

# Career Backup Plans



Recommended  
12th Grade



Length  
90 Minutes

## About This Lesson

To identify postsecondary back-up options, students will investigate careers similar to those they have expressed interest in. They learn why it's important to plan alternate routes, and research how a postsecondary learning pathway can lead to more than one career option.

## Learning Objectives

By the end of this lesson students will:

- investigate related careers
- understand the importance of career backup plans
- explore potential backup careers for themselves
- research learning pathways as a way to identify backup careers

## Driving Question

Does having a backup plan mean giving up my dream career?

## Future-Ready Skills

Planning

Skill Building

Critical Thinking

Decision Making

## Lesson Breakdown

30  
minutes

### [Activity 1 - Similar Careers](#)

In this activity, students will review the career profile of their dream career; investigate related careers that may match their interests, skills, or aspirations; and reflect on why these may be good alternate routes.

40  
minutes

### [Activity 2 - Xello Lesson: Career Backup Plans](#)

Direct students to complete the Xello lesson: **Career Backup Plan** to help them understand the importance of exploring alternate routes and prepare for unexpected obstacles to give them confidence to achieve their goals.

20  
minutes

### [Activity 3 - Research Backup Careers](#)

In this activity, students will research education or training programs for a saved career and explore careers related to that program that they'd consider for a backup plan.



## Xello Entry Point

Students need to save 3 careers before starting this lesson. It's recommended they've completed they've completed Matchmaker and Xello's lessons **Explore Career Matches** and **Discover Learning Pathways**.

## Vocabulary

- Career-related skills
- Transferable skills
- Obstacles
- Limiting factors
- Alternative routes

# Activity 1 - Similar Careers



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Length  
30 Minutes

## Inquiry Prompts

- Are there alternative routes to my dream career?
- Can I feel fulfilled in more than one career?

## Teaching Strategies

In this activity, students will review the career profile of their dream career; investigate related careers that may match their interests, skills, or aspirations; and reflect on why these may be good alternative routes.

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

## Materials Required

- [Student Instructions](#) (also available in [Spanish](#))
- Computer or tablet with internet access

## Artifacts

Students will update their saved careers, adding details to the **Likes and Dislikes** and **My Notes** cards for 3 saved careers.

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## Similar Careers

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### Student Instructions

Whether you have sights on one career path for yourself or are still trying to decide your dream career, recognizing the skills and interests you'd like to use in your future is an excellent way to identify and prepare for alternative career paths.

- 1 Review your saved careers in Xello. Based on the profile information and your rating of important factors, which one would you list as your top career choice? For this career, update how you feel about it (**Love it, Like it a lot, or It's a possibility**).
- 2 Review the career profile and add 3 likes to the **Likes and Dislikes** card.
- 3 Look at the list of similar careers on the career profile and explore those that interest you.
- 4 Evaluate the similar careers and select 2 that you'd genuinely consider as alternative options to your top choice. After saving each career, select how you feel about this career, and record the following in the **Explore This Career** section:
  - Add 2 ideas to the **Likes and Dislikes** card to justify why this is a possible backup career. Hints:
    - Is the education/training required easier to achieve?
    - Is the career outlook in higher demand?
    - Are there fewer people in the field resulting in a less competitive job market?
    - Are my skills and interests a strong match?
    - How could this career lead me to my dream job?
  - Write a short reflection in the **My Notes** card:
    - What makes this career similar to your top choice?
    - What would be most fulfilling about working in this career?
    - What would you look forward to most if you worked in this career?

## Profesiones similares

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### Instrucciones para estudiantes

Si tienes en vista un rumbo profesional para ti mismo o si aún intentas definir la profesión de tus sueños, reconocer las aptitudes y los intereses que te gustaría aplicar en el futuro es una excelente opción para identificar rumbos profesionales alternativos y prepararse para ellos.

