

A1-L2

<b>Exploring Skills, Aptitudes and Interests</b>	Core Competency: A1	Level 2, Intermediate
Identify occupational interests, aptitudes and abilities		
Time to complete: 90 – 225 minutes		
<b>Objectives</b>	Upon completion of this lesson students will be able to: <ol style="list-style-type: none"> <li>1. Complete a self-evaluation of skills possessed.</li> <li>2. Relate skills, aptitudes and interests to potential careers.</li> <li>3. Explain values and how they relate to work.</li> </ol>	
<b>Cross Competencies</b>	G41 Apply critical thinking skills G55 Apply the problem solving process to complex problems H77 Demonstrate ability to self-evaluate and develop a continuous improvement (career development) plan	
<b>Core Standards</b>	Career and Vocational/Technical Education: Content Standard 1 and 4 Workplace Competencies: Content Standards 5 and 6	
<b>Resources</b>		
<b>Materials in Lesson Plan</b>	<b>Other Supplies Required</b>	<b>Supplemental Resources</b>
<ul style="list-style-type: none"> <li>• A1L2WS1 Skills, Aptitudes, and Interests</li> <li>• A1L2WQ1 Interest, Work Values, and Skills Inventories</li> <li>• A1L2WS2 Identifying Your Career Interests</li> <li>• A1L2SAM1 Career Panel Invitation Letter</li> </ul>	<ul style="list-style-type: none"> <li>• Computers</li> <li>• Montana Career Information System <a href="http://www.mtcis.intocareers.org">www.mtcis.intocareers.org</a></li> <li>• COPEs, CAPS, COPS tests</li> </ul>	<ul style="list-style-type: none"> <li>• Myers-Briggs Type Indicators</li> <li>• The Career Exploration Inventory by jist Works</li> <li>• Armed Services Vocational Aptitude Battery (ASVAB)</li> <li>• Strong Interest Inventory</li> </ul>

<b>MCA</b>	<b>Portfolio Project</b>	<b>Guest Speakers</b>	<b>Program of Work</b>
	Inventories	Panel of Guest speakers	Careers
<b>Civic Engagement</b>	<b>Indian Education for All</b>	<b>Career Pathways</b>	<b>Competitive Events</b>
Job Shadow Career Fair		Refer to Clusters Poster	Career Exploratory Notebook

<b>Suggested Instructional Approach</b>		<b>Notes</b>
<b>Introduction</b>	Everyone has different likes and dislikes, different strengths and weaknesses, different aptitudes and skills, and different visions for the future. This unit provides assessments which can be used by students to evaluate these areas. It is important that students make career decisions based on solid information about themselves.	<b>COPEs, CAPS AND COPS inventories are available through the state JMG office.</b>
<b>Preparation</b>	<ul style="list-style-type: none"> <li>• Make arrangements to have access to computer lab.</li> <li>• Make copies of handouts if necessary.</li> <li>• Make sure you have obtained copies of COPEs, CAPS, and COPS from State JMG office.</li> </ul>	
<p><u>Anticipatory Set</u> Discuss with your students the importance of analyzing one's aptitudes, abilities, interests, values, personality and lifestyle when considering a career.</p> <p>Have the students complete the COPEs, CAPS, and COPS Inventories. These inventories measure students interests (COPS), abilities (CAPS) and values (COPEs).</p> <p>Have students access <i>Montana Career Information System</i>, and complete <u>A1L1WQ1 Interest, Skill and Work Values Inventories</u> activity.</p> <p>After completion of all COPEs, CAPS and COPS Inventories have students complete <u>A1L2WS2 Identifying Your Career Interests</u>. This worksheet allows students to reflect on the results of the inventories.</p>		
<b>Supplemental Activities</b>	<p>Other activities which may be conducted include:</p> <ul style="list-style-type: none"> <li>• If your local school has access to the ASVAB test have your students take it to evaluate their interests.</li> <li>• If you don't have access to computer technology to complete online inventories, complete <u>A1L2WS1 Skills, Aptitudes and Interests</u></li> <li>• Have students complete interest, aptitude and ability assessments which may be available through the local school i.e. Myers-Briggs Type Indicators, The Jist Works Career Exploration Inventory.</li> <li>• Invite a guest speaker panel to come in and speak of the different aspects of their careers. Can use <u>A1L2SAM1 Career Panel Invitation Letter</u> to invite speakers.</li> </ul>	Sample letter for Career Panel Attendees