

INTRODUCING COLLEGE & CAREER

Focus Area:	College and Career Readiness
Elevate Propel:	Unit 1: Week 1, Lesson 1 Week 2, Activity (U1: W1-L1; W2-A)
Lesson Duration:	50 minutes

OVERVIEW

Elevate students will analyze their personality traits and recognize the benefits to knowing yourself in regard to their future college and career decisions.

ELEVATE OBJECTIVES

Introduction

- Introduce the topic of College & Career to Elevate students.
- Have students analyze their personality type and how it connects to their future college and career decisions.

COMMON CORE OBJECTIVES

- **CCSS.ELA-LITERACY.SL.7.1.D** - Acknowledge new information expressed by others and, when warranted, modify their own views.

EXPLORE / ACT-TARGETED STANDARDS

- **ELA** – Revise vague nouns and pronouns that create obvious logic problems.

7 AREAS OF A WHOLE PERSON

- Social, Intellectual, Vocational

40 DEVELOPMENTAL ASSETS

- **Commitment to Learning** – School Engagement

Materials

- Copies, one for each student
 - Bell Work: *"Introduction to College & Career"*
 - *College & Career Crossword Puzzle*
 - *Animal Profiles*

Preparation

- Room Set-Up: Desks in rows or set up in a U.
- Write the Elevate Objectives on the board
- For Week 2 Activity: For computer access, take students to the computer lab or have them use their laptops/phones for Holland Code Career Test

Strategies and Best Practices Used

- Think/Pair/Share
- Personality Test
- Group Discussion
- Journal

Suggestions for Supplemental Learning

- Students can group up with other students that have the same animal profiles to discuss similarities.

Warm-Up 10 minutes

Team Teaching



#1: G
#2: BW
#3: A

BELL WORK

- Hand out Bell Work: “Introduction to College & Career” to each student as they walk in.
- Allow students 3-5 minutes to complete their Bell Work, and then call on several students to respond to:
 - o What would be your dream job and why?
 - o What are some things you should consider when deciding on a career?
 - o Who or what has influenced your ideas about your career options?

Think/Pair/Share 15 minutes

Team Teaching



#2: L
#3: A
#1: A

MINI-LESSON: COLLEGE & CAREER CROSSWORD PUZZLE

Lead Teacher Says: “When I say COLLEGE & CAREER, what comes to mind?” (Allow for 2-3 responses.) “Today, we will begin to explore the world of college and career and how important it is to start thinking about your future. First, let’s see if you can find as many College & Career words as you can in our first activity.”

- Hand out “College & Career Crossword Puzzle” to each student.
- Have students partner up as they will be working on the crossword puzzle together.
- You can offer a prize for the first pair of students to find all words on the list (optional).
- Once done, go over the list of college and career words on the handout with the class.
- Ask the students the following questions:
 - a. What do all of these words have in common?
 - b. Which words stood out to you and why?
 - c. Are there words that are not on the list but that you believe should have been? If so, which ones?

Personality Test, Group Discussion 20 minutes

Team Teaching



#3: L
#1: A

ACTIVITY: THE 5 MINUTE PERSONALITY TEST

Lead Teacher Says: “When making important decisions about your future, it is vital that you begin by knowing yourself first. Knowing your likes/dislikes, strengths and weaknesses, and overall personality type is crucial in picking a career that brings all of those items into alignment. Let’s begin with a quick personality test.”

- **A Teachers** hand out the “5 Minute Personality Test” to each student.
- **Lead Teacher** will go through instructions with the class. Ask students to take 5-10 minutes to complete the personality test honestly.
- After students complete the assessment, have a few students share their results.

- **A Teachers** hand out Animal Profiles pages to students. Make sure to hand them the animal profile that matches their test results.
- Review each Animal Profile with the class (Lions, Otters, Golden Retrievers, Beavers).
- Close the activity by asking students to answer the following questions:
 - o *According to your animal profile, what are some items you agree with?*
 - o *What are some items you disagree with?*
 - o *What is the most surprising thing you have learned about yourself from this test?*
 - o *What kind of careers would go well with your list of strengths and weaknesses?*

Wrap Up Journal

5 minutes

EXIT STRATEGY

- Ask students to write in their journals about three things they learned in the lesson today. Write why knowing yourself is important for their future college and career choices.

