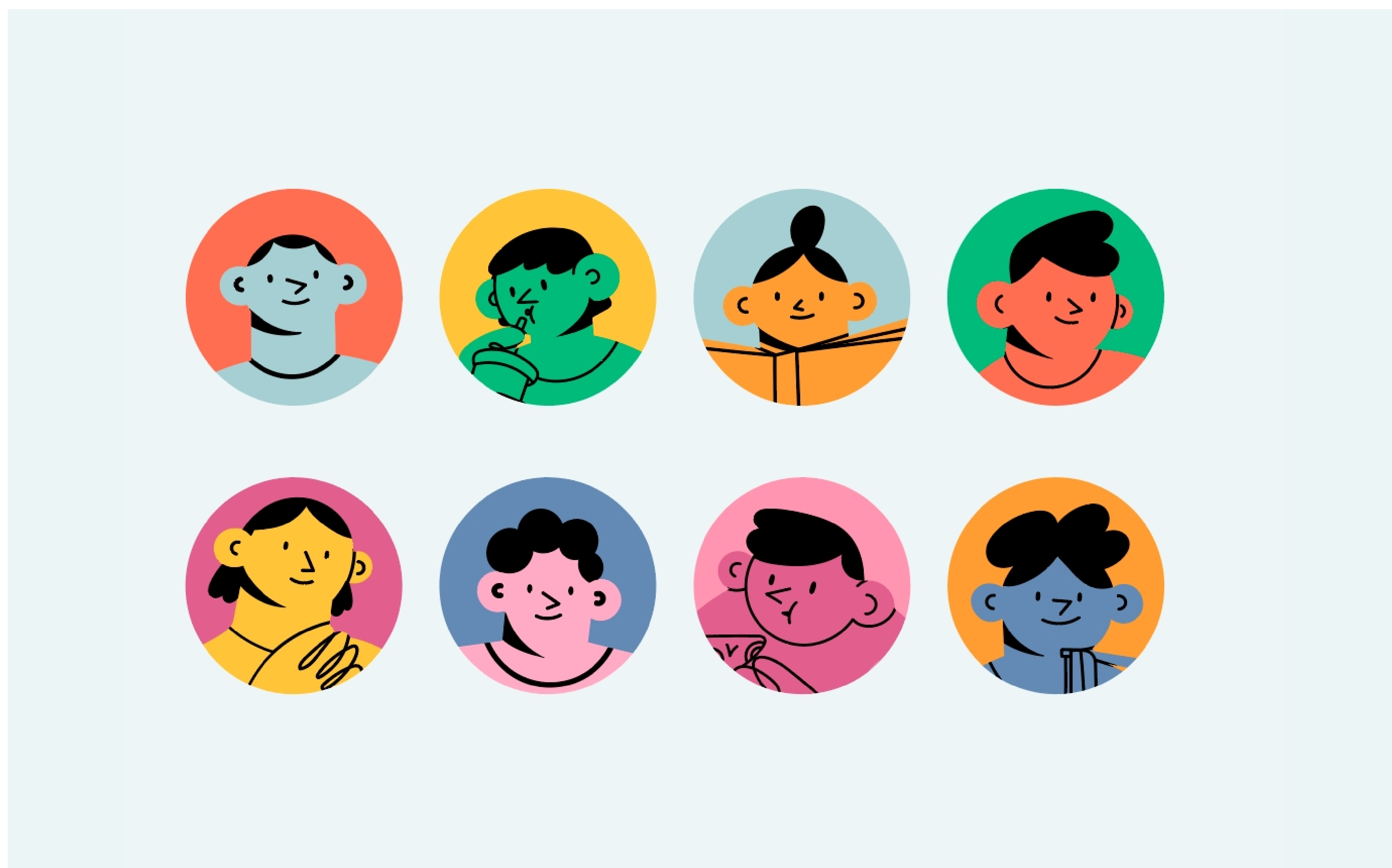




Who Am I? Oregon CIS Junior

Lesson Plan



LESSON DESCRIPTION & GOALS

This lesson plan is designed to help students identify their strengths, positive qualities, talents, and interests, and to explore potential careers that match their skills. The lesson will be delivered in a blended format, with students completing some activities in a small group setting and others independently on their devices.

LESSON OBJECTIVES

- Students will produce a list of their strengths, positive qualities, talents, and interests by listing them on a sheet of paper.
- Students will identify potential careers based on their qualities by reviewing a list of careers and matching them to their own strengths.
- Students will use Oregon CIS Jr. to comprise their “Who Am I” statement by entering their strengths, positive qualities, talents, and interests into the website.

PREPARATION & MATERIALS

Essential Materials:

- Computer with Internet access and connection to projector.
- Digital devices allowing students access to Oregon CIS Jr.
- Copies of Oregon CIS Jr. “Who Am I?” worksheets.



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LESSON PROCEDURES

Follow along with the Oregon CIS Slideshow while leading a classroom discussion.

Slide 1: Introduction

- Introduce the lesson topic and explain the purpose of the lesson.

Slide 2: Lesson Objectives

- Explain the lesson objectives and their relevance to students.

Slide 3: Pre-Assessment

- Explain the purpose of the pre-assessment and show students how to access it.

Slide 4: Listening and Sharing

- Ask students to sit in a circle.
- Pose the questions on the slide and allow students to share their answers.
- Encourage students to listen to each other's responses and to build on each other's ideas.

Slides 5 & 6: Oregon CIS Junior Dashboard

- Explain that students will be using the Oregon CIS jr. website to complete the lesson.
- Share the link to the website and show students how to log in.
- Direct students to the link for the current task.

Slides 6-10: Who Am I?

- Share slides with students to help them complete the CIS Jr. activity, reminding them that the "submit" button allows them to save their work.

Slides 11-12: Closing Circle Activity

- Have students think to themselves about a career they would like to do based on their unique skill sets.
- Have students share a career they are interested in and a quality they believe would help them succeed in that career.

Slide 13: Post-Assessment Survey

- Have students use their phones or another device to complete the Google survey.

ASSESSMENTS

- The lesson will be assessed with pre- and a post-assessment surveys. The pre-assessment will assess students' knowledge of their strengths, positive qualities, talents, and interests. The post-assessment survey will assess students' understanding of the lesson content and their ability to identify potential careers that match their skills.



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ASCA STANDARDS

American School Counselor Association Standards

Mindset

- M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being.

Learning Strategies

- B-LS5: Media and technology skills to enhance learning.
- B-LS7: Long- and short-term academic, career and social/emotional goals.

Social Skills

- B-SS1: Effective oral and written communication skills and listening skills.
- B-SS2: Positive, respectful and supportive relationships with students who are similar to and different from them.

OAR RULES

Oregon Administrative Rules, Division 22*

- Each student should develop an education plan that includes personal and career interests, goals, and a course of study. (OAR 6, a, A, B, D)
- Students should track progress and achievements, document personal accomplishments, and review their education plan annually. (OAR 6, b, A, B)
- Students should compile evidence to demonstrate extended application and participate in career-related learning experiences. (OAR 7, 8)
- The instructional program should include comprehensive school counseling, essential learning skills, career-related learning standards, and career education. (OAR 2, c, d, e)