list their favorite subjects, extracurricular activities, and any career aspirations they may have.
5. Encourage students to be honest and thorough in their self-reflection.

## Small Groups

6. Display the course catalog or list of available courses for the upcoming academic year.
7. Divide students into small groups.
8. Instruct each group to review the course options and discuss how the courses align with their interests, strengths, and academic goals.
9. Encourage students to consider factors such as prerequisite requirements, course descriptions, and potential career pathways associated with each course.

## Whole Class

10. Gather students back together and display the course catalog list for high school.
11. Initiate the conversation about credits, required courses, and electives.

# Lesson 7.7

## Learning Style

### Overview

In this lesson, 7th grade students will explore different learning styles and discover how understanding their own learning preferences can enhance their academic success. Through interactive activities and self-reflection, students will identify their dominant learning styles and learn strategies to adapt their studying techniques to suit their individual learning needs.

### Learning Objectives

- Developing awareness of different learning styles
- Preparing for diverse abilities and personalities in the workplace
- Identifying career abilities and skills

### ASCA Standards & Competencies

**B-LS 1:** Apply the understanding of how learning styles and study skills affect academic performance

**B-LS 2:** Demonstrate effective interpersonal communication skills

**B-SS 1:** Use effective oral and written communication skills and listening skills

**B-SS 2:** Demonstrate cooperation, collaboration, and teamwork

**Suggested Grade Level** 7

**Time Required** 30 minutes

### Materials

- Projector and screen, or interactive whiteboard
- Laptops, tablets, or Chromebooks with internet access
- Resources on various careers (Scoil Account)
- [Finding My Learning Style worksheet](#)\*

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# Instructions

## Classroom Work

1. Explain to the class that there are three major types of learning styles: auditory, visual, and tactile.
2. Define each type of learning style for students.
  - Auditory is learning with sound, speech, dialog, or noise.
  - Visual is learning with sight, mental imagery, or video.
  - Tactile is learning with “hands-on” activities.
3. Ask students to list examples of each of the learning styles from their classroom teachings.
  - Auditory—listening to lectures, reading out loud in the classroom, and group discussions
  - Visual—drawing maps, outlining processes, taking notes, and watching videos
  - Tactile—lab classes, taking field trips or visiting museums, and playing learning games

## Individual Work

4. Pass out the [Finding My Learning Style worksheet](#)\*.
5. Explain to students that this worksheet will give them an idea of which of the three types of learning styles is best for them. Tell the students to read each question and circle the answer that best applies to them.
6. When they are done, they need to add up their answers for each letter and write their answers in the space provided.

## Small Groups

7. Divide students into small groups.
8. Ask groups to take turns sharing the results of their learning style assessments.
9. Ask the students to share whether they scored highest in the area they thought they would or were surprised by their result.

*\*Scoir does not own or maintain this resource. It is publicly available and can be referenced as you customize the lesson for your classroom.*



# Lesson 7.8

## Essential Workplace Skills

### Overview

In this 7th grade lesson on "Essential Workplace Skills," students will explore and practice key skills necessary for success in future careers. Through interactive activities and discussions, they will develop an understanding of communication, problem-solving, teamwork, and self-management skills, preparing them for the demands of the workplace.

### Learning Objectives

- Identify essential workplace skills required for success in future careers
- Understand the importance of developing these skills during their middle school years
- Begin practicing and honing these skills through interactive activities

### ASCA Standards & Competencies

**B-SS 5:** Understand that work habits in school and social skills in the workplace have an impact on future career success

**B-SS 1:** Use effective oral and written communication skills and listening skills

**B-SS 6:** Learn how to interact and work effectively with others

**B-SMS 2:** Apply self-motivation and self-direction to learning

**B-SMS 5:** Apply media and technology skills in the delivery of school counseling programs

**Suggested Grade Level 7**

**Time Required 30 minutes**

### Materials

- Whiteboard and markers
- Paper and pencils
- Laptop or projector for multimedia presentation
- List of essential workplace skills (Scoir)

# Instructions

## Classroom Work

1. Begin by discussing the importance of workplace skills in achieving success in future careers.
2. Explain that today's lesson will focus on identifying and practicing these essential skills.
3. Ask students to list workplace skills they believe are important for success.
  - Students can use their Scoir accounts to identify the skills needed for various jobs.
4. Write down their responses on the whiteboard, encouraging discussion and elaboration on each skill.
5. Guide the discussion to ensure key skills such as communication, teamwork, problem-solving, time management, and adaptability are covered.
6. Present a list of essential workplace skills to the class, discussing each skill briefly.
7. Emphasize the significance of these skills in various professions and industries.

