Welcome students to the session. Display the three bagged or boxed lunches. Do not reveal the contents.

I have an opportunity to share with you, but first we have a decision to make. You must choose one lunch for today: #1, #2 or #3.

Have students record his or her selection.

You have each selected a lunch, without seeing the contents of the bag. Let’s see what you chose.

For in-person facilitation, select three student volunteers: one that picked lunch #1, one for lunch #2 and one for lunch #3. For virtual facilitation, skip the volunteer step and open each bag yourself.

What is in lunch bag #1?

Have the first volunteer open the bag and show each item.

Raise your hand if you chose lunch #1.

What is in lunch bag #2?

Have the second volunteer open the bag and show each item.

Raise your hand if you chose lunch #2.

What is in lunch bag #3?

Have the third volunteer open the bag and show each item.

Raise your hand if you chose lunch #3.

Some of you are happy with your lunch selections, while some of you, if these were your real lunches, might wish to trade for another option. How many of you, once you saw what was in the lunch bag, determined it wasn’t something that you liked to eat? (Model raising hand.) How many of you liked what was in the lunch, but just don’t feel hungry for it right now? (Model raising hand.) How many of you saw what was in the lunch bag, but then realized we didn’t have a microwave to heat it? (Model raising hand.) The key to ensuring we enjoy a yummy lunch and a career that we love, is to consider all options and variables as we begin to plan for the future.

Let’s talk about what we just learned from these lunches.
Facilitate a group discussion by asking questions including:

- How did you select your lunch?
- What might have helped you make your choice?
- What types of big decisions will you need to make in the next few years?
- What are your career aspirations?
- How will you achieve your career goals?
- Who can help you prepare for the future?

Guide students to understand that it is important to research a career prior to pursuing it. There are numerous career pathways, opportunities and possibilities. Conducting the research up front to ensure that you are matching your passions and talents with your career aspiration is imperative to long term success. Students have an opportunity to create an action plan that will help guide them on this journey to career success.

Fortunately, we each have numerous career options to choose from. We want to pick the best job for us; one that we will enjoy and one that will help us live the life we want. SkillsUSA is offering an opportunity to help determine career options and learn more. The new “Connect to My Future Conference” is a live virtual experience so we can all participate! The ASPIRE track, designed specifically for high school students, will be highly interactive as you chat in small groups with industry professionals, clarify future career aspirations, and create an action plan to achieve it.

The conference is May 5. There are two different time options: 8:45 a.m. – 12 noon ET or 12:45 p.m. – 4:30 p.m. ET. Let’s watch the promo video together to learn more.

Show the promotional video and encourage students to sign up to participate in the conference.

**NEXT STEPS**

- Inform students that the class has been registered to attend the conference.
- Have students create a list of careers that interest him or her. Review and update this list during and after the conference.
- Have students create a list of questions that might be asked to an industry professional to learn more about his or her career.