**Classroom Counseling Lesson Plan**

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| **Lesson Title** | **Grade Range** | **Time Needed** |
| Career Goals and Planning at the Middle School Level | 8 | 45 minutes |

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| **Domain** | **ASCA Mindset Standards** | **ASCA Behavior Standards** |
| Career | MS2, MS4, MS5 | LS5, LS7, SM3, SM4, SM5, SM6, SM8, SS6, SS9 |

**Learning Objectives:**

* To help students understand the importance of goal-setting in relation to career planning.

**Supplies/Materials:**

* Two sheets of paper per student
* Internet access

**Outline:**

1. Introduce the concept of goals.
   1. What is a goal?
   2. Why are they important?
   3. Would anyone like to share a goal?
2. Ask students to choose one career goal (i.e. What do you want to be when you grow up?) to research.
3. Allow students 15 minutes to research that job/career on the internet, locating and noting the following information.
   1. What kind of education does this career entail?
   2. Where can I get the type of schooling/training necessary for this career. College? Technical school? On-site? Etc.
   3. What are the basic day-to-day tasks involved with the job?
4. Once students are finished researching their career goals, ask them to write that career goal on 2 separate sheets of paper, with three things underneath the goal that they need to do/work on to achieve the goal.
   1. Ex. My goal is to become a pediatric nurse.
      1. I need to work hard and achieve good grades in middle and high school.
      2. I need to attend the CampMed career fair in the Spring.
      3. I need to choose classes in high school that are math/science based, which will help prepare me for my college coursework.
5. One of the goals will be turned into the teacher and the other is to tape to the students’ locker door, as a daily reminder of what they are working toward.

**Process Questions:**

* How did you come up with your career goal?
* Is it a goal you’ve had since young childhood or is it somewhat new?
* Are you on the right track to achieving your goal or do you need to change some things?
* Who can you share your goal with that will help keep you motivated to work hard towards it?