Grade 7-8: Explore

Learn more about your interests and strengths.
Who am I? What do I like to do?
Learn more about careers and interesting opportunities.

- ☐ Begin work on your Education Career Action Plan (ECAP) by exploring and learning more about your interests and skills.
- ☐ Explore and research different careers that interest you.
- ☐ Identify your strengths, what are you good at?
- ☐ Identify your interests.
- ☐ Learn how career success is related to strengths, skills and interests.
- ☐ Learn and practice collaboration (teamwork), communication and critical thinking skills.
- ☐ Explore high school opportunities available to you (i.e. CTE, Arts, West-MEC, MET, etc.).
- ☐ Relate high school course planning to career and post-secondary opportunities.
- ☐ Explore different technology tools that can help you explore careers and career pathways.
- ☐ Explore how personal behaviors and communication impact the workplace.
- ☐ Start thinking about the lifestyle you want as an adult, how does your career choice impact that?

Utilize your SchooLinks account to learn more about yourself and interesting careers. Complete the following items:

- ☐ Visit the Learning Hub (in Activities) and complete the "How to Explore Careers" Learning Unit.
- ☐ Complete the "Find Your Path" and "Would You Rather" assessments.
- ☐ View at least five careers that are interesting to you.
- ☐ Favorite at least 3 careers that you want to learn more about.
- ☐ Visit the My Goals (in Activities) and set a Career Goal and add at least 1 SMART Goal.
- ☐ Explore post-secondary opportunities including 4-year, 2-year and Certification opportunities

Here is a helpful guide for 7-8 grade students to help you explore interests and careers.

7-8 Fillable Discover Guide -ENG.pdf

7-8 Discover Guide Spanish.pdf