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Session 16: Career Planning And Decision-Making

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Session 16: Major Notions

Materials Required:

1. Gallup StrengthsQuest Report
 - a. **Note: If a student did not keep their StrengthsQuest report, they can log back in at snc.gallup.com with their username and password and pull up their own results.**
2. Computer
 - a. Facilitator: for showing the powerpoint
 - b. Student: for pulling up their StrengthsQuest report, if needed.
3. Pen or Pencil for each participant
4. Sheets of Easel pad paper and markers for group work
5. Masking Tape (or self-stick easel pad paper)
6. Tables or setup that facilitates small group discussion and activities
7. If you choose not to use easel paper, 8.5x11 sheets of paper put up around the room.

Top 4 Things to Convey:

1. 75-80% of all colleges students change majors -- it's okay not to know and to change majors. CAPD Office is here to help.
2. Understanding your strengths can assist in determining the type of work environment that will be most appealing to you.
3. The earlier students meet with Career & Professional Development for guidance the less stress students will feel as they try to navigate the notion of major and career. Learning to be intentional and reflective about their career progress each semester is important.
4. Have students make an appointment with Career & Professional Development to discuss their worksheets.

Person responsible for developing this session: MaryEllen Olson

1. **Session Title:** Major Notions
2. **Session Date:** Thursday, October 19, 2017
3. **Plenary or Small Group?** Small Group
4. **Learning Outcomes**
 - a. Explore notions of career and major choice with awareness of personal strengths
5. **Other Goals**, if applicable (these are goals not directly connected to student learning – e.g. forming group cohesion or identifying which students may be struggling to transition.)
6. **Brief Narrative** describing the session (3 – 5 sentences offering the leaders a general sense of what will take place on this date.)

A student's time in college can be exciting – trying on different majors, enrolling in fascinating subjects, engaging in dynamic dialogue with faculty, and participating in various campus activities. At the same time, some students also report a great deal of stress and anxiety around choosing a major.

During this 1 hour session, students will be asked to participate in some reflection activities to find their starting point regarding notions of a college major while here at St. Norbert College. Upon conclusion of this session, please advise students to take all of these worksheets and make an appointment with the Office of Career & Professional Development. CAPD will be able to guide students and take them deeper into their decision-making process through the use of many other tools and assessments.

Gateway Seminar Lesson Plan Template

Please note that the formatting of the lesson plans will be made uniform. All that is needed from you is the content. No need to be concerned about font, formatting, etc. Please type directly into this form.

We have pre-populated your specific template with information you previously submitted. It is important that you *review and correct/amend anything that is filled out*, and then work on any remaining elements of the template.

Items 1 – 6 need to be turned in by **May 22nd** for all sessions. This will become the binder cover page for your session.

Items 7 – 9 have rolling deadlines depending on session training date. You can turn your full information in early – that is more than welcome. These dates are the latest dates your information must be turned in.

- Sessions 1 – 8 (meetings occur Aug 24 – Sept 14): Info due on August 1st
- Sessions 9 – 16 (meetings occur Sept 19 – Oct 19): Info due on September 11th
- Sessions 17 – 21 (meetings occur Oct 26 – Nov 30): Info due on October 9th

7. Lesson Outline

- a. Please indicate how much time – how many minutes – each component of the outline is expected to take.
 - i. Welcome and Attendance: 10 minutes
 - ii. Gallups Strengths: 2 minutes
 - iii. Gallups Strengths Activity #1: 3 minutes
 - iv. Gallup Strengths Activity #2: 10 minutes
 - v. Life Reflection Activity #3: 10 minutes
 - vi. Mythos of Choosing a Major: Kahoot Survey: 5 minutes
 - vii. Your College Plan: 10 minutes
 - viii. Additional Resources - 1 minute for reference
 - ix. Notes Page - 0 minutes
- b. Please include instructions the leaders will need to carry out any aspects of the plan, particularly any experiential activities.
 - i. Please see completed lesson plan. All instructions contained within.
- c. Please include Google drive or other links to any videos, handouts, PPT slides, or other media that should be used for this lesson.

8. Materials Needed (handouts, markers, any materials needed for experiential elements, etc.)

- a. Gallup StrengthsQuest Report

- b. Computer - used for putting up the 34 strengths
 - c. Pen or pencil for each participant
 - d. Sheets of Easel Pad paper and markers for group work
 - e. Masking Tape (or self-stick easel pad paper)
 - f. Tables or setup that facilitates small group discussion and activities
9. **Background Information** for facilitators, if applicable (short readings, links to relevant websites, videos, etc.)
- a. See completed lesson plan.
 - b. Kahoot Survey has been created. Will share link once graphics are in place. All information and answers are in completed lesson plan.

Link to most recent document:

<https://drive.google.com/drive/folders/0BwwRFOW3alv9LVF4WIBWcVFnWG8>