

## More Career Awareness Activities:

Have children create a timeline of their school day, and then ask the children how this compares to a workday.

### For example:

- 7:30 a.m. → Get out of bed
- 7:35 a.m. → Eat breakfast
- 7:45 a.m. → Get dressed, brush teeth, comb hair
- 8:10 a.m. → Leave for school
- 8:30 a.m. → Math class
- 9:30 a.m. → Science Class
- 10:30 a.m. → Gym
- 11:30 a.m. → Recess
- Noon → Lunch
- 1 p.m. → English class
- 2 p.m. → Social Studies class
- 3 p.m. → School ends!
- 4 p.m. → Do homework

***Encourage children to think of how a work day will be similar to or different from their school-day schedule***

## Even More Activities...

### Ask children the following questions:

- Do you like working alone or in a group?
- Would you rather work inside or outside?
- Would you prefer working during the day or night?
- Would you like to make things or sell things?
- Would you rather travel or stay close to home?
- Would you prefer to give directions or follow directions?

***Afterwards, discuss potential careers that correspond to the child's responses***



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## Capital Area College Access Network

### **Elementary School Career Exposure**

Help expose children to career prospects at an early age!

*The Capital Area College Access Network plans to increase the college attainment rate of graduating seniors in the Lansing School district by expanding the college-going culture. Promoting college, though, cannot start in high school. Rather, it must start at an early age so children recognize the necessity for a college degree well before entering high school.*



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References:  
Pennsylvania/America's Career Resource Network

# Give children the tools necessary for success!

## Why is early career exposure important?

Career exposure in elementary school helps children connect their schooling to future success. It's important to help students:

- Discover the various jobs available
- Connect schoolwork to real-world situations
- Imagine themselves in real-world situations
- Develop skills that will one day be important in the work world, such as working with others, problem solving and leadership skills.

## How do I start talking about careers with children?

To start talking to your child about careers, try talking about things that interest your child and connect these interests to activities that adults do:

- **Interested in art?** Talk about how some adults use art to design houses, clothing, magazine ads and more.
- **Interested in math?** Talk about different careers that involve math, such as accounting and statistics.

*In general, helping children connect their interests to different careers will give them an idea of the various career options*

## Internet Resources and Reading Materials:

<http://www.kids.gov/>: There are great resources that offer information that can help with anything from homework assignments to class projects, group activities, contests and educational games.

<http://www.knowitall.org/kids/work/>: Explore interesting jobs in this virtual community of workplaces!

[www.acinet.org/acinet](http://www.acinet.org/acinet): The place to search for occupational information.

### *Books for great career exposure:*

- *Amazing Grace* by Mary Hoffman
- *Dream Big* by Ian Falconer
- *Honestly, Mallory* by Laurie Friedman
- *No Excuses: How What You Say Can Get in Your Way* by Dr. Wayne Dyer
- *Unstoppable Me: 10 Ways to Soar Through Life* by Dr. Wayne Dyer
- *Oh, the Places You'll Go* by Dr. Seuss

## Teachable Moments

Have children “interview” you about what you thought of school and careers growing up

*What were your favorite school subjects? What did you like to do with your free time? What career did you think about when you were young? Did you follow the career path you dreamed about when you were young? What obstacles were in the way of your career path? What skills did you learn in elementary school that you use in your work now?*

**Put names of different careers in a bowl. Each month, have children draw the name of a career out of the bowl. During the month, have children collect as much information about the career as possible. Reward children at the end of the month for collecting information!**