

Career path choices



Unit
What I want for myself



Length:
115 minutes

About this lesson

To explore how skills, interests, values and personal circumstances may change over time and influence their career path students will re-evaluate their interests as a way to research new post-secondary options, investigate how career development is a process of constant change, and interview a professional to uncover reasons why they made or may make a career shift.

Learning objectives

By the end of this lesson, students will:

- understand the importance of re-evaluating their interests, skills, etc. in order to identify the need or desire for a career change
- understand that career development is a process of constant change
- understand that flexibility and adaptability can help them continually explore their career options
- investigate why people make career shifts

Driving question

Why do people make career changes?

Future-ready skills

Evaluating

Reflecting

Communicating

Making connections

Lesson breakdown

30

minutes

Activity 1: Re-evaluate my interests

In this activity, students will update their **Interests**, investigate careers they relate to, and identify problems they'd get to solve in the careers related to their interests.

55

minutes

Activity 2: Xello Lesson: Career path choices

Direct students to complete the Xello lesson titled **Career path choices** to understand that career development is a process of constant change and that flexibility and adaptability can help them continually explore their career options.

30

minutes

Activity 3: Why a career shift?

In this activity, students will interview an adult to learn about their career path and uncover the reasons why they made or may make a career shift.



Xello entry point

Before starting this lesson students must add at least 5 interests in **About Me** and save at least 3 careers. It's also recommended students complete the **Matchmaker** quiz and these Xello lessons: **Explore career matches**, **Exploring career factors**, **Work values**, and **Career demand**.

Vocabulary

- Transferable skills
- Career factors
- Work values
- Career demand

Ontario career studies

B3.1 use a research process to identify and compare a few post-secondary options that suit their aspirations, skills, interests, values, and personal circumstances

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Activity 1: Re-evaluate my interests



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Inquiry prompts

- What career field(s) do your interests relate or connect to?
- What kinds of problems do these interests get you to solve?

Before you begin

- Students will need to be able to access their **Interests** card on their **About Me** profile in Xello.

Teaching strategies

In this activity, students will update their **Interests**, investigate careers they relate to, and identify problems they'd get to solve in the careers related to their interests.

- 1 Provide the [instructions](#) on the next page to your students.

Materials required

- [Student instructions](#)
- Computer or tablet with internet access

Artifacts

Students will update their **About Me** profile with current and relevant interests, save 3 careers related to their interests, and record problems they'd get to solve as part of these careers with the **Likes and dislikes** card.

Culminating project tip

Add your students' questions about career path choices to the discussion guide. For example: What influenced you to make a career shift?

Re-evaluate my interests

Student instructions

Knowing your unique combination of interests can help you determine careers that will most likely suit you. Even if you don't think the interest is worth pursuing beyond high school, investigating related opportunities may uncover opportunities you hadn't considered before.

- 1 Access your **Interests** card on your **About Me** profile in Xello. Add to and update your list to reflect your relevant interests. Consider both current and upcoming experiences. You may also want to explore the **Interests categories** for suggestions. Make sure you have added at least 5 interests.
- 2 For each of your top 3 interests, find and save one career it relates to. Hint: enter your interests in the search field or use the **Career clusters** filter to help you explore options related to your interests. If you find a post-secondary program that connects to your interest, look at the list of **Related careers** and investigate those you'd like to know more about. You may also want to save the program for future reference.
- 3 For each career you save (total 3), review the career profile and then select an emoji to identify how you feel about the career.
- 4 Within the **Likes and dislikes** card for each career, identify one problem you'd get to solve that's part of this interest-related career. For example, if you had an interest in writing and saved the career Advertising Copywriter, a problem you might like solving in this career is finding the best way to deliver a client's message.

Activity 2: Xello Lesson: Career path choices



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55 minutes

About this activity

In Activity 1, students updated their interests, investigated careers they relate to, and identified problems they'd get to solve in the careers related to their interests.

In this activity students will complete the Xello lesson **Career path choices**, where they will learn that career development is a process of constant change, that flexibility and adaptability can help them continually explore their career options, and the importance of re-evaluating their interests, skills, etc. in order to identify the need or desire for a career change.

Inquiry prompts

- What is a career path? Do you picture a "path" as more of a ladder with one way to the top, or as a trellis with lots of ways to progress?
- What are some reasons a person might change careers?
- What factors do you think will have the biggest impact on your career opportunities in the future?
- Are there some education or training paths that could prepare you to work in many careers? Would this be a factor in your choice?
- Why do you think people worry about getting "stuck" in a career?

Before you begin

Before diving in with your students:

1. Create a copy or download the [Career path choices slide presentation](#) to use as a helpful teaching aid before and after the Xello lesson.
2. Review the slides (including the speaker notes section) for suggested discussion strategies and prompts.
3. Update slide 5 of the presentation with your students' Xello sign in format. If you don't know your students' Xello login format check out [Sign in to Xello](#) for support.

