

## LESSON PLAN

### INTEREST ASSESSMENT

**Grade Range:** 6-8

**Time Needed:** 60 minutes

#### Learning Objectives

- Students will identify their interests and how that relates to career opportunities.
- Students will identify their Holland code

#### Supplies/Materials

- Career interest checklist (separate document to be printed)
- Computers for students – SDMyLife
- Sticky notes

Tell students you will be reading off an activity. If they like that the activity, stand. If not, stay sitting. Tell students if they are not sure, raise their hand.

#### ACTIVITIES

1. Build kitchen cabinets
2. Lay brick or tile
3. Develop a new medicine
4. Study ways to reduce water pollution
5. Write books or plays
6. Play a musical instrument
7. Teach an individual an exercise routine
8. Help people with personal or emotional problems
9. Buy and sell stocks and bonds
10. Manage a retail store
11. Develop a spreadsheet using computer software
12. Proofread records or forms
13. Repair household appliances
14. Raise fish in a fish hatchery
15. Conduct chemical experiments
16. Study the movement of planets
17. Compose or arrange music
18. Draw pictures
19. Give career guidance to people
20. Perform rehabilitation therapy
21. Operate a beauty salon or barber shop
22. Manage a department within a large company
23. Install software across computers on a large network
24. Operate a calculator
25. Assemble electronic parts
26. Drive a truck to deliver packages to offices and homes
27. Examine blood samples using a microscope
28. Investigate the cause of a fire
29. Create special effects for a movie
30. Paint sets for plays
31. Do volunteer work at a non-profit organization
32. Teach children how to play sports
33. Start your own business
34. Negotiate business contracts
35. Keep shipping and receiving records
36. Calculate the wages of employees
37. Test the quality of parts before shipment
38. Repair and install locks
39. Develop a way to better predict the weather
40. Work in a biology lab
41. Write scripts for movies or television shows
42. Perform jazz or tap dance
43. Teach sign language to people with hearing disabilities
44. Help conduct a group therapy session
45. Represent a client in a lawsuit
46. Market a new line of clothing
47. Inventory supplies using a hand-held computer
48. Record rent payments
49. Set up and operate machines to make products
50. Put out forest fires
51. Invent a replacement for sugar
52. Do laboratory tests to identify diseases
53. Sing in a band
54. Edit movies
55. Take care of children at a day-care center
56. Teach a high school class
57. Sell merchandise at a department store
58. Manage a clothing store
59. Keep inventory records
60. Stamp, sort, and distribute mail for an organization

### Process Questions:

- How did the career you picked align with your interests?
- How many of you thought it was very difficult to pick your top interest?
- What are some ways to continue to explore different careers you're interested in?

What did you think of the activities you weren't sure about? (example, I've never laid brick or tile before) emphasize the importance of exploration and trying different things to find out if they like them

1. Tell the class you read of activities that are possible career opportunities and that it is important to consider what you have interest in when you're looking at a career.
2. Show this video explaining Holland Code: <https://www.youtube.com/watch?v=NI9tVEKXQdQ>. If you haven't already, place sticky notes with each letter representing one of the categories across the room.
3. Give each student the Career checklist handout (attached) and have them complete it individually.
4. After each student has identified their interest areas, have students go to SDMyLife and research one career they are interested in that is listed under the category they scored highest in.
5. After students are done, have students go stand by the letter they scored the highest in. Once they are in their groups, have them share with the rest of the group how the career they researched aligned with their own interests and have groups share out.

### Sources

*An Education Professional | VSAC. (n.d.). Retrieved April 24, 2018, from <http://www.vvac.org/i-am/education-professional>*

*Holland's Personality Types." YouTube, YouTube, 27 Nov. 2017, [www.youtube.com/watch?v=NI9tVEKXQdQ](http://www.youtube.com/watch?v=NI9tVEKXQdQ).*

*O\*NET Interest Profiler at My Next Move." My Next Move, U.S. Department of Labor, Employment & Training Administration, [www.mynextmove.org/explore/ip](http://www.mynextmove.org/explore/ip).*