



Overview

In this session, scholars will focus more deeply on their career pathways and consider the steps they can take to move toward their goals and continue to develop a strong sense of who they are. The session will also provide time for scholars and mentors to review and reflect on their experiences in True2U. Scholars will think about the importance of these insights for their lives now and as they prepare to transition into high school.

Session Spotlights

- Career Exploration
- Self-Awareness
- Reflection and Growth

Learning Objectives

- Identify actionable steps to move toward their goals
- Understand the connection between current choices and future success
- Recognize the importance of self-awareness and reflection in preparing for high school
- Reflect on their True2U experience, career pathway, and progress toward their goals

Mentor Preparation

- ☐ Review Session 7: Curriculum Guide, worksheets, activities, and reflection questions
- ☐ Communicate with mentor partner(s)
 - Divide activity facilitation responsibilities
- ☐ Develop talking points
- ☐ Prepare your Session 7 PowerPoint (includes link to Wrap Up Video)
- ☐ Prepare your Career Exploration example

SESSION 7: Timing and Materials

Session Activities	Time
Activity 7(a): My Career Exploration My Career Exploration worksheet (Curriculum Guide pg. 7.6, Tracker pg. 48)	30 minutes
Activity 7(b): True2U/CMSD End of Year Wrap Up ☐ Wrap Up Video (Link in Session 7 PowerPoint) ☐ Scholars can take notes on questions/feedback. If it works best for your class, give scholars their snack before the video starts	30 minutes
Activity 7(c): Future-Focused True2U Reflection Reflections worksheet (Curriculum Guide pg. 7.8, Tracker pg. 49)	15 minutes
Activity 7(d): High School Visions - Vision Board - 1 per scholar - Materials packets to share	45 minutes
Total Time	120 minutes

Mentor Tips:

- Prepare, know and understand the material, be confident.
- Stay flexible by adapting questions/statements or time as needed.
- Praise effort, not just correct answers.
- Use a timer to keep activities on schedule.
- Encourage active participation and reflection.
- If anyone is unsure about a career goal, encourage them to pick *any* interest so they can explore building a pathway.
- Validate *all* pathways — whether they require college, trade school, apprenticeships, or direct entry into the workforce.
- Keep energy positive; this is about exploration, not perfection.
- Feel free to stop the video one or two times and highlight information you think is important for scholars to know.
- Future-Focused True2U Reflection will be used before the vision board to help them brainstorm.
- While scholars are working on True2U Reflection and High School Visions, circulate and provide additional questions or guidance.
- **Remind Scholars:** That their True2U Tracker is theirs to keep, take home, and use as a future-focused reflection tool throughout high school and beyond.
- Take notes on scholar feedback in your True2U Curriculum Guide for program improvement efforts.
- Please return all unused and reusable materials to the materials box. These will be returned to True2U in the coming weeks.

Session 7 Step-by-Step Activity Guide

Before you start your session, set up your Session 7 PowerPoint using the classroom Clever Touch/Computer Screen.

Activity 7(a) My Career Exploration (30 minutes)

◆ Mentors:

- ☐ Distribute True2U Trackers, Name Tents, and pencils
- ☐ Using the Session 7 PowerPoint
 - Welcome and Recap Session 6
 - Review Session 7 Agenda
 - Introduce My Career Exploration activity
 - Share your Career Exploration as an example
- ☐ Review My Career Exploration worksheet (Tracker pg. 48)

● Scholars:

- Use prompts to fill out each section thoughtfully and create their My Career Exploration path

◆● Mentors and Scholars: Debrief

Activity 7(b) True2U/CMSD End of Year Wrap Up (30 minutes)

◆ Mentors:

- ☐ Introduce the Wrap Up Video (Link in Session 7 PowerPoint)
- ☐ Trivia questions included as part of the video.
- ☐ Encourage scholars to take notes
- ☐ Distribute snacks when appropriate

● Scholars:

- Watch the video to learn more about GPA, high school activities, Say Yes, etc.

BREAK INCLUDED DURING VIDEO PRESENTATION

Activity 7(c) Future-Focused True2U Reflection (15 minutes)

◆ Mentors:

- ☐ Introduce the Reflections worksheet (Tracker pg. 49)
- ☐ Choose to review questions one at a time or all at once

● Scholars:

- Using the Reflections worksheet, reflect on their experiences in True2U by answering the prompting questions, which will help guide them in creating their Vision Boards - Activity 7(d)

Activity 7(d) High School Visions (45 minutes)

◆ Mentors:

- ☐ Introduce the High School Vision Board activity
- ☐ Show examples provided in Session 7 PowerPoint
- ☐ Remind scholars of all the learning and growth they participated in throughout the year
- ☐ Distribute materials (poster board, stickers, pencils, markers, etc.)

● Scholars:

- Use their Reflections worksheet to create a Vision Board for what they envision for their high school experience
- Present their Vision Boards

Detailed Facilitation (Study Guide)

Be sure to review, edit, and add your personal touches to the Session 7 PowerPoint template to be used during your session.

Activity 7(a) My Career Exploration (30 minutes)

 **Goal:** At the conclusion of this activity, scholars will have thought through and visualized their potential career pathway.

