



Job Exploration Counseling Curriculum

Total Units: 20 (10 Hours Total)

This curriculum provides students with comprehensive career exploration and planning. It helps them identify career interests, understand labor market trends, and build essential skills to successfully transition into the workforce.

Session 1: Introduction to Job Exploration & Career Interests - 4 Units (2 Hours)

Goal: Introduce students to the concept of job exploration and self-assessment.

Topics Covered:

- Overview of career exploration and the importance of identifying interests, strengths, and values.
- Introduction to career interest assessments (e.g., Holland Code, Myers-Briggs Type Indicator).
- Understanding how interests align with potential careers.

Activities:

- Career interest assessment activity.
- Group discussion on students' interests, values, and career aspirations.
- Reflection exercise: Write down 2-3 careers of interest.

Outcome: Students will complete an initial career interest inventory and identify a few potential career fields for further exploration.

Session 2: Exploring Career Pathways & Industries - 4 Units (2 Hours)

Goal: Expose students to various career pathways across different industries.

Topics Covered:

- Overview of different industries (e.g., healthcare, technology, education, skilled trades, creative fields).
- Exploration of job roles, required skills, and industry demands.
- Introduction to traditional and non-traditional career paths (e.g., trades, freelancing, entrepreneurship).

Activities:

- Research and presentation on 3 different careers, including job requirements, growth potential, and salary.
- Group brainstorming on the skills needed for careers of interest.
- Exploration of industry-specific tools and resources.

Outcome: Students will create a list of industries and jobs to explore further, noting the skills and qualifications needed for each role.

Session 3: Labor Market Trends & Employment Outlook - 4 Units (2 Hours)

Goal: Teach students about the current job market and future trends.

Topics Covered:

- Labor market analysis and job demand forecasting.
- Overview of job growth, salary expectations, and future industry needs.
- Skills gap and in-demand occupations.

Activities:

- Research local and national job market trends using labor reports and websites.
- Group discussion on careers with strong future growth and job security.
- Exploration of online resources for job market data and insights.

Outcome: Students will understand current employment trends and be able to identify high-demand job sectors.

Session 4: Job Shadowing, Internships, & Informational Interviews - 4 Units (2 Hours)

Goal: Provide students with opportunities for hands-on learning and real-world insights into careers.

Topics Covered:

- Benefits of job shadowing, internships, and volunteering as learning tools.
- How to conduct informational interviews with professionals.
- Steps for securing job shadowing and internship opportunities.

Activities:

- Role-play: Conducting an informational interview.
- Research local internship, job shadowing, and volunteer opportunities.
- Action plan: Identify 3 people to interview for career insights.

Outcome: Students will identify at least one career shadowing or internship opportunity and prepare questions for informational interviews.

Session 5: Soft Skills & Workplace Expectations - 4 Units (2 Hours)

Goal: Build essential workplace skills and understand employer expectations.

Topics Covered:

- Key soft skills needed for success (communication, teamwork, time management, problem-solving).
- Professional conduct and expectations in the workplace.
- Understanding workplace culture, ethics, and dynamics.

Activities:

- Group discussions on workplace scenarios and expected behavior.
- Soft skills practice: Communication exercises and team-building activities.
- Video clips and discussion on workplace etiquette.

Outcome: Students will gain a deeper understanding of soft skills and workplace expectations, and practice these skills in real-world scenarios.

Session 6: Career Exploration Plan & Goal Setting - 4 Units (2 Hours)

Goal: Help students create a personalized career exploration plan with clear next steps.

Topics Covered:

- Developing a career exploration plan with short- and long-term goals.
- Identifying next steps for career exploration, training, and education.
- Setting realistic career goals and timelines.

Activities:

- Complete a **Career Exploration Plan** outlining goals, actions, and timeframes.
- Set **short-term goals** (e.g., researching industries, attending career fairs) and **long-term goals** (e.g., securing an internship, enrolling in a certification program).
- Group sharing and feedback on career plans.

Outcome: Students will leave with a clear career exploration plan, outlining next steps and actionable goals for pursuing their career interests.

Additional Support Components

- **Parental Workshops** – Educating families about career exploration resources and ways to support their child’s career development.
- **One-on-One Counseling** – Personalized guidance and feedback for students requiring additional support.
- **Career Fairs & Networking Events** – Connecting students with employers, industry representatives, and potential mentors.
- **Follow-Up Sessions** – Ensuring students stay on track with their career exploration goals and adjust plans as needed.