

This lesson addresses the following Maine Learning Results:

A. Learning About Self-Knowledge and Interpersonal Relationships: Students identify, demonstrate, analyze, and evaluate:

- Self-knowledge related to interests, skills, work, and school;
- Positive personal traits, attitudes, beliefs, behaviors, habits of mind, and experiences that lead to success in school, work, and community;
- Their ability to build and maintain a positive self-concept; and
- Their ability to develop and recognize the positive interpersonal skills that effectively influence work and relationships with others.

Grade Levels: Middle and High School

Teacher Instructions:

Introduce the idea that the first step to making a career or college/training choice is to know your options. Watching DO videos is one way to do that. Inform students that they will watch a series of videos over the course of the year and by doing so it will help them gain exposure to a variety of career options.

The second step to making a career or college/training choice is to understand how your skills, interests and personality might fit (or not) certain careers and college/training options. Analyzing DO videos is one way to do that.

Each time the student watches an individual profile video, they will reflect/analyze on whether they feel the job or education/training for it would be a good match for them. They will use the matrix on the student handout to document and keep track of their progress. Finally they will pick their top three and explain why they would be a good fit.

Suggestion: Use their findings to have a class discussion!