



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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Choosing a College Major - Getting to Know the College

Lesson Description:

Day 2 of the College Majors lesson, titled "Getting to Know the College/Major," guides students in exploring colleges and universities to determine if they align with their academic and personal preferences, values, and career aspirations. This lesson empowers students to make informed decisions about their higher education journey.

Lesson Objectives:

- **Exploring Colleges:** Understand the significance of researching colleges and universities to ensure they align with personal preferences, values, and career goals.
- **Evaluating Majors:** Learn how to evaluate academic majors based on curriculum, faculty expertise, and potential career opportunities to make informed decisions.

Time:

Day 2 - 90 minutes (120 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:

- Introduction - Review of Day 1 and Look ahead to Day 2
- Vocabulary List - Day 2 (**Print Handout**)
- Presentation w Speaker Notes (available in Powerpoint and Google Slides formats)
- Video Link - "How to Choose the Perfect College"
- Student/Partner Activity - "Find Me a College!" (**Print Worksheet**)
- Handout - What to Ask the University (**Print Handout**)
- Exit Ticket/Reflection - "Listen to Your Gut" (**Print Worksheet**)
- Additional Resource - Discussion Prompt - "Major Match"
- Additional Toolbox Links



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Choosing a College Major - Getting to Know the College

Day 2 - Procedures

- 1. Introduction** - Read the summary of Day 1 learning and what the lesson will involve on Day 2.
- 2. Vocabulary** - Review vocabulary terms and acronyms for Day 2. These are all terms that will be vital for students to know as they are working their way through the college application process.
- 3. Presentation "Getting to Know the University/Major"** - Day 2 of the "A Major Decision" lesson delves into understanding the importance of majors and how they shape academic journeys, helping students evaluate potential majors and connect them with future career opportunities. It also emphasizes the significance of college tours, preparing for them effectively, and asking the right questions during visits to make informed decisions.
- 4. Video** - This video entitled "How to Choose the Perfect College" reinforces many of the ideas that have been presented already. (If time is tight, you can skip the video)
- 5. Activity - "Find me a College!"** - This activity is designed to help students reverse engineer the college decision-making process. By starting with their desired career and working backward to find suitable colleges and majors, students develop a deeper understanding of how to align their interests, passions, and priorities with their higher education choices, while also practicing valuable online research skills.
- 6. Handout - "What to Ask the University"** - Take a few minutes to review this handout which provides a comprehensive list of questions to consider and ask when researching and evaluating potential colleges.
- 7. Exit Ticket/Reflection** - The culminating writing assignment asks students to "Listen to their gut." Consider everything you've learned over the past two days of lessons... what is it telling you about your future and what might be the right college and major for you?

Additional Resources

Group Activity/Discussion "Major Match" - In the "Major Match" activity, students participate in an engaging exercise to brainstorm and share potential career options associated with different college majors, fostering a better understanding of the diverse opportunities that each major can offer. This activity encourages critical thinking and exploration of various career paths related to different academic fields.

Toolbox Links - Incorporates a diverse range of hyperlinked articles, interactive online quizzes, and an informative video to support students in their individual journey of self-discovery.