Team Teaching



#1: L

#2: G

#3: A

COLLEGE & CAREER WEEK 2 ACTIVITY

Career Test, Group Discussion
30 minutes

Team Teaching



#3: L

#1: A

ACTIVITY: HOLLAND CODE CAREER TEST

Lead Teacher Says: *“The 5 Minute Test was just the beginning of your journey to helping you get to know yourself better. Today, we will take it one step further by taking the Holland Code Career Test to identify careers that match best with our personalities.”*

- Instruct students to go to the following website for assessment through their laptops/phones: <https://www.123test.com/career-test/>
- Thoroughly go through the instructions with students. If helpful, have the assessment visible on the smartboard and go through it with students.
- Have a few students share their results when the assessment is completed.
- Give students 10 minutes to review and research the careers listed from their results. Instruct them to identify at least two career interests.
- When time is up, have a few students share which career interests they chose.
- Close the activity by asking students to answer the following questions:
According to your career test, what are some items that you found surprising?
What are some careers listed in your results that you feel matches best with your personality?
What did you learn most about yourself after taking both the 5 Minute Personality Test and the Holland Code of Career Test?

BELL WORK: INTRODUCTION TO COLLEGE & CAREER

1. What would be your dream job and why?
2. What are some things you should consider when deciding on a career?
3. Who or what has influenced your ideas about your career options?

BELL WORK: INTRODUCTION TO COLLEGE & CAREER

4. What would be your dream job and why?
5. What are some things you should consider when deciding on a career?
6. Who or what has influenced your ideas about your career options?

College / Career

T W P A C N C Z D Q A E E Y O L P M E G P V Z Y
 N C E B I O B A C H E L O R S D E G R E E Z O G
 E D Y S Q J M S C N M P C O N F I D E N C E E F
 M E B B Z W E M W L T S I G O L O T E M S O C G
 L J A F I N C X U I S S S O B C F T M D S M L I
 L M M Z I H W R O N A I R F O R C E Q W T T G C
 I X Y R P G W N E B I T C R D Q P O O G U R S O
 F H A O B V S S E O X T I U E S C R G J D A C N
 L M D M O N C G I J T D Y N T D K Q J T E D H S
 U C S U P E R V I S O R E C D F L N C J N E A T
 F O B C A R E E R T I D U T O E L E J I T S R R
 A A Q Y E Z B M Z R Z A A R E L P X W G S C A U
 Y S E T E T A U D A R G C U S R L E Q E U H C C
 M T Y I G J U S I N V E K Y X E M E N N K O T T
 R G X S O A A S X S R Z E T C W D I G D I O E I
 A U Q R Z M D E G F S E N W U X P I N E E L R O
 C A A E Z O M C F E N B G Y G P O E R A C N T N
 I R B V W L Y C R R V O I A A Z C S B P T A C X
 N D T I Q P S U C A X E N H N Y Y H G R P I Y E
 A B V N F I V S X B E A E G S A H M P A Q G O I
 H T G U V D B C N G R D E Y Y T M A T M H C W N
 C Y V A N E E R G E D S R E T S A M I U F Q O K
 E R O L E S N U O C Y X Y E T A C I F I T R E C
 M E E R G E D S E T A I C O S S A J A Y Z B O N

pride	independence	character	job
fulfillment	happiness	success	options
engineer	work force	student	boss
supervisor	graduate	diploma	certificate
masters degree	associates degree	bachelors degree	major
employee	manager	construction	confidence
determination	welder	counselor	cosmetologist
mechanic	coast guard	navy	marines
air force	army	trade school	transfer
career	community college	university	

The Five Minute Personality Test

Below are ten horizontal lines with four words on each line, one in each column. In each line, put the number “4” next to the word that best describes you in that line; a “3” next to the word that describes you next best; a “2” to the next best word, and a “1” by the word that least describes you. On each horizontal line of words, you will then have one “4”, one “3”, one “2”, and one “1”.

***Example:** One choice for the first line of words would be as follows:

3 Likes Authority 4 Enthusiastic 2 Sensitive Feelings 1 Likes Instructions

L	O	G	B
1. ____ Likes Authority	____ Enthusiastic	____ Sensitive Feelings	____ Likes Instructions
2. ____ Takes Charge	____ Takes Risks	____ Loyal	____ Accurate
3. ____ Determined	____ Visionary	____ Calm, Even Keel	____ Consistent
4. ____ Enterprising	____ Very Verbal	____ Enjoys Routine	____ Predictable
5. ____ Competitive	____ Promoter	____ Dislikes Change	____ Practical
6. ____ Problem Solver	____ Enjoys Popularity	____ Gives In To Others	____ Factual
7. ____ Productive	____ Fun-Loving	____ Avoids Confrontations	____ Conscientious
8. ____ Bold	____ Likes Variety	____ Sympathetic	____ Perfectionist
9. ____ Decision Maker	____ Spontaneous	____ Nurturing	____ Detail-Oriented
10. ____ Persistent	____ Inspirational	____ Peacemaker	____ Analytical
____ TOTAL “L” ____ TOTAL “O” ____ TOTAL “G” ____ TOTAL “B”			

Total up the numbers for each vertical column (L, O, G, B).

Animal Profile: LION

Now that you've taken the survey, what does it all mean? Each letter (L, O, G, B) stands for a particular personality type. The column with the highest score is your dominant personality type, while the column with the second highest number is your sub-dominant type. While you are a combination of all four personality types, the two types with the highest scores reveal the most accurate picture of your natural inclinations, strengths and weaknesses, and how you will naturally respond in most situations.

The four personality types can be likened to animals to make them easier to understand and remember. Below are complete descriptions of each one.

L = Lions

Lions are leaders. They are usually the bosses at work...or at least they think they are! They are decisive, bottom line folks who are observers, not watchers or listeners. They love to solve problems. They are usually individualists who love to seek new adventures and opportunities. Lions are very confident and self-reliant. In a group setting, if no one else instantly takes charge, the Lion will. Unfortunately, if they don't learn how to tone down their aggressiveness, their natural dominating traits can cause problems with others. Most entrepreneurs are strong lions, or at least have a lot of lion in them.

Natural Strengths

- Decisive
- Goal-oriented
- Achievement driven
- Gets results
- Independent
- Takes initiative
- Self-starter
- Persistent
- Competitive
- Enjoys challenges, variety and change
- Driven to complete projects quickly and effectively
- Efficient
- Risk-taker
- Takes charge

Natural Weaknesses

- Impatient
- Blunt
- Poor listener
- Impulsive
- Demanding
- May view projects more important than people
- Can be insensitive to the feelings of others
- Fears inactivity, relaxation
- May "run over" others who are slower to act or speak
- Quickly bored by routine or mechanics

Basic Disposition:

Fast-paced, task oriented.

Motivated by:

Results; challenge, action, power, and credit for achievement.

Time Management:

Lions focus on NOW instead of distant future. They get a lot more done in a lot less time than their peers. Hate wasting time; and like to get right to the point.

Communication Style:

Great at initiating communication; not good at listening (one way communicator)

Decision Making:

Impulsive; makes quick decisions with goal or end result in mind. Results-focused. Needs very few facts to make a decision.

In Pressure/Tense Situations:

The lion takes command and becomes autocratic.

Greatest Needs:

The lion needs to see results, experience variety, and face new challenges. He needs to solve problems and wants direct answers.

Desires:

Freedom, authority, variety, difficult assignments, the opportunity for advancement.

Animal Profile: Otters

O=Otters

Otters are excitable, fun-seeking, cheerleader types who love to talk! They're great at motivating others and need to be in an environment where they can talk and have a vote on major decisions. The otters' outgoing nature makes them great networkers—they usually know a lot of people who know a lot of people. They can be very loving and encouraging unless under pressure when they tend to use their verbal skills to attack. They have a strong desire to be liked and enjoy being the center of attention. They are often very attentive to style, clothes, and flash. Otters are the life of any party, and most people really enjoy being around them.

Natural Strengths

- Enthusiastic
- Optimistic
- Good Communicator
- Emotional and Passionate
- Motivational and Inspirational
- Outgoing
- Personal
- Dramatic
- Fun-loving

Natural Weaknesses

- Unrealistic
- Not detail-oriented
- Disorganized
- Impulsive
- Listens to feelings above logic
- Reactive
- Can be too talkative
- Excitable

Basic Disposition:	Fast-paced, people-oriented.
Motivated by:	Recognition and approval of others.
Time Management:	Otters focus on the future and have a tendency to rush to the next exciting thing.
Communication Style:	Enthusiastic and stimulating, often one-way; but can inspire and motivate others.
Decision Making:	Intuitive and fast. Makes lots of “right calls” and lots of wrong ones.
In Pressure/Tense Situations:	The otter ATTACKS. Can be more concerned about their popularity than about achieving tangible results.
Greatest Needs:	The otter needs social activities and recognition; activities that are fun, and freedom from details.
Desires:	Prestige, friendly relationships, opportunity to help and motivate others, and opportunities to verbally share their ideas.

Animal Profile: Golden Retrievers

G=Golden Retrievers

One word describes these people: LOYAL. They're so loyal, in fact, that they can absorb the most emotional pain and punishment in a relationship and still stay committed. They are great listeners, incredibly empathetic and warm encouragers. However, they tend to be such pleasers that they can have great difficulty being assertive in a situation or relationship when it's needed.

Natural Strengths

- Patient
- Easy-going
- Team player
- Stable
- Empathetic
- Compassionate
- Sensitive to feelings of others
- Tremendously loyal
- Puts people above projects
- Dependable
- Reliable
- Supportive
- Agreeable

Natural Weaknesses

- Indecisive
- Over-accommodating
- May sacrifice results for the sake of harmony
- Slow to initiate
- Avoids confrontation even when needed
- Tends to hold grudges and remember hurts inflicted by others

Basic Disposition:	Slow-paced, people-oriented.
Motivated by:	Desire for good relationships and appreciation of others.
Time Management:	Golden Retrievers focus on the present and devote lots of time to helping others and building relationships.
Communication Style:	Two-way communicator; great listener and provides an empathetic response.
Decision Making:	Makes decisions more slowly, wants input from others, and often yields to the input.
In Pressure/Tense Situations:	The Golden Retriever gives in to the opinions, ideas, and wishes of others. Often too tolerant.
Greatest Needs:	The Golden Retriever needs security; gradual change and time to adjust to it; an environment free of conflict.
Desires:	Quality relationships; security; consistent known environment; a relaxed and friendly environment; freedom to work at own pace.

Animal Profile: Beavers

B=Beavers

Beavers have a strong need to do things right and by the book. In fact, they are the kind of people who actually read instruction manuals. They are great at providing quality control in an office and will provide quality control in any situation or field that demands accuracy, such as accounting, engineering, etc. Because rules, consistency, and high standards are so important to beavers, they are often frustrated with others who do not share these same characteristics. Their strong need for maintaining high (and oftentimes unrealistic) standards can short-circuit their ability to express warmth in a relationship.

Natural Strengths

- Accurate
- Analytical
- Detail-oriented
- Thoroughness
- Industrious
- Orderly
- Methodical and exhaustive
- High standards
- Intuitive
- Controlled

Natural Weaknesses

- Too hard on self
- Too critical of others
- Perfectionist
- Overly cautious
- Won't make decisions without "all" the facts
- Too picky
- Overly sensitive

Basic Disposition:	Slow-paced, task-oriented.
Motivated by:	The desire to be right and maintain quality.
Time Management:	Beavers tend to work slowly to make sure they are accurate.
Communication Style:	Beavers are good listeners, communicate details, and are usually diplomatic.
Decision Making:	Avoids making decisions; needs lots of information before they will make a decision.
In Pressure/Tense Situations:	The beaver tries to avoid pressure or tense situations. They can ignore deadlines.
Greatest Needs:	The beaver needs security, gradual change and time to adjust to it.
Desires:	Clearly defined tasks, stability, security, low risk, and tasks that require precision and planning.