

# Complimentary Mini-Lessons

## INTRODUCTION

The Mini Lessons are a series of short, instructor- led lessons on critical topics that will help prepare your students for College and Career! The Categories include lessons in Goal Setting, Soft Skills, College and Career Research and Land that Job. The lessons are aligned to Common Core Standards and available in PDF format, with all materials needed conveniently attached to make teaching each lesson a snap! Click on any lesson to learn more.

## 1 UNDERSTANDING LONG VS. SHORT TERM GOALS: LESSON PLAN

Creating goals for your life seems like it would be a rather simple process; however, ask any student what they want to do with their life, and you are likely to hear things like: rock star, musician, fashion designer, writer. These are all valid life choices, but students cannot see and understand that even a rock star had to work hard to get where they are. Long term and short goals are needed no matter what you want to be when you grow up.

Time on task: 30-40 minutes

[http://virtualjobshadow.com/tools/lessons/long\\_vs\\_short\\_term\\_goals\\_lesson\\_plan.pdf](http://virtualjobshadow.com/tools/lessons/long_vs_short_term_goals_lesson_plan.pdf)

## 2 HOW TO PICK A COLLEGE MAJOR: LESSON PLAN

Depending on the age of the student, college may seem like a lifetime away - even if they are freshman. The idea of picking a major in college may seem like a bizarre concept, and something that can be very overwhelming. Through the course of these lessons, the students have had a chance to watch videos on VirtualJobShadow.com that have given them an inside look on various career choices. This lesson will introduce what a major actually is, how to use their interests to pick one, and have them write a reflective essay to focus on possible majors.

Time on Task: 30-45 mins.

[http://virtualjobshadow.com/tools/lessons/college\\_majors\\_lesson\\_plan.pdf](http://virtualjobshadow.com/tools/lessons/college_majors_lesson_plan.pdf)

[http://virtualjobshadow.com/tools/lessons/college\\_majors\\_powerpoint.pdf](http://virtualjobshadow.com/tools/lessons/college_majors_powerpoint.pdf)

## 3 HOW TO DRESS PROFESSIONALLY: LESSON PLAN

It is often difficult for students to understand that how they present themselves is more important than anything they may write in their cover letters or resumes. Teen years are typically a time of self-discovery, self-expression, and individuality. It is imperative that they understand how to still be true to themselves but adhere to professional guidelines. This lesson will introduce the students to the basics of dressing professionally to succeed in any interview.

Time on Task: 30-45 mins.

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