 **Materials Needed:**

- My Career Exploration worksheet (Tracker pg. 48)
- Pencils

 **Distribute:** Trackers, pencils, and have scholars put their Name Tents on their desks.

 **Mentors:** Welcome and Recap Session 6

- “Who remembers something we talked about in our very first session?”
- “Who remembers an activity we did during our last session?”

☐ **Using the PowerPoint slides:** Review Session 7 agenda

☐ **Introduce:** My Career Exploration activity (Tracker pg. 48)

- “Today, we’re going to explore the steps you can take to reach a career you’re interested in. Think of it as a map from where you are now to where you want to be.”

☐ **Share:** Your Career Exploration as an example (highlight decisions, skills, opportunities that helped you, etc). Emphasize that it can change over time and that every step counts toward building skills and experiences.

☐ **Review:** My Career Exploration worksheet with the scholars

☐ Worksheet prompts:

- | | | |
|--------------------------|------------------------|---|
| ● Passions and strengths | ● Potential challenges | ● Opportunities, clubs, programs, etc. that can help scholars get to where they want to be. |
| ● Ideal lifestyle | ● Support systems | |
| ● Career interests | | |

☐ Encourage scholars to fill out each section thoughtfully.

☐ **Have scholars** think about:

- | | |
|--|--|
| ● What they want their career/life to look like. | ● A backup plan that could make them happy. |
| ● High school steps they can take to prepare. | ● The big picture and steps after high school. |

 **Scholars:**

- Complete their My Career Exploration worksheet

  **Mentors and Scholars:** Debrief

☐ Ask a few scholars to share one of their career exploration sections.

 **Mentors: Wrap-Up**

- “Hopefully, this activity helped you reflect on what your future career pathway may look like and how and what you may need to do to get there.”

My Career Exploration

Your career is yours to plan and achieve! Use this worksheet to help you think about what your career and life could look like.

Passions

What do you like doing?

- 1.
- 2.
- 3.

Strengths

What are you good at?

- 1.
- 2.
- 3.

Lifestyle

What do you want your adult life to look like?

- 1.
- 2.
- 3.

Career Interests

What are 3 careers that align with your answers above?

1.

2.

3.

Obstacles

What are some things that you need to overcome to achieve your goals?
(Challenges, setbacks, etc.)

- 1.
- 2.
- 3.

Support

Who or where can you go when you need help or support?
(People, programs, etc.)

- 1.
- 2.
- 3.

Things to Focus on in High School

What can you do in high school to help you get to where you want to be? (Opportunities, clubs, programs, etc.)

1.

2.

3.

Activity 7(b) True2U/CMSD Wrap Up Video (30 minutes)

 **Goal:** Scholars will explore opportunities available to them and understand how their choices can build strong support networks that help them reach their goals and vision for high school.

 **Materials Needed:** Video Link in Session 7 PowerPoint

 **Mentors:** Introduce the Wrap Up Video

☐ Encourage scholars to take notes for any questions/feedback.

☐ Facilitate the trivia questions included with the video.

☐ Include snacks when time is appropriate.

 **Scholars:**

➤ Watch a video to recap and celebrate all scholars learned during the True2U program.

BREAK INCLUDED IN PREVIOUS ACTIVITY
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Activity 7(c) Future-Focused True2U Reflection (15 minutes)

 **Goal:** Scholars will reflect on their True2U and 8th-grade experience and brainstorm ideas for their Vision Board. This activity is designed for scholars and mentors to reflect on their time together and what they have learned from their experiences in the True2U Program.

 **Mentors:** Introduce the Reflections worksheet (Tracker pg. 49).

- *“We’ve all learned something about ourselves through this program – mentors and scholars. Let’s take some time to think about what we’ve learned through participating in this program.”*

☐ Options: choose to review questions one at a time or all at once.

☐ Remind scholars that answering the prompting questions, will help guide them with the next activity, creating their Vision Boards.

 **Scholars:**

- Using the Reflections worksheet in their tracker, reflect on their experiences in True2U by answering the prompting questions.

Reflection Questions:

1. When you’re in high school this Fall, what is one thing you’ll remember from True2U?
2. List 3 things you learned about yourself this year.
3. What are 3 things you want to participate in or accomplish during high school?
4. What is one thing you can do to make sure you’re successful in high school?
 - a. Potential follow up - what does being successful in high school look like to you?

  **Mentors and Scholars:** Debrief

☐ After scholars finish their worksheets, invite two or three volunteers to share one or two of their responses with the group.

☐ Reflect on this year by highlighting the key points and what lessons can be taken from True2U.

☐ **Discussion Prompts:**

- *“Which activity or session did you like the most and why?”*
- *“How can the activities/session be improved and why?”*
- *“How can True2U be improved for next year?”*

Activity 7(d) High School Visions (50 minutes)

 **Goal:** Scholars create and share their personal vision boards.

 **Materials Needed:**

- True2U Vision Board for each scholar
- True2U Vision Board packet of materials
- Markers
- Glue Sticks
- Example vision boards in the Session 7 PowerPoint

 **Room Set-Up:**

- Space for scholars to work on their Vision Board
- Wall or table space to display for presentation/share/gallery walk

 **Mentors:** Introