

SOUTH CAROLINA CAREER GUIDANCE EFFECTIVE EXERCISES

TITLE: BAG IT!

SUBJECT: Guidance Activity

GRADE LEVEL(S): 6-8

SC Career Guidance Standard/Competency

- Learning to Work: Standard 1. Students will understand the relationship among personal qualities, education and training, and the world of work.

- Competency 1.2. Identify aptitudes, interests, and strengths through career assessments

- Competency 1.4. Identify a variety of traditional and nontraditional careers

National Career Development Guidelines Goal/Indicator

- Personal Social Development: GOAL PS1. Develop understanding of yourself to build and maintain a positive self-concept.

- Indicator PS1.K1. Identify your interests, likes, and dislikes.

- Indicator PS1.K2. Identify your abilities, strengths, skills, and talents.

Lesson Objectives

1. Students will identify at least three of their interests and hobbies.
2. Students will identify at least three of their skills and abilities.
3. Students will identify at least three jobs they might like to do.
4. Students will identify at least three personal qualities.

Assessment

1. Students will create an “inside/outside self bag collage” that displays at least three of their interests, skills, abilities, jobs they might like to do, and personal qualities. They will also include at least one goal and one dream for the future.

Preparation

- Prior Learning—N/A
- Handouts/Worksheets—N/A
- Resources—paper bags, glue, scissors, tape, magazines or newspapers, demonstration “inside/outside self bag collage”
- Time Required—45-60 minutes

Procedures

Part One (15-20 minutes)

- Show the students your “inside/outside self bag collage.” Explain that we all have an “outside self” (what people might know about us just by looking at us and seeing what we do). People can see how we dress, check out our new hairstyle, and guess our favorite color. They can see what sports we like, what hobbies we enjoy, and what food we like to eat. Describe the outside of your bag collage. What are some things students might include about themselves?

- Each of us also has an “inside self” that is harder for people to learn about. Our “inside self” might include our dreams for the future, goals that we have, our personal qualities, the values we have, our career interests, our skills and abilities, and our achievements. Ask students to guess what might be inside your bag (e.g., regarding career interests or skills). Describe the inside of your bag collage.
- Brainstorm with students some things they might include on the inside of their bags.
- Continue by brainstorming some of the skills and abilities they have (be sure to develop a list that includes “soft skills” such as team work, being organized, etc.).
- Talk about what is meant by “personal qualities” and brainstorm a list.

Part Two (30-45 minutes)

- Explain to the students that they will create their own “inside/outside self bag collage” that describes themselves. Hand out the bags and supplies. Students may use pictures and/or words to describe themselves.
- Tell students to include on the outside of the bag at least six items that describe their “outside selves.”
- Tell students to include the following on the inside of their bag:
 - Interests (at least three);
 - Personal qualities (at least three);
 - Skills and abilities (at least three);
 - Jobs of interest (at least three);
 - Goals (at least one); and
 - Dreams for the future (at least one).
- Caution students that will be sharing the contents of their bags and so should not include anything that is very private to them.
- Encourage students to offer positive suggestions to each other about what to include in their collages.
- Oversee the construction of the bag collages. Display the collages as appropriate.
- Engage the students in a discussion of their collages. What did they learn about themselves? Do they have any skills right now that an employer might value? How will knowing about their own interests and skills help them choose a career some day?
- How does their dream for the future relate to the career they want?
- Discuss some of the student goals. What can students do now to reach their goals.

