

Lesson & Activity Cards

"Start Your Future" Careers Resource Hub



Lesson & Activity Cards - Interest Sparks

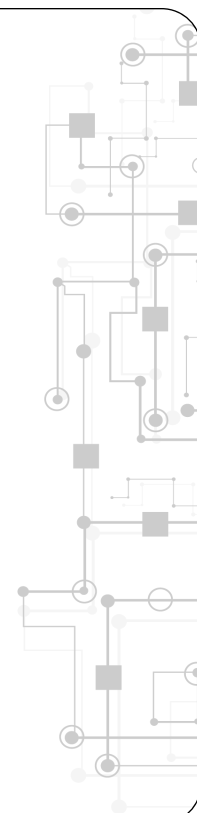
Goal: Strengthen students' confidence in linking personal interests to possible career pathways.

Activity: Students choose a hobby or online interest (e.g., gaming, storytelling, digital art).

- **Step 1:** List what skills or thinking patterns are used in that activity (strategy, design, empathy, leadership, etc.).
- **Step 2:** In small groups, brainstorm careers where those same skills are essential.
- **Step 3:** Reflect: How might building confidence in this skill today influence your future choices?

Higher-Order Focus: Analysis + Transfer (students reinterpret a leisure skill through a professional lens).

Theory Connection: *Social Cognitive Career Theory (SCCT)*: Builds self-efficacy and outcome expectations by connecting interests to possible career confidence.



Lesson & Activity Cards - Storyline Futures

Goal: Help students see career development as an evolving story of self-concept.

Activity: Students create a "future snapshot" comic panel of themselves at 25 doing meaningful work.

- Step 1: Identify current interests, roles, and values.
- Step 2: Imagine how those could grow or change over time.
- Step 3: Discuss: What stays consistent about who you are? What evolves?

Higher-Order Focus: Synthesis + Evaluation (integrating identity across time).

Theory Connection: *Super's Life-Span, Life-Space Theory*: Emphasizes career development as the evolving expression of self-concept across roles and time.



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Lesson & Activity Cards - Curiosity Chain Reaction

Goal: Help students see chance and curiosity as catalysts for growth.

Activity: Students choose a hobby or online interest (e.g., gaming, storytelling, digital art).

1. **Share** a story of something you learned by accident that shaped what you enjoy.
2. **Map** the sequence of events leading to that discovery.
3. **Reflect:** How can staying open to chance influence your career path?

Higher-Order Focus: Reflection + Abstraction, identifying meaning in unplanned experiences.

Theory Connection: *Krumboltz's Happenstance Learning Theory: Highlights learning from unexpected events and the value of curiosity and adaptability.*



Lesson & Activity Cards - Design Your Impact

Goal: Encourage students to connect creativity and purpose to real-world impact.

Activity: Students create a "future snapshot" comic panel of themselves at 25 doing meaningful work.

- **Identify** a problem in your school or community.
- **Brainstorm** creative or technological solutions.
- **List** the knowledge or skills you'd need to make it real.
- **Reflect:** How might this connect to innovative or service-based careers?

Higher-Order Focus: Creation + Evaluation — imagining future contributions grounded in self-awareness.

Theory Connection: *Super's Life-Span, Life-Space Theory: Emphasizes career development as the evolving expression of self-concept across roles and time.*

