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 **‘Career Education 8’ 2022-23**

**Assignment #2: Who do I want to be?**

**Instructions:**

Over the next few classes complete the three assigned activities on YOUR FUTURE (at school and at work). Complete and submit to Mr. Muscardin.

**Curriculum:**

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| **Big Ideas** | Reflecting on our preferences and skills helps us identify the steps we need to take to achieve our career goals.The value of work in our lives, communities, and society can be viewed from diverse perspectives. Achieving our learning goals requires effort and perseverance.Adapting to economic and labour market changes requires flexibility.Our career paths reflect the personal, community, and educational choices we make. |
| **Curricular Competencies** | Question self and others about how individual purposes and passions can support the needs of the local and global community when considering career choices.Recognize the impact of personal public identity in the world of work.Demonstrate respect, collaboration, and inclusivity in working with others to solve problems.Recognize and explore diverse perspectives on how work contributes to our community and society.Demonstrate safety skills and appreciate the importance of workplace safety.Set and achieve realistic learning goals with perseverance and resilience.Recognize the influence of curriculum choices and co-curricular activities on career paths.Appreciate the value of a network of resources and mentors to assist with career exploration.Apply a variety of research skills to expand my knowledge of diverse career possibilities and understand career clusters. |
| **Content** | Personal development:* Goal-setting strategies
* Project management
* Self-assessment for career research

Connections to community:* Cultural and social awareness
* Factors affecting types of jobs available in the community
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| **Content, continued** | Life and career plan:* Graduation requirements
* Influence of technology in learning and working
* Role of community, school, personal network, and mentorship in career planning
* Role of mentors, family, community, school, and personal network in decision making
* Workplace safety
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**Due: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Ted Talk Treasure Hunt**

**Instructions:**

Ted Talks are lectures given by experts in a wide variety of industries, recorded and saved online for public access. These experts include doctors, journalists, activists, educators, scientists, musicians, athletes, and more. Ted Talks are a treasure trove of “ideas worth spreading.”

Go to <https://www.ted.com/> and click “discover.” Select a topic that you are interested in for a future career. Choose a video from the list that sounds interesting to you and is between 5-20 minutes long. Watch it, then complete the chart below.

**My Ted Talk:**

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| **About my Ted Talk** |
| Future career I want to investigate |  |
| Name of the Ted Talk |  |
| Link to the Ted Talk |  |
| Length of the Ted Talk |  |
| **About the Speaker** |
| Name of the speaker |  |
| Speaker’s mini biography (1-2 sentences about who they are and why they are an expert in their field). | \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Video Summary** |
| Tell me what this video was about. | The main idea in this Ted Talk was \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Some key evidence or examples the speaker gave were:* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Video Response** |
| How do you feel after watching the video? | After watching this Ted Talk I feel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| What are two deep questions you have for the speaker? | I would like to ask the speaker \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_I would also like to ask the speaker\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Taking the ‘SMART’ Path through High School**

**Instructions:**

The purpose of secondary school is to help prepare you to be the best adult you can be. Now that you have brainstormed and researched a bit into possible career pathways, it is time to bring it back to where you currently are by examining what skills you need to work on as a student and what classes you might be interested in taking later on in high school.

**Course Selection:**

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| --- |
| 1. One course that I am interested in because it sounds fun to me is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Two things I would hope to learn in that class are:* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
 |
| 1. One course that I am interested in because it is related to the career I am thinking about is\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Two things I would hope to learn in that class are:* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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Course selection is not something you have to do on your own. It is important to talk to school staff about what classes are good for you (and older students can help tell you their experiences in a course too!). List two adults in your life or at Johnston Heights who you could talk to about choosing classes:

|  |  |
| --- | --- |
| The first adult who could help me with course selection is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | They are a good resource to me because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| The next adult who could help me with course selection is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | They are a good resource to me because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |

**SMART Goals:**

Before getting to your senior years of high school, it is important to develop good academic skills in order to set you up for success now and later. These skills include how to study effectively, good note taking, active listening, asking for help when needed, and more.

In Assignment 1 you stated your learning preferences and assessed whether you were a star (or still shooting to be one) on various life and school skills. What is one area of improvement you want to focus on at school? Write a SMART goal to help you get better at it.

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| **SMART Goals Are…** |
| ***SPECIFIC**** What is the topic of this goal?
* What does success look like for this goal?
 | ***MEASURABLE**** How do you know you have succeeded in this goal?
* What bench marks can you identify on the way to achieving this goal?
 | ***ATTAINABLE**** Is this goal challenging, but still doable?
* How will you do it?
 | ***RELEVANT**** Why do you want to achieve this goal?
* How will it help you?
 | ***TIME-BOUND**** By what date will you have achieved this goal?
 |
| ***For example…***I want to learn the letters of the Sign Language alphabet so I can spell words in Sign Language. | ***For example…***I will learn all 26 letters. | ***For example…***I can learn all 26 letters of sign language by following ‘how to’ videos on Youtube and practicing them as the instructor demonstrates. I will then continue practicing on my own. | ***For example…***I want to learn Sign Language because it is important to me to be able to communicate with others clearly. I have always wanted to learn a second language and this one is exciting to me and can be practiced on my own. | ***For example…***I will dedicate 15 minutes per day to learning the Sign Language alphabet. I will have mastered this alphabet one month from now. |

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| **My SMART goal for this school year is to** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
| **Please explain how this goal is…** |
| **Specific** | **Measureable** | **Attainable** | **Relevant** | **Time-bound** |

**Safety First**

**Instructions:**

You have probably heard the term “safety first” many times since you were a small kid. Safety is the state of being free from unhealthy risk or danger. No matter where you are or what you are doing (in school, at your future job, or in life), it is important to ensure that you, your surroundings, and other people nearby are safe. In this activity you will look at various aspects of safety in your personal life and in the workplace.

**What safety looks like to me:**

|  |  |
| --- | --- |
| **Physical safety looks like…** | **Emotional/mental safety looks like…** |
| 1.2.3.4.5. | 1.2.3.4.5. |
| **Two things I do to keep myself safe (physically or mentally/emotionally) include:***For example:* what does self-care look like in your life? When doing housework or chores, what precautions do you take? Etc. | * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **One thing I do to keep my friends or family safe (physically or mentally/emotionally) include:** | * \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

**Worker safety:**

WorkSafeBC is the province’s authority on employee health and wellness. Please visit their student site (<https://www.worksafebc.com/en/health-safety/education-training-certification/young-new-worker/student-worksafe/student-resources>) and look at the fifteen jobs listed on the page (such as cashier, server/busperson, and traffic). You will choose a job from the list then click on its PDF to view an image of hazards/danger workers may face. Identify three hazards in the given image and a possible solution.

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| **Job title:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**What is happening in the picture?** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Health or safety hazard #1:** | **How to fix that hazard:** |
| **Health or safety hazard #2:** | **How to fix that hazard:** |
| **Health or safety hazard #3:** | **How to fix that hazard:** |

***Please note:*** *as a worker you have the responsibility to help make sure your work environment is safe (such as telling your supervisor when something is dangerous and needs to be fixed). You also have the right to work in a safe place and can refuse to do unsafe work until the hazard has been addressed.*

Now for your dream career from above: list three health/safety hazards that are typical in that line of work. What can future you and your future co-workers do to minimize that risk and help care for each other?

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| **Dream career title and description:**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Health or safety hazard #1:** | **How to fix that hazard:** |
| **Health or safety hazard #2:** | **How to fix that hazard:** |
| **Health or safety hazard #3:** | **How to fix that hazard:** |