

Work and Career
Readiness

NAME: _____ DATE: _____

My Career Goals

Preview this document and note the main topics and ideas. Use these activity pages to take notes and record ideas as you learn. Be sure to save the document with a logical file name in your personal workspace so you can refer back to it later.

Key Terms

Write definitions for the key terms.

Key Terms	Definition
goal	
short-term goals	
long-term goals	
self-confidence	
self-control	
determination	
flexibility	
self-efficacy	

The Path to Adulthood

Future Self Think-Pair-Share

Think

Think about yourself as an adult. What career will you have? What will your life be like? Imagine where you are at a point in your future. Use these guiding questions:

- How old are you?
- Where are you living?
- What makes you happy?
- What kind of wants and needs do you have?
- What kind of work do you do to pay for your wants and needs?
- If you had to choose, would you rather earn enough money to pay for expensive things, or would you rather have a job you like that probably won't make you rich?

Pair

Share in your pair or small group how you imagine your future self.

Share

Describe your future self.

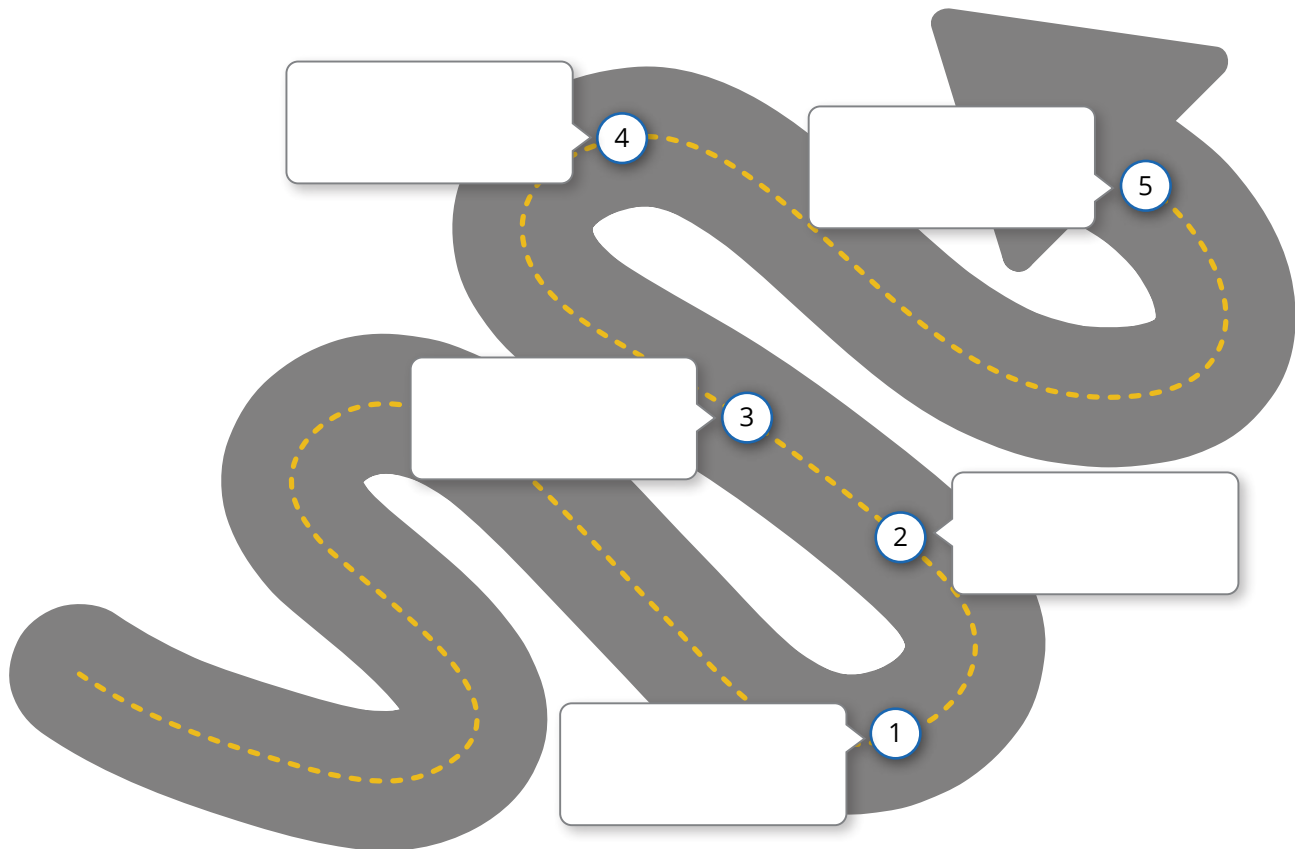
My Career Path

My Career Goals

- ☐ Brainstorm a long-term goal for a possible future career path.

- ☐ Brainstorm at least two short-term goals you can set now that will help you get to your long-term goal. Remember that short-term goals should be specific, small accomplishments.

- ☐ Add your long-term goal to your career path (number 5 on the path).
- ☐ Add your short-term goals, which can be done in the next 2–6 years, to your career path (numbers 1–4 on the path).



Introducing Self-Efficacy

- ☐ Watch the first 3 minutes of the video “Importance of Self-Efficacy.”
- ☐ List at least three of the five ways to develop self-efficacy.

Wrap-Up: Ready for the Journey

Big Ideas

Review the big ideas from this session.

- ☐ The choices you make impact your education, personal finances, and career path.
- ☐ Setting short- and long-term goals is the best way to plan for the future you want.
- ☐ Having self-efficacy helps you overcome obstacles and achieve career goals.

Reflect

Answer the questions.

1. Since every career path has twists and turns, how will you prepare to overcome obstacles?

2. What is something your future self might say to you today?