

Career Exploration and Academic Support Framework – The Drake House Youth Program

Objective

This program structure provides a comprehensive approach to career exploration and planning, ensuring that teenagers between the ages of 13 and 18, residing at The Drake House (TDH) or involved in TDH Teen Program, are well-equipped to make informed decisions about their future careers.

Introduction and Goal Setting

Session 1: Orientation and Self-Assessment Introduction

- Introduce the program, set goals, and establish a baseline understanding of career assessment.
- Activities:
 - Ice-breaking activities to build rapport.
 - Overview of the career assessment process.
 - Setting individual goals for the program.
 - Introduction to the concept of career exploration and its importance.

Self-Discovery

Session 2: Interests and Strengths Assessment

- Help teens identify their interests and strengths.
- Activities:
 - Interest Inventories: Use tools like the Holland Code (RIASEC) or Career Interest Inventories.
 - [Academic Exploration Test](#)
 - YouScience Aptitude & Career Discovery
 - Strengths Assessments: Utilize tools such as CliftonStrengths or VIA Character Strengths.
 - [Personality Test, Personality Assessment: VIA Survey](#)

- Reflection Exercise: Have teens reflect on their interests and strengths and discuss how these can influence career choices.

Session 3: Skills and Values Assessment

- Identify skills and personal values.
- Activities:
 - Skills Inventories: Assess skills through questionnaires or practical exercises.
 - Values Assessment: Use tools to identify core values and how they relate to career satisfaction.
 - Workshop: Discuss how skills and values impact career choices and job satisfaction.

Career Exploration

Session 4: Research and Exploration

- Explore various career options and understand the education and skills required.
- Activities:
 - Career Research: Provide resources and tools for researching different careers.
 - Guest Speakers: Invite professionals from various fields to share their experiences.
 - Career Pathways: Create a visual career map highlighting different paths and requirements.

Session 5: Job Shadowing and Informational Interviews

- Gain real-world insights into different careers.
- Activities:
 - Job Shadowing: Arrange opportunities for teens to observe professionals in their work environments.
 - Informational Interviews: Help teens conduct interviews with professionals to learn more about different careers.

Goal Setting and Planning

Session 6: Goal Setting and Action Planning

- Develop actionable career goals and create a plan to achieve them.

- Activities:
 - SMART Goals Workshop: Teach how to set Specific, Measurable, Achievable, Relevant, and Time-bound goals.
 - Action Plans: Create personalized action plans outlining steps towards career goals, including educational requirements, skills development, and networking.

Session 7: Resume and Interview Skills

- Equip teens with practical skills for job applications and interviews.
- Activities:
 - Resume Writing Workshop: Teach how to create a resume, including formatting and content tips.
 - Interview Skills Training: Conduct mock interviews and provide feedback on interview techniques.

Reflection and Follow-Up

Session 8: Program Review and Future Planning

- Reflect on the program experience and plan for future steps.
- Activities:
 - Reflection Session: Discuss what they learned about themselves and their career interests.
 - Future Planning: Review action plans and adjust as needed based on new insights or changes in interests.
 - Feedback and Evaluation: Collect feedback on the program and discuss next steps for ongoing career exploration.

Additional Considerations

- Parental Involvement: Include sessions or resources for parents to support their teens' career exploration.
- Online Resources: Provide access to online tools and resources for further career exploration.
- Counselor Support: Ensure ongoing support from career counselors or mentors for personalized guidance.

Materials Needed:

- Assessment tools and inventories
- Resource materials for career research
- Access to professionals for guest speaking and job shadowing
- Workshop materials (e.g., resume templates, interview preparation guides)

Evaluation and Adjustment

- Regularly evaluate the program's effectiveness through feedback from participants and make necessary adjustments to improve the program.

Title ideas