



# Career Exploration Resources

## Middle School Grades (6-8)

This educator resource exposes middle school students to career assessments and related vocabulary while guiding students on how to take career interest assessments with fidelity. The lessons provide students with insight into their personality traits, preferences, and skills as related to selecting a career.

### Get Started with Career Exploration

#### *Who am I?*

Students engage in self-reflection activities to create positive self-labels and identify individual skills, interests, and values.

#### *Where am I going?*

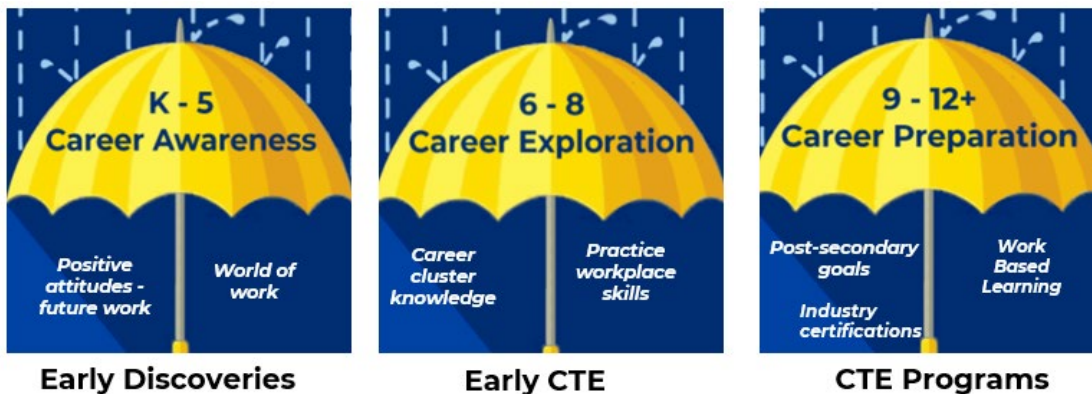
Students set career goals that align with their skills, interests, and lifestyle preferences and identify associated education or training milestones.

#### *How do I get there?*

Students explore High School CTE (or dual enrollment) classes and post-secondary options to develop a Career Pathway Plan for high school and beyond.

## AZ Career Literacy Continuum

Age-appropriate career literacy exposures:



## ADE CTE K-8 Career Literacy Resources

[Elementary Career Awareness Educator Resources](#)

[Middle School Career Exploration and Early CTE \(eCTE\) Resources](#)



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### Who am I?

Before we jump right into careers, take some time to help your students understand personality traits, interests, and skills. Finding a passion career starts with - WHAT DO **YOU** LIKE? Have students take as many assessments as possible to truly understand personality tendencies. Be sure to coach students on how to take an assessment by answering each question honestly and reflecting on the results. Do they agree with the findings?

#### Assessments / Activities

##### **Online Personality Tests**

- **True Colors:** [my-personality-test.com/true-colours](http://my-personality-test.com/true-colours)  
Fun and insightful personality-identification system that helps students develop positive self-labels and understand differences.
- **16 Personalities:** [16personalities.com/free-personality-test](http://16personalities.com/free-personality-test)  
Learn how your personality type influences many areas of your life.

##### **Activities**

- Create an “**All About Me**” collage in PowerPoint.  
Google search images that reflect your personality – including new self-labels as determined by the above assessments.
- Create an early resume that lists personality traits, skills, and interests.

#### Lesson Plans / Curriculum

##### **[AZ Education Foundation - TeachSTEM Explorers](#)**

- What are my Career Options? (L5) Students explore their interests and career clusters.

##### **Junior Achievement [Inspires](#)**

- Students will think about how leadership manifests in different scenarios and reflect on how they can use their leadership skills to serve others and their community.

##### **Possible Futures Career Exploration Curriculum - Lenses on the Future**

- **[Self: The Me I Choose \(L1\)](#)** Students complete an “alpha biography” and identity wheel.
- **[Self: My Strengths and Talents \(L2\)](#)** Students take a Meyers- Briggs 16 Personalities Assessment and reflect on the results.



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### WHERE AM I GOING?

**Students set career goals that align with their skills, interests, and lifestyle preferences and identify associated education or training milestones.**

The plan was for students to discover and celebrate new, positive self-labels. This next step will help them explore their personality traits as they translate to workplace needs. (i.e., “do you stay calm in emergencies?” If so, you may be suited for careers in the healthcare, education, and public safety fields, etc.).

#### Assessments / Activities

##### Personality/Preferences tests to find matching careers

- **Career Images Quiz:** [Photo Career Quiz | Truity](#) Engaging pictures of people in career fields to help the student select what they like or are interested in exploring.
- **RIASEC Assessment:** [Onlinepersonalitytests.org/riasec/](https://onlinepersonalitytests.org/riasec/) Students select statements that reflect what they like to do with an output that is matched to careers based on personality type.

##### Activity

- Create a “**My Future Career**” collage in PowerPoint. Google search images that reflect top career selection as determined by the above assessments.

#### Lesson Plans / Curriculum

##### [AZ Education Foundation - Teach STEM Explorers](#)

- Intro to STEM (L1): Pre-survey to set a baseline of student understanding of STEM/STEAM.

##### Junior Achievement [Inspires](#)

- High Growth Careers -students define and explore high- growth, high-demand jobs that require the use of technology.

##### Possible Futures Career Exploration Curriculum - Lenses on The Future Lessons

- [Security: Holland Codes \(L8\)](#) Students reflect on results from results.
- [Self: Connecting Careers \(L3\)](#) Students complete a “Career Cluster Brainstorming” activity and journal reflection.
- [Self: Six-Word Statements \(L4\)](#) Students write six-word objective statements and complete a journal reflection.
- [Security: Future Ready Pathways \(L5\)](#) Students take the My Future AZ Interest Assessment and respond to reflection questions.



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### HOW DO I GET THERE?

Students explore High School CTE (or dual enrollment) classes and post-secondary options to develop a Career Pathway Plan for high school and beyond.

The plan was for students to find future career opportunities based on their interests and skills. This next step is to help identify the resources and tools to get there. Students are encouraged to identify several career fields of interest and plan for high school career.

#### Assessments

Students TAKE a Career Interest Assessment – check the [MS Career Exploration webpage](#) for ideas

#### Lesson Plans / Curriculum



#### [Standards and Teacher Strategies](#)

##### [ABEC Career Exploration & Development \(ACED\)](#)

- [Discovery Learning Activities](#) Students engage with different types of careers and pathways.
- [Start an eECAP \(early Education Career Action Plan\)](#) Prepare students for the required high school ECAP.
- Teacher Tips - [How to Engage with Career Exploration.](#)

##### [AZ Education Foundation - TeachSTEM Explorers](#)

- Levels of Education and income (L4) Connection between education and income.
- What is a Career? (L6) Industry-specific terminology and access salary and job outlook.
- The Cost of Living – AZ Style! (L7) Understand the purpose of income and how it is spent.

##### **Junior Achievement Inspire**

- [What do you know?](#) Students make a connection between education & income.
- [Business Etiquette](#) Students will learn about the importance of business etiquette and the impact on positive customer and employee relations.
- [Board Game](#) and [Grid Builder](#) Fun dream job activities.
- [Heads Up](#) Students craft questions to ask while on the JA Inspire Virtual Career Platform about a career or company that interests them.
- [Peripheral Vision](#) Students use imagery and visualization to construct a narrative about a job they might have one day.
- [Goals](#) Students will learn about the importance of goal setting and how it pertains to the selection of a career pathway

##### **Possible Futures Career Exploration Curriculum - Lenses on the Future**

- [Security: Job, Job, Career \(L6\)](#): Students evaluate the difference between a job and a career and reflect on what it means in their lives.
- [Security: Keeping It Real \(L7\)](#): Students complete a simulation in which they evaluate the education and lifestyle costs of a specific career of interest.
- [Security: My Personal Brand \(L9\)](#): Students develop a personal brand and story.
- [Society: Values Hold 'Em \(L10\)](#): Students complete an exercise to identify their values.
- [Society: Finding Contribution \(L11\)](#) Students complete a Road Trip Nation Career Gallery Walk and complete a journal reflection.

*Note: Suggested resources do not represent an endorsement from the Arizona Department of Education.*



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