



LifeSmarts U - Personal Finance Lesson Choosing a College Major - Getting to Know You

Lesson Description:

In Day 1 of this engaging lesson, students embark on a self-discovery journey as they explore their values, passions, and future career aspirations through introspection. This interactive session includes an icebreaker, a visual presentation, vocabulary acquisition, reflective activities, and open discussions to foster deeper self-awareness and enhance college and career decision-making.

Lesson Objectives:

- **Foster self-awareness:** Encourage students to identify their values, passions, and long-term career goals, laying the foundation for informed college and major choices.
- **Develop critical thinking:** Equip students with essential vocabulary and tools to navigate the college admissions process and make thoughtful decisions that align with their personal priorities and aspirations.

Time:

Day 1 - 60 minutes (90 minutes if using additional resources provided)

Background:

High school students approaching college face a pivotal moment in their lives, where decisions about majors, universities, and career paths can have far-reaching consequences. By providing them with the knowledge and tools to make informed choices, we empower these young adults to navigate the complex terrain of higher education, ensuring they embark on a journey aligned with their personal values, passions, and long-term goals. This lesson will foster responsible decision-making and help prepare students for the transformative experience of college.

Materials:

- Vocabulary List (**Print Handout**)
- Presentation w Speaker Notes (available in Powerpoint and Google Slides formats)
- Icebreaker Group Activity - "This or That"
- Student Activity - "My Personal Inventory" (**Print Worksheet**)
- Exit Ticket/Reflection - "My Ideal Job" (**Print Worksheet**)
- Additional Resource - Discussion Prompt - "Passion and Purpose Exploration"
- Additional Reading - "Find the Major that Fits You"

Day 1 - Procedures:

1. **Begin with the Icebreaker game "This or That."** This dynamic and physically active game will get kids thinking about their personal preferences while moving around the room and finding commonalities with their fellow classmates.



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Day 1 - Procedures (cont.)

- 2. Presentation “Getting to Know You”** - This short presentation is available in both Powerpoint and Google Slides. (Make sure to access the “Presenter Notes” for the provided script.) The lesson guides students through the process of getting to know themselves better so they can make informed choices about their college and career paths, ultimately ensuring a brighter and more fulfilling future.
- 3. Vocabulary** - Review the vocabulary terms and acronyms on the provided list. These are all terms that will be vital for students to know as they are going through the college and major selection process.
- 4. Activity - “My Personal Inventory”** - Provide a copy of the worksheet to each student. Ask the students to rank their preferences from (1) being the most important to (4) being the least important in each of the eight categories ranging from career priorities to extracurricular priorities. Remind students there are no right or wrong answers. If there is time, this is a great resource for discussion purposes. Talk with the class about how an individual answer might affect your choice of college or major.
- 5. Exit Ticket/Reflection** - Provide the half-page worksheet to each student and ask them to use the information they’ve uncovered about themselves and their personal preferences to describe their ideal job. If time allows, ask for volunteers to read their responses.

Additional Resources

Group Discussion “Passion and Purpose Exploration”- This optional activity aims to assist students in identifying their passions, interests, and strengths and how these can be aligned with potential career paths. The activity includes an interest assessment, self-reflection, career exploration, goal setting, reflection and discussion.

Activity - “Find the Major that Fits You” - This website from CollegeMajors101.com provides facts and statistics about a variety of careers including income levels, schools that offer particular majors, professional associations related to certain careers, the curriculum involved in each major, and potential employers. This is the kind of website that students can explore on their own and find valuable information.

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