Lesson Plan

for CONNECT TO MY FUTURE CONFERENCE:
High School Sr. and College/Postsecondary CONNECT Track

SESSION LENGTH: 15 minutes

PARTICIPANT DEMOGRAPHY: CTE students and SkillsUSA members, in-person or virtually

CONTENT SOURCE(S): Connect to My Future Conference promotional video and more information found at CTMF.skillsusa.org.

SUPPLIES AND VISUALS:

- Three paper lunch bags or lunch boxes labeled #1, #2 and #3.
- Three lunches with varying items. Place items in the lunch bags (for ease, the names of the items can be written on paper and placed in the bags. Could also create snack bags with various options versus lunch bags).
  1) Lunch with items such as a sandwich, fruit, chips, dessert and a drink.
  2) Lunch with items such as salad, soup and a bottled water.
  3) Lunch with items such as veggies, hummus and a soft drink.
- Technology to show the Connect promotional video.

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. (Pause.)

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. (Pause.)

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. (Pause.)

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 go to work for a company that we love, is to conduct some up-front decision making on the topic.
Facilitate a group discussion by asking questions including:

- How did you select your lunch?
- What might have helped you in your selection?
- What are aspects of a company that are important to you when considering if you’d like to work there? How is understanding your values important to determining this?
- How do you determine if a potential employer/company is one in which you’d like to work?
- In typical job interviews, you can ask questions about the company and what it is like to work there. What do you think would be important to know? What questions would you ask?

Guide students to understand that employers are seeking career ready individuals that are ready to work but that it is equally important that students align their values and career goals with that of the company to ensure the best fit. Employers use résumés to narrow down a candidate pool and interviews to select employees. The time to prepare is now.

SkillsUSA is offering a professional development experience that will connect you with potential employers. The new “Connect to My Future Conference” is a live virtual experience so we can all participate! The CONNECT track will help you perfect your résumé, hone your interview skills and gain meaningful feedback from real life employers in a mock interview setting. This experience will equip you with the tools needed to land the dream job.

The conference is May 6 at 8 a.m. – 4 p.m. ET, but each of you will receive a personalized schedule so that you are able to participate in workshops and interviews during your busy day. Let’s watch the promo video together to learn more.

Show the promotional video.

**NEXT STEPS**

- Everyone has been registered for the conference.
- Have students reflect upon their values recording those that will be important to them as they pursue employment.
- Assign students to prepare a résumé for the conference.
- Discuss general interview questions that an employer might ask during an interview.