**Career Connected Learning**

**Tier 2**

**Small Group Plan**

**Audience:** High School Students (Grades 9–12)
**Group Size:** 5–8 students
**Session Length:** 1 hour each
**Goal(s):**

* To help students better understand their interests, strengths, skills, values, and goals in relation to future career choices.
* To begin and/or add to a Career Life Plan (graduation requirement)

**📚 Table of Contents**

**Session 1: Interests & Strengths** ...................... Page 2
**Session 2: Career Values Exploration** .................. Page 3
**Session 3: Career Research and Matching** ............... Page 4
**Session 4: Goal Setting and Next Steps** ................ Page 5
**Career Action Plan Template** ............................ Page 6
**Skills Checklist** ....................................... Page 8
**Career Values Card Sort** ................................ Page 9

**Session 1: Getting Started with Self-Awareness**

**Objectives:**

* Build group rapport.
* Introduce career self-assessment.
* Begin identifying personal interests and personality traits.

**Activities:**

* **Icebreaker:** Would you rather? (5–10 min). (Appendix)
* **Discussion:** What is career self-assessment and why is it important? (10 min)
* **Activity:**
	+ Log on to myBlueprint:
		- Visit the correct district landing page:
		[Anglophone North](https://app.myblueprint.ca/?sdid=anglophonenorth)
		[Anglophone South](https://app.myblueprint.ca/?sdid=anglophonesouth)
		[Anglophone East](https://app.myblueprint.ca/?sdid=anglophoneeast)
		[Anglophone West](https://app.myblueprint.ca/?sdid=anglophonewest)
		- Log in by clicking School Account Log In
		- In your Education Planner Account go to Home > Portfolios > +Add Portfolio : Title Career Life Plan
		- Learn how to manage your Career Life Plan digital portfolio by watching: [Portfolio Guide](https://myblueprint.ca/support/videos/education-planner/6eZbVdBrYksWmameiIQ8m4)
	+ Students complete a simple Interests Inventory (myBlueprint Who Am I Interest assessment and/or [Interests and Career Life Plan | Hopeful Transitions](https://hopefultransitions.nbed.ca/educators/interests-and-career-life-plan/)) (25 min)
	+ Add your matches to your Career Life Plan digital portfolio
* **Reflection Journal Prompt:**
	+ What careers matched your interests? Any surprises? (10 min) This can be done as a Journal Entry in your Career Life Plan digital portfolio.
* **Closing:** Share one new thing you learned about yourself. (5 min)

**Materials Needed:**

* Device to log on to myBlueprint
* Interests Inventory tool (myBlueprint or download option)

**Session 2: Strengths, Skills, and Values**

**Objectives:**

* Help students identify their top skills and values.
* Connect personal strengths to career options.

**Activities:**

* **Warm-up:** Quick skill-sharing round (students name a skill they have). (5 min)
* **Mini-Lesson:** Explain difference between skills (what you can do) and values (what is important to you). (10 min)
* **Activity 1:**
	+ Students complete a Strengths & Skills Checklist. (15 min) (Appendix)
* **Activity 2:**
	+ Students complete a Career Values Card Sort (physical cards Appendix or a digital version). (20 min)
* **Reflection Journal Prompt:**
	+ Write about the top three values you want in a future job. (5 min) Use the Journal feature in your myBlueprint Career Life Plan digital portfolio.
* **Closing:** One value that is non-negotiable for you. (5 min)

**Materials Needed:**

* Skills checklist
* Values cards or list

**Session 3: Connecting the Dots: Careers that Fit Me**

**Objectives:**

* Help students link their interests, skills, and values to possible careers.
* Introduce career exploration tools.

**Activities:**

* **Warm-up:** Career Match-Up Game (students guess careers based on skills/values clues). (10 min)
* **Mini-Lesson:** How to research careers (websites like MyBlueprint, nbjobs). (10 min)
* **Activity:**
	+ Students choose 2–3 careers based on prior self-assessment results and research details (job description, education needed, salary, work environment). (25 min)
* **Reflection Journal Prompt:**
	+ Which career are you most curious about? Why? (5 min) Use the Journal feature in the Career Life Plan digital portfolio on myBlueprint.
* **Closing:** Share one interesting career fact you found. (5 min)

**Materials Needed:**

* Computers/tablets for research
* Career Research worksheet

**Session 4: Taking Action: My Career Pathway Plan**

**Objectives:**

* Help students develop a basic action plan toward a career goal.
* Build confidence and motivation.

