

SEVENTH EDITION



# Direct Your Future<sup>TM</sup>

By JoAnn Harris-Bowlsbey, Ed.D.

Online career planning curriculum for optimal integration of  
classroom instruction and web-based resources through

 **kudernavigator**<sup>®</sup>

**Comprehensive Career Pathway Planning for Middle and High School Students**

## About the Author

**JoAnn Harris-Bowlsbey, Ed.D.** has enjoyed a long and varied career in the field of career development, including positions as a high school counselor, director of guidance, university professor, career counselor in a university counseling center, developer of DISCOVER® (a computer-based career planning system), and executive director of the ACT® Educational Technology Center. She is currently the executive director of product development for Kuder, Inc. (Kuder). She has authored and co-authored many journal articles and several books, including a popular textbook for training counselors, *Career Interventions in the 21st Century*. She has also developed national and international versions of the Career Development Facilitator curriculum, including the versions used to train career development advisors in Japan and in the U.S. national prison system. She is a past president of the National Career Development Association and recipient of its Eminent Career Award.

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**Direct Your Future™**, Seventh Edition

Customized to the National Career Clusters® Framework and the Holland occupational themes.

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# Introduction

Welcome to *Direct Your Future™*, a career exploration program for middle school and high school students. Students are asked to think of their lives as a journey. The destinations of the past have the power to determine the destinations of the future. Through a series of modules, students are challenged to focus on themselves and the world of work, and to learn how to map out a future career path.

Nine of the 11 modules are appropriate for use with both middle school and high school students – in some cases, there are different activities for these two age groups, and these are marked clearly within the text. Two modules – Module 2 and Module 11 – may be eliminated for middle school students. All modules include experiential activities to help students understand the career planning process. Handouts with additional information are also included.

The curriculum is grounded in the best of career development theory – especially that of Dr. Donald Super and Dr. John Holland – and assessment, using the time- and research-honored *Kuder Career Interests Assessment®* and the *Kuder Skills Confidence Assessment®*. Further, measurable objectives are included with each lesson, as well as information about how the lesson links to two sets of nationally recognized career development guidelines – the National Career Development Guidelines and the National Standards for School Counseling Programs developed by the American School Counselor Association (ASCA).

As an experienced developer, teacher, and school counselor, the author understands the value of giving students direction in their lives. The time limitations and stress of trying to fit such a program into the busy schedules of students are also understood. Therefore, this program is designed to be flexible enough to be taught in many different time spans – during advisory periods, classroom periods, block schedules, or even as an extracurricular activity. The time allotment for each module of the curriculum is approximately 55 minutes. If your time period is shorter, you may cut down on discussion time, divide the module into multiple sessions, or omit one of the activities. The approximate time allowed for each activity is noted. If you are fortunate enough to have additional time, optional activities are listed with each module.

In order to conserve your time, these lessons have been developed with the goal of requiring very little preparation time. Each lesson begins with an overview of the module, which includes a section called *Facilitator Preparation*. Following the

overview is a complete lesson plan. Mini-lectures and discussion questions are scripted in italics, though you may certainly paraphrase if you wish. Homework assignments that will expand students' understanding of the topic are also included in each module. Of course, how and if you use these assignments is at your discretion.

For instructors who may want or need some background information related to each lesson, resource material is included for that purpose. Following that material, everything you need to teach the lesson, such as masters of the activities and handouts, may be printed directly from the PDF file. The PowerPoint slide masters can be accessed online from the *Kuder Administrative Database Management System*® (ADMS) under the *Direct Your Future* area, and may be viewed with a computer projection system. Having the visuals in this format allows you to customize the presentation with additional information you may choose to discuss within the curriculum. PowerPoint slides stating the title and objectives for each lesson are provided for your optional use when beginning a module with your students. Locations for using the remainder of the PowerPoint slides during a lesson are indicated by a graphic symbol in the left margin of the lesson plan.

Some lessons – such as the module that includes taking the *Kuder Career Interests Assessment* – assume access by students to *Kuder Navigator*® (Navigator), a career planning system for middle and high school students. If access to the Internet is not available in your classroom, it is assumed that students will be able to use it from home, another location at school, or a library.

A special resource included with this curriculum is the Parent Guide. Research consistently shows that parents have the greatest influence on the career choices of their children. Therefore, it is important that they understand the process in which their children are involved. A brief summary of each module, the homework assignment, and ways in which parents may explore the lesson with their child are included. The Parent Guide may be reprinted and distributed, or may be uploaded onto a school website for parents to download.

Experience tells us that learning the career decision-making process is a life skill that will stay with students long after history dates are forgotten. In this curriculum, students are encouraged to take control of their futures by exploring available options, and to prepare to make informed educational decisions based on self-knowledge and understanding of the world of work. You are the leader who will guide students as they plan to chart their course. You can make a difference in their lives.