

eDay LESSON 4--JUNIORS
Forming a Plan

Name _____

Class _____

OVERVIEW:

This lesson begins the important process of career mapping and planning to show that a career is a series of steps built through experience and education/training. Students will also practice writing SMART goals.

DIRECTIONS:

STEP ONE

Meeting your goals is always a little easier if you have a plan. When you map out your career plans, you are setting up clear goals for yourself and figuring out a way to meet those goals. In fact, planning your career is like planning a road trip: you first need to know where you are and then decide where you're going. As with any good road trip, you will want to plan some fun stops along the way. Begin planning your career by answering the following questions.

What are your strengths and talents?

What are your interests and motivations?

What are some of your current skills? Do you have any work experience?

What do you value in life and what do you need from a career to feel happy? What would you like to do on the job that would help you feel good about the work you do?

What kind of work environment suits you best? Do you prefer to work alone or on a team? In a loud or a quiet environment? To work with machinery or people? To do the same thing each day or to do different things?

What's your vision of the perfect career and a good life?

STEP TWO

Now that you know where you are, let's talk about where you're going by answering the following questions.

Where do you want to be in terms of your career in 5 years?

Where do you want to be in terms of your career in 20 years?

What are some skills that you have now that you can use (transfer over) to this career?

What are the skills that you will need to obtain to get to where you want to be in the future?

What are some roadblocks that might appear that could keep you from obtaining your career goals? These could be personal qualities, life circumstances, physical conditions, monetary issues etc.

What are some resources you will need to help you to accomplish your career goals and get around those roadblocks? Examples could be continuing your education, acquiring more skills, receiving training, making contacts with the right people, working at different positions to obtain more experience etc.

STEP THREE

Now that you know where you are and where you're headed, it's time to set some goals. SMART goals are a fantastic way to keep yourself and your career on track. SMART goals are...

Specific (so you know exactly what you are trying to achieve)

Measurable (so you will know when you have achieved it)

Action-Oriented (so you can do something about it)

Realistic (so you know you can achieve it)

Time-Bound (so you have a deadline)

First, let's set a SMART goal for the next five years making sure it's specific, measurable, action-oriented, realistic, and time-bound. For example, if you're interested in the health care field you might say...

I will be an LPN (licensed practical nurse) by 2016 by coming back to PLCC to take the year-long LPN licensure class and then I will work in the field to gain experience.

As you see it's **Specific** (LPN), it's **Measurable** (you will have to test to receive the license), it's **Action-oriented** (it requires that you take classes), it's very **Realistic** (you're smart and have an interest in the field), and you've given yourself a **Time** limit (2016).

Next, please list your SMART goal for **five years** from now focusing on the vision of your dream occupation and how you will get there.

Write a SMART goal for **10 years** from now focusing on the vision of your dream occupation and how you will get there.

Write a SMART goal for **20 years** from now focusing on the vision of your dream occupation and how you will get there.