## Small Groups

8. Divide the class into small groups and assign each group a workplace skill from the list.
9. Provide students with tasks related to each skill (use Scoir for a list of job tasks).
10. Instruct groups to discuss and come up with strategies or solutions to tackle their assigned task within one or more of the job skills on the board.
11. Bring the class together and ask each group to share strategies.

# Lesson 7.9

## Embracing Growth & Improvement

### Overview

Through assessments, interactive activities, and discussions, students will develop a better understanding of overcoming weakness and recognize growth and improvement.

### Learning Objectives

- Identify strengths and weaknesses to succeed in the workplace
- Develop critical thinking skills
- Understand the importance of a growth mindset in overcoming challenges

### ASCA Standards & Competencies

**B-PF.1.d.** Use counseling theories and techniques in individual, small-group, classroom, and large-group settings to promote academic, career, and social/emotional development

**BSS-1.f.** Use a variety of technologies in the delivery of lessons and activities

**BSS-1.h.** Analyze data from lessons and activities to determine the impact on student outcomes

**B-SS.2 f.** Help students understand the importance of post-secondary education and/or training as a pathway to a career

**B-SS.2.g.** Help students and families navigate post-secondary awareness, exploration, admissions, and financial aid processes

**Suggested Grade Level** 7

**Time Required** 30 minutes

### Materials

- Projector and screen, or interactive whiteboard
- Laptops, tablets, or Chromebooks with internet access
- Paper and writing materials for the class
- [Strengthening Weakness worksheet\\*](#)

*\*Scoir does not own or maintain this resource. It is publicly available and can be referenced as you customize the lesson for your classroom.*





# Instructions

## Small Groups

1. Divide the class into small groups.
2. Distribute paper and pencils.
3. Ask students to brainstorm and write down:
  - Examples of challenges they've faced in the past.
  - How they approached these challenges (e.g., with a positive attitude, seeking help, trying different strategies).
4. Encourage students to think about how they've grown from these experiences.
5. Ask students to share with their group one example of a challenge they overcame.

## Individual Work

6. Pass out [Strengthening Weakness worksheet](#)\* (this could be a digital form).
7. Ask students to read the weaknesses from the left column and use the space in the right column to write what they could do to turn those weaknesses into strengths.

## Classroom Work

8. Bring the class back together.
9. Display the following video (~3 minutes): [https://www.youtube.com/watch?v=\\_iuPewWbp2U](https://www.youtube.com/watch?v=_iuPewWbp2U)\*
10. Ask students to share their thoughts:
  - Normalize having challenges and weaknesses.
  - Every successful person had to overcome challenges.
  - Recognizing our weakness or challenge is the first step to overcome it.
11. Ask students to share examples from their Strengthening Weakness worksheets.

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# Lesson 7.10

## Mapping Your Future: Developing a Career Action Plan

### Overview

In this project-based lesson, 7th grade students will each create a visual career action plan by mapping their journey from their current position to their desired career destination. By visually representing their career paths and incorporating key elements such as SMART goals and course planning, students will develop a comprehensive strategy to guide themselves toward their future aspirations.

### Learning Objectives

- Plan a course of action for achieving their career goals
- Identify ways that interests, strengths, skills, and learning style help achieve career goals
- Recognize areas of improvement (weaknesses) and develop strategies to address them

### ASCA Standards & Competencies

**B-LS 1:** Apply the understanding of how learning styles and study skills affect academic performance

**B-LS 2:** Demonstrate effective interpersonal communication skills

**B-SS 2:** Demonstrate cooperation, collaboration, and teamwork

**Suggested Grade Level 7**

**Time Required 30 minutes**

### Materials

- Posters or large paper
- Markers, colored pencils, or crayons

# Instructions

## Classroom Work

1. Introduce the concept of a career action plan and its importance in guiding students toward their future goals.
2. Explain that today's lesson will involve creating a visual representation (map) of their career journey, incorporating various elements such as interests, strengths, goals, and more.

## Individual Work: Mapping Activity

3. Provide each student with a large sheet of paper or poster board.
4. Instruct students to draw a map that represents their career journey, starting from their current position (start point) to their desired career destination (end point).
5. Encourage creativity in illustrating the pathway, including landmarks or symbols to represent key elements such as interests, strengths, goals, etc.
6. Pathway Components
  - Divide the pathway into sections representing different aspects of career development.
  - Instruct students to label each section and include how the following elements help them along their journey:
    - Knowing their interests and strengths
    - Knowing their skills
    - Setting SMART goals
    - Understanding their learning style
    - Knowing their weaknesses
    - Course planning (education and training)

## Small Groups

7. Sharing and Reflection:
  - Invite students to share their career maps with two other students, explaining their choices and pathway components.
  - Encourage peer feedback and discussion on similarities and differences in career aspirations and action plans.

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