Teaching strategies

Use the following strategies to set your students up for success:

- 1 Before students start the Xello lesson, take 5 minutes to have them review and consider the inquiry prompts from the **Warm up** activity slide of the [Career path choices slide presentation](#), or choose your own. Advise students to keep these questions in mind as they complete the lesson. You will revisit these questions with them in the **Exit activity** afterwards.
- 2 Help your students log in to their Xello account. Project your screen as you model how to navigate to the lesson using your demo student account. From the student dashboard, click on a lesson to get started. If the lesson you want isn't visible, access it by selecting **View all lessons** below the lessons shown.
- 3 Students finished early? Students have learned that career development is a

Materials required

- Computers or tablets with internet access
- Whiteboard/projector
- [Career path choices slide presentation](#)

Prerequisites

- Save 3 careers
- Save 5 interests

Artifacts

Students will complete the Xello lesson: **Career path choices**.

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Activity 2: Xello Lesson: Career path choices



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process of constant change and that flexibility and adaptability can help them continually explore their career options. If students have time after completing the Xello lesson, encourage them to add and rate the skills of flexibility and adaptability in their skills section in Xello.

- 4 Once students have completed the Xello lesson, return to the [Career path choices slide presentation](#) to have students revisit the inquiry prompts you posed at the beginning of class.
- 5 **Classroom discussion strategy: Round robin:** Lead a round robin style discussion that gets each person to share their answer to the inquiry prompt: What are some reasons a person might change careers?

OPTIONAL: Document the responses. What observations can be drawn about them? What conclusions can be made?

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Activity 3: Why a career shift?



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30 minutes

Inquiry prompts

- What might motivate me to make a career shift?
- How likely is it that I'll make a career change?

Before you begin

- Decide if you will have students set up individual interviews or if you will invite colleagues or community members to your class for a group interview.

Teaching strategies

In this activity, students will interview an adult to learn about their career path and uncover the reasons why they made or may make a career shift.

- 1 Work with your students to develop a discussion guide with a list of possible questions. You may want to create a few questions that relate to these topics to help them better understand the individual's career path and their reasons for a career shift: what is work like (career factors), state of the industry (career demand), skills and experience (interests), and career path (work values).
- 2 Include guidance on how to request an interview with an adult. In most cases, this will be less formal as students can select adults they already have a close relationship with, however, some students may want to pursue interviewing someone from the local community or through a mutual connection, and they may need help doing so.
- 3 Share the discussion guide and the [instructions](#) on the next page to help your students prepare for their interviews.

ALTERNATE OPTION: If setting up individual interviews poses too much of a logistical challenge for you and your students, you could substitute this option by inviting a few colleagues or community members to your class and interview them as a whole group, dividing the discussion guide questions among your students.

Materials required

- [Student instructions](#)
- Computer or tablet with internet access

Artifacts

Students will upload their discussion guide notes from their interview with a profession to their Xello **Portfolio** and include a short reflection about 3 things they took away from the conversation.

Culminating project tip

Add your students' questions about career path choices to the discussion guide. For example: What influenced you to make a career shift?

Why a career shift?

Student instructions

There are many reasons why people choose to make a career shift. Maybe they need a new challenge or their values have changed. They may have wanted to focus on other things or discovered their passions lie elsewhere. Even though you're still deciding a direction for your post-secondary journey, it may be comforting to know that this decision is not set in stone and making a career shift is more common than you think.

In this activity, you will interview an adult of your choice to learn more about their career path and the career shifts they've made along the way. Complete these steps to help you lead the discussion and reflect on what you learned in the interview:

- 1 Consider the adults in your life. They could be family, teachers, coaches, employers, or community members. Do any of these adults have a career related to your interests? Have you ever wondered how they ended up in the career they're in? Select an adult you'd feel comfortable contacting to set up a time to interview them about their career journey.
- 2 Setup a time for you to connect with your selected professional, ideally face-to-face, but a video chat or phone conversation is possible.
- 3 Review the discussion guide provided by your teacher. Create your own copy and modify the questions to better suit your goals for the conversation. Where possible, enhance the questions with details you may already know about the individual. For example, if you asked: what is the advancement potential in the field? What is a typical career path? You may add: "From your LinkedIn profile, I see you graduated from the MBA program just 4 years ago and are already a bank manager. That's impressive. Please share with me the typical path from entry level to manager in the banking environment, and what people can do to move fast within that process."
- 4 Use the discussion guide as a way to keep notes during the interview or you may want to record it if the individual is comfortable with that.
- 5 After completing the interview, create a Xello **Portfolio**. Make the title of your portfolio **Career path interview**. Upload the discussion guide (including your notes) to your portfolio. Add a short reflection about 3 things you took away from the conversation that will help in your own career related decisions.