

MY HIGH POINTS

STANDARDS

- Standard 1: Students will acquire the skills to investigate the world of work in relation to knowledge of self and to make informed career decisions.
- Standard 3: Students will understand the relationship between personal qualities, education, training, and the world of work.

MATERIALS

- ♦ Handout C-22: My High Points

ACTIVITY

Distribute a copy of Handout C-22 to each of the students and ask them to fill out the top half of it. You may need to stimulate ideas by offering a few examples, such as

- riding a bike;
- catching a fish;
- playing football, volleyball, baseball, etc.;
- building a fire in a fireplace on a cold night;
- being recognized for doing a good job;
- operating a computer;
- helping others; and
- making a new friend.

After the students have completed the first section, divide the class into small groups. Explain how achievements are accomplished by having many skills work together. Then have each group member receive feedback from the others on what skills they think were used for the achievement chosen and have them write down those skills on the bottom half of the handout.

SPECIFIC SUGGESTIONS

Discuss what kinds of jobs might exist for each of the skill areas. How many of those jobs would require a post-secondary education? Could culture or gender expectations discourage someone from utilizing these skills? How? Discuss ways in which students can learn to cope with or overcome those obstacles.

ESTIMATED TIME

1 class period

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Think back over your past and list ten specific incidences, episodes, or experiences that you can identify as achievements—things you enjoyed doing, did well, and were proud of. The achievements may relate to any part of your life and should not be discarded because you think they seem trivial. In the blanks below, write down a phrase that helps you remember a specific experience.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Now, pick one achievement to explain to your group. Describe it and then BE QUIET! Let the group tell you what skills they believe were necessary to make that achievement come about. Write down the skills on the lines provided below.

Achievement: _____

Skills Required:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____