

## Self Assessment and Career Exploration *Lesson Plan* (Middle/ Junior High School)

### Concept:

Self-assessment is the first and most important step in the career exploration process.

### Rationale:

As students begin to understand who they are, their needs and strengths, their skills, their interests and aptitudes, they will develop stronger connections between their academic learning, their personal lives and where they see themselves in the future. Self-assessment does not just happen once; it is a lifelong process. As students establish and work towards achieving goals, this process and lived experiences will prepare them for making changes to their goals.

In Middle/ Junior High School, self-assessments can benefit students in their learning across multiple subject areas. It can show them how they learn, how they can apply what they're learning and how they can be supported in meaningful and relevant ways so they can be successful in their learning.

Teachers from different curricula can engage students in self-assessments as part of their classroom instruction and delivery. Students can meet multiple curricula outcomes as they apply their self-assessment results and new knowledge to their learning. In doing so, they are showing they use critical, creative, and metacognitive processes to make sense of ideas, information, and experiences.

They can also convey meaning to their teachers and other students through speaking, writing, and representing and apply their knowledge to their learning environment.

### **Inquiry Based Question (s) Related to Student Learning:**

*How could your understanding of your learning styles, personality, motivations and interests influence your learning?*

*How could your understanding of your learning styles, personality, motivations and interests support your career exploration?*

Teachers should register students for a myBlueprint account to support learning associated with this lesson.

Teachers can support student learning through the facilitation of the following lesson on self-assessments. Students will learn how their understanding of their

completed self-assessments can benefit them in their learning, in their community and in planning for their transition to high school and eventually, the world of work. This lesson can be delivered in two to three class periods.

- Teachers can introduce the topic of self-assessments by asking students what they think of when they hear the phrase self-assessments and why self-assessments are important. Teachers may wish to work with school counsellors or other grade level teachers in the delivery of this lesson so that all students in the same grade are engaged in the same type of discussion.
- Using their myBlueprint account, students can complete self-assessment inventories found on the myBlueprint platform. Information on how to access this tool can be found in the resource folder for your province. Students will need explicit instruction on how to access and use this resource as well as how to create a portfolio to track their learning. Teachers can also find supplementary resources that can assist them in the delivery of this lesson and understanding of assessment results in the [myBlueprint Support Centre](#).
- Students can create a visual representation of their findings and reflect on the results to show their understanding of the benefits and application of self-assessments. These can be added to the students' myBlueprint portfolio.

Suggestions for Evidence of Learning and Assessment:

- Students will upload their completed self-assessments and reflections/representations to their myBlueprint portfolio as evidence of their learning associated with this concept. Questions students can consider as they reflect on the findings of the self-assessments may include
  - *What did you learn about your personal characteristics?*
  - *What did you learn about your aptitudes (strengths)?*
  - *What did you learn about your needs?*
  - *What did you learn about your interests?*
  - *How can knowing this information about yourself help you be successful in school, in the community or when you enter the labour market?*
  - *How can self-assessment help you in exploring careers?*
- Teacher observation can also inform student assessment. As students are engaged in classroom discussion, teachers can determine their level of understanding to identify where additional explicit instruction may be needed for the whole class or for individual students. Teachers can have formal or informal one on one discussions with students to review self-assessment findings and to provide students with feedback. In using probing questions as part of the discussions with students, students can be more deeply engaged in reflective practice.