**Activities:**

* **Warm-up:** Motivational quote sharing related to careers (students pick or counselor provides options). (5 min)
* **Mini-Lesson:** Setting SMART career goals (Specific, Measurable, Achievable, Relevant, Time-bound). (10 min)
* **Activity:**
	+ Students create a **"My Career Action Plan"** outlining next steps for exploration, courses to take, skills to develop, extracurriculars to join, etc. (30 min) Appendix
* **Goal Setting Feature in myBlueprint:**
	+ Create a goal that would like to achieve in the next month and add it to your Career Life Plan digital portfolio in myBlueprint (5 min)
* **Closing:** Group affirmation: Each student shares one goal out loud. (5 min)

**Materials Needed:**

* Action Plan template
* Motivational quotes handout (optional)

**Additional Notes:**

* Keep the tone **supportive and non-judgmental**.
* Encourage peer support and collaboration.
* Allow flexibility based on group dynamics (some students might need more time to open up).

**📝 Career Action Plan Template**

**Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**1. My Top Interests:**

*(List 2–3 areas you are most interested in.)*

**2. My Top Strengths and Skills:**

*(List 2–3 skills you are proud of.)*

**3. My Top Career Values:**

*(List 2–3 values that are most important to you in a job.)*

**4. Careers I'm Exploring:**

*(List 1–3 career options you are interested in.)*

**5. SMART Goal:**

*(Write one career-related SMART goal for the next 6–12 months.)*
**Specific:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Measurable:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Achievable:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Relevant:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
**Time-bound:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6. Next Steps:**

*(What will you do next? Example: research more, take a course, job shadow, etc.)*

**✅ Skills Checklist**

**Directions:**
Place a ✔ next to the skills you feel you have or want to develop.

**Communication Skills:**
☐ Speaking clearly
☐ Writing well
☐ Listening carefully
☐ Explaining ideas

**Problem-Solving Skills:**
☐ Finding solutions
☐ Thinking creatively
☐ Making decisions
☐ Researching information

**People Skills:**
☐ Leading a team
☐ Working well with others
☐ Resolving conflicts
☐ Being friendly and supportive

**Organizational Skills:**
☐ Planning and organizing tasks
☐ Managing time well
☐ Paying attention to details
☐ Setting goals

**Technical/Hands-on Skills:**
☐ Using technology
☐ Building or fixing things
☐ Creating art/music
☐ Working with tools/machines

**Other Skills:**
☐ Working independently
☐ Adapting to change
☐ Managing money
☐ Helping others

**My Top 3 Skills Are:**

**Career Values Card Sort (Printable)**

**Instructions:**

* Cut out each card.
* Sort the cards into three piles:
	+ Very Important
	+ Somewhat Important
	+ Not Important
* Then choose your **Top 5 Values** and reflect!

**Career Values Cards (formatted for cutting)**

| **Career Value** | **Career Value** |
| --- | --- |
| Helping others | Making a lot of money |
| Having a flexible schedule | Working independently |
| Having job security | Being creative |
| Working as part of a team | Being a leader |
| Solving problems | Learning new things |
| Opportunities for promotion | Working in a fast-paced environment |
| Having a stable routine | Making a difference in the world |
| Having respect from others | Having clear expectations and rules |
| Using technology | Traveling for work |
| Working outdoors | Working indoors |
| Having fun at work | Being challenged |
| Working with my hands | Working with ideas and information |
| Helping the environment | Working in a competitive environment |
| Expressing myself artistically | Having short work hours |
| Working close to home | Working with diverse groups |

**Reflection Sheet**

**Top 5 Career Values:**

**Most Important Value and Why:**

**🎯 Icebreaker: "Career Would You Rather?" (5–10 minutes)**

**Purpose:**

* Get students thinking creatively about different careers.
* Start casual conversations and build rapport.

**How it works:**

1. You (the facilitator) ask **"Would You Rather" career-related questions**.
2. Students **choose** their answer and **explain why** (short answers — 1–2 sentences).
3. Keep it quick and light — it's OK if answers are funny or imaginative!

**Example Questions:**

* Would you rather be a famous actor or a famous scientist?
* Would you rather work outdoors every day or work in an office with amazing views?
* Would you rather invent a new app or design a new theme park?
* Would you rather work with animals or work with robots?
* Would you rather have a career traveling the world or one that helps your local community?

**Tips for you (the facilitator):**

* You can have students answer by raising hands, moving to different sides of the room, or simply answering aloud.
* Encourage quick explanations: "Why did you pick that?"
* Keep it playful and avoid putting anyone on the spot if they seem shy.