

Interests lesson



Unit
Me in the world



Length
110 mins

About this lesson

To investigate their own interests in connection with careers, students will develop a personal interest list and investigate ways to develop and expand their interests.

Learning objectives

By the end of this lesson, students will:

- filter careers by career clusters and school subjects of interest
- explore central aspects of career profiles for common interests
- reflect on some of the interests they have saved in Xello profile
- explore the link between interests and various careers
- investigate ways to develop and expand their interests

Driving question

How can my interests influence my career decisions?

Future-ready skills

Self-knowledge

Career exploration

Lesson breakdown

35
minutes

Activity 1: Mission complete

Direct students to **Finish the quiz** by completing phase 3 of the **Matchmaker** interest assessment (**Mission Complete**) to refine their career matches further. Afterward, get students to view their updated career matches, and encourage them to save ones of interest, or hide those that don't quite match their values. If they notice common career clusters, have them save these to their **Favourite Clusters** on their **About Me** profile.

10
minutes

Activity 2: My interests

In this activity, students will thoughtfully save at least 5 interests in their **About Me** profile by exploring interest categories and saved careers.

40
minutes

Activity 3: Xello lesson: Interests

Students will complete the **Interests** lesson in Xello, where they will explore how their saved interests relate to their saved careers and how what they like doing everyday may lead them towards their future career.

25
minutes

Activity 4: Interest share

In this activity, students will update their interests based on their personal preferences and their interest assessment results. As a class, they will explore interests they share with each other, and discuss opportunities within and outside of school that relate to these interests.

Xello entry point

As part of this lesson, students will complete the third phase of **Matchmaker (Mission Complete)**, save careers, favourite career clusters, and add 5 interests to their Xello profile. It is also recommended that students complete the **Career matches** lesson prior to starting this lesson.

Vocabulary

- Interests
- Hobbies
- Passions
- Interests categories
- Favourite clusters

Ontario career studies

B2.1 investigate their own interests, values, skills (including transferable skills), strengths, and areas that require further development, documenting their insights in a personal profile.

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Activity 2: My interests



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10 minutes

Inquiry prompts

- What are my interests?

Before you begin

1. Ensure that students are able to log into their accounts and access their **About me** profile and Xello lesson: **Interests**.

Teaching strategies

In this activity, students will update their interests based on personal preferences and their interest assessment results.

- 1 Provide the [instructions](#) on the next page to your students.
- 2 Make sure to prescribe a timeline for step 2, where they develop their **Interests** section in Xello.

Materials required

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

Artifacts

Students will save at least 5 **Interests** on their **About me** profile before completing the **Xello lesson: Interests**.

Culminating project tip

Add your students' questions about personality interests to the discussion guide. For example: How did you pursue your interest in this field while you were still in school?

My interests

Student instructions

What are your interests? Do you have interests you have yet to explore? Exploring your interests is the only way you can truly find a new passion and build your curiosity. Finding your own interests helps you build your creativity, become more independent, and enhance your decision-making skills.

- 1 In your Xello **About Me** profile, document your current **Interests** (at least 5). Explore the **Interests categories** and add those you are curious about. It's okay if you haven't explored them yet.
- 2 Review a few saved careers. Do these careers demonstrate any interests you should document in your own Xello profile? For example, if you have an interest in the Art Director career, you may want to add Filmmaking or Movies to your **Interests** section found within the **Arts & culture** interest category.
- 3 Proceed to the next activity: complete the Xello lesson titled **Interests**.

Activity 3 - Xello Lesson: Interests



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Length:
40 minutes

About this activity

In activities 1 and 2, students explored careers by school subjects of interest to them, saved careers, career clusters, and added 5 interests to their Xello profile.

Students are now ready to complete the **Interests** lesson in Xello, where they will explore how their saved interests relate to their saved careers and how what they like doing everyday may lead them towards their future career.

Inquiry prompts

- What are some things you enjoy doing?
- How do you think your interests may change as you grow older?
- What do your interests say about you?
- How do your interests influence your options now and in the future? For example, have you joined a club based on one of your interests? Are you thinking about any jobs that are related to your interests?
- If you could get paid for one of your interests, which interest would it be and why?

Before you begin

Before diving in with your students:

1. Create a copy or download the [Interests 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 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 for support.

Teaching strategies

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

- 1 Before students start the Xello lesson, engage them in a classroom discussion using a few of the inquiry prompts from the **Warm up** activity slide of the [Interests slide presentation](#), or choose your own.
- 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.
- 3 Students finished early? If students have time after completing the Xello lesson, encourage them to revisit their Xello **About me** profile to ensure they have saved at least 5 interests.
- 4 Once all students have completed the Xello lesson, return to the [Interests slide presentation](#) to have them revisit their answers to the inquiry prompts you posed at the beginning of class.
- 5 **Classroom discussion strategy: Round robin:** Lead a round robin style

Materials required

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

Prerequisites

- Add at least 5 interests in **About Me**
- Save 3 careers

Artifacts

Students will complete the Xello lesson: **Interests**.

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Activity 3 - Xello Lesson: Interests



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discussion in which each person shares their answer to the final inquiry prompt: If you could get paid for one of your interests, which interest would it be and why?

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

Activity 4: Interest share



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25 minutes

Inquiry prompts

- Do I have common interests with my peers?
- Are there opportunities to explore my interests in the community?

Before you begin

1. In preparation for this activity, access the **Student work reports** to export your students' list of interests. Use the **Group** filter to capture just the students in your class. Before sharing the spreadsheet with your students, remove all single documented interests and add a column called "Community opportunities" where your students will later add their ideas.
2. Using a collaborative platform like Google sheets, upload the spreadsheet so that all students can contribute to it at the same time.
3. Ensure that students are able to log into their accounts and access **Portfolios**.

Teaching strategies

In this activity, students will collaborate to examine their common interests and discuss opportunities within and outside of school where they can develop and explore these interests further.

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

Materials required

- [Student instructions](#)
- Computer or tablet with internet access
- Collaborative spreadsheet platform (ie. Google sheets)

Artifacts

Students will add 3 community opportunities in a Xello **Portfolio** to demonstrate interests they would like to explore or develop further.

Culminating project tip

Add your students' questions about personality interests to the discussion guide. For example: How did you pursue your interest in this field while you were still in school?

Interest share

Student instructions

What interests do I share with others in this class? Are there opportunities I'm not aware of in our school or community where I can explore my interests further or try new interests out?

- 1 Review the class **Interests** spreadsheet provided by your teacher. Do any of your interests appear in the top 10? Are there any interests that peak your curiosity? Add at least one new interest to your Xello profile.
- 2 For 3 interests on the spreadsheet, identify a community opportunity inside or outside of school that would provide the space and experience to explore it. Consider opportunities you've been a part of that others may not know about. If the opportunity has a website, social channel, or contact person include the details.
- 3 Gather 3 community opportunities that interest you and highlight them in a Xello **Portfolio**. Explain how the opportunity would help you explore a new interest or develop one further.
- 4 On your student dashboard, select **View Portfolios**, then select **Add Portfolio**. You can also [view sample portfolios](#) for ideas on how to set up your portfolio.
 - Follow the example below:
 - **Add a title:** My Community Opportunities
 - **Add a description:** Opportunities that interest me
 - Select **Add Section**
 - Add your first opportunity under **Title:** Opportunity #1
 - Select **Text Entry**, then **Next**
 - Add the name of the opportunity under **Title:** Join a school club
 - Explain how the opportunity would help you explore a new interest or develop one further in the textbox.
 - Select **Add to Portfolio**
 - Repeat the steps to add opportunity #2 and #3.