



Title: Imagine Your Future Career

Grade: 6

Career Development Model:

Career Exploration

Nebraska Career Readiness Standards:

- Communicates effectively & appropriately
- Contributes to employer & community success
- Models ethical leadership & effective management
- Manages personal career development

Objective:

- Students will formulate a future career vision with the use of imagination.
- Students will write and share their experience and future career vision with others.

Materials and Supplies Needed:

- Imagine Your Future Career Script
- Sample Questions – handout (need copies)

Class Instructions:

The purpose of this activity is to stimulate student exploration and planning.

1. Teachers explain that the students will be “looking into the future” in this activity. They will be going forward in time for a while, maybe 5 years, maybe 10 or 20 years. Students will be guided through a day in the life of what their fantasy job will be like.
2. Students are instructed to sit comfortably, relax their muscles, and pay special attention to their breathing, taking deep regular breaths. Turn off or dim the classroom lights if appropriate.
3. When students appear to be relaxed and focusing on the task, the teacher reads aloud: ‘Imagine Your Future Career Script’.
4. Teachers instruct students to write down their future career vision, including what they saw and how they felt. They pass out the Sample Questions to ponder. Teachers can add more questions as they wish.

5. Teachers instruct students to form small groups (or assign them). Each group member will discuss their imaginary day, share what they wrote and talk about their career vision.

Credits/Sources:



“Making my Future Work: A College and Career Readiness Program”, U.S. Department of Education, Institute of Education Sciences.

<https://www.csuohio.edu/cehs/mmfw/making-my-future-work-0>

Imagine Your Future Career Script

Let your imagination take you into your future. As I talk, just let any images come that will. Don't answer my questions aloud. Just let the images form. (pause)

You are just awakening from a good night's sleep. You lie in bed just a minute longer before getting up and doing the things you usually do before going to breakfast. (pause)

On your way to breakfast now, look around you to see where you are – what is this place like? Perhaps you can begin to sense things now. See if there is anyone with you. Eat your breakfast now and notice how you experience it. (pause)

It is nearly time to go to work . . . perhaps you stay at home, perhaps you leave. If you leave, notice how you get there. Do you walk? ...drive? ...take a train or bus? How do things look along the way? Do you see anyone you know? (pause)

You are approaching where you work if you are not already there. What do you notice? What do you feel as you enter and start about doing your work? Who else is there? What are they doing? Complete your morning's work right up to your lunchtime. (pause)

It is lunchtime now. Do you stay in or go out? What do you have to eat? Taste it. Smell it. Are you alone or with someone? Is this lunch like your usual one? (pause)

Return to work now and finish the workday. See if anything is different or if it stays the same. Notice what the last thing is that you do before you get ready to quit work for the day. (pause)

Leave your work place and go to where you live. See what you notice along the way. As you arrive where you live, notice how you feel and how your living place looks. Do what you do before your evening meal. (pause)

Eat your meal, paying attention to how it tastes, how many helpings you have, who, if anyone, is with you. (pause)

After your meal, do what you do during the evening before going to bed. (pause)

Go to bed now. Just before dropping off to sleep, review your day. Was it a good day? What pleased you in particular? Go to sleep now. I'll help you to awaken in a moment. (pause)

You're awakening now . . . but not in your bed . . . in (this place). Open your eyes when you're ready, and just sit quietly for a minute.

Imagine Your Future Career - SAMPLE QUESTIONS

What did you wear to work?

Where were you living? A big city or a small town?

How did you get to work?

What were your working hours/schedule?

Did you work weekends?

Did you work overtime?

Did you imagine you worked alone or with teams of people?

How much money do you think you were making?

What kind of work were you doing?

Did you like what you were doing?