- 1 Revisa las profesiones que guardaste en Xello. Según la información del perfil y tu calificación de factores importantes, ¿qué profesión citarías como la más importante? Para esta profesión, actualiza las sensaciones que te despierta: (**Me encanta**, **Me gusta mucho** o **Es una posibilidad**).
- 2 Revisa el perfil de profesiones y agrega 3 opciones que te gusten a la tarjeta de **Lo que me gusta y lo que no**.
- 3 Mira la lista de profesiones similares en el perfil de profesiones y explora las que te interesen.
- 4 Evalúa profesiones similares y selecciona 2 que considerarías de forma genuina como alternativas a tu opción favorita. Después de guardar cada profesión, elige la sensación que te genere y asienta lo siguiente en la sección

#### Explorar esta carrera:

- Agrega 2 ideas a la tarjeta de **Lo que me gusta y lo que no** para indicar por qué esta es una profesión alternativa. Pistas:
  - ¿Es más fácil conseguir la educación o capacitación necesaria?
  - ¿La profesión tiene una perspectiva de mayor demanda?
  - ¿Hay en el campo menos personas y el mercado laboral es menos competitivo?
  - ¿Mis aptitudes e intereses son muy compatibles?
  - ¿Cómo puede esta profesión conducirme al trabajo de mis sueños?
- Escribe una breve reflexión en la tarjeta de **Mis notas**:
  - ¿Qué hace que esta profesión se asemeje a tu opción favorita?
  - ¿Qué sería lo más gratificante de dedicarte a esta profesión?
  - ¿Qué es lo que más te gustaría hacer si te dedicaras a esta profesión?

## Activity 3 - Research Backup Careers

12

Recommended  
12th Grade



Length  
20 Minutes

### Inquiry Prompts

- How will postsecondary education or training influence my career opportunities?
- How likely is it that postsecondary education or training will lead me to my dream career?

### Teaching Strategies

In this activity, students will research education or training majors for a saved career and identify related careers within that learning pathway that they'd consider for a backup plan.

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

### Materials Required

- [Student Instructions](#) (also available in [Spanish](#))
- Computer or tablet with internet access

### Artifacts

Students will save one postsecondary education major linked to a career of interest and add a weblink to the school's major in the major **Storyboard** with details about associated employment opportunities.

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## Research Backup Careers

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### Student Instructions

As much as you plan and focus on a goal, you never know what life might throw at you, sending you on a new course. For example, you may enroll in a postsecondary training or education major with one career goal in mind, but your learning and development may lead you in a different direction. For one saved career:

- 1 Read the **Education & Training** section of the career profile.
- 2 Explore a few of the **Related Majors** and save one that interests you.
- 3 Look at the **Related Careers** list on the major profile, are there any new careers listed here that interest you? If yes, review the profile and save it.
- 4 Open a new browser tab and search for the major and school webpage. Most majors will describe or list after graduation employment opportunities or potential career paths. Are there any new careers listed here that interest you?
- 5 Back in Xello, return to the major profile page. Add the weblink to the major's **Storyboard** and include details about the related careers in the text field. Then spend some time exploring this career in Xello or online, evaluating whether this career would make a good backup plan or not.

## Investigar profesiones alternativas

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### Instrucciones para estudiantes

Sin importar con cuánto esfuerzo hagas planes para alcanzar una meta y te enfoques en ella, nunca se sabe lo que la vida te puede deparar y puede surgir un nuevo rumbo. Por ejemplo, puedes inscribirte en una carrera de capacitación o educación de nivel superior con una meta profesional en mente, pero tu aprendizaje y desarrollo pueden conducirte en una dirección diferente. Para una profesión guardada:

- 1 Ve a la sección de **Educación y capacitación** del perfil de la profesión.
- 2 Explora alguno de los **Programas relacionados** y guarda uno que te interese.
- 3 Mira la lista de **Profesiones similares** en el perfil de programa. ¿Hay allí nuevas profesiones que te interesen? Si es así, revisa el perfil y guárdalo.
- 4 Abre una nueva pestaña y busca la carrera y la página web de la institución. En la mayoría de los programas se describirán o mencionarán oportunidades de empleo o posibles rumbos profesionales después de la graduación. ¿Se mencionan algunas profesiones que te interesen?
- 5 En Xello, regresa a la página de perfil de programa. Agrega el enlace web al **Tablero** del programa e incluye detalles sobre las profesiones relacionadas en el campo de texto. Luego, dedica un tiempo a explorar esta profesión en Xello o en línea y evalúa si esta profesión sería o no un buen plan alternativo.