Lesson Plan
for CONNECT TO MY FUTURE CONFERENCE:
Middle School EXPLORE 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.

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 types of decisions do you make every day?
- What do you base those decisions on?
- When you think about a career, what types of things get you excited about it?
- What are some steps you can take to determine careers that you might possibly want to pursue?
- What are some steps you can take to help determine what classes to best prepare you for the career you want to pursue?

Guide students to understand that exploring different careers and determining what matches their interest best is an exciting opportunity. There are numerous career pathways, opportunities and possibilities. The time for career exploration is now.

*Fortunately, we each have numerous career options to choose from. SkillsUSA is offering an opportunity to see what your future could look like. The new "Connect to My Future Conference" is a live virtual experience so we can all participate! The EXPLORE track, designed just for middle school students, will be highly interactive and help you connect with the career pathways, future opportunities and a world of possibilities.*

*The conference is May 5 from 11:30 a.m. – 2:45 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**

- Let students know that the class has been registered to attend Explore.
- To prepare for Explore, each student will take a career exploration survey to determine career clusters that might be of interest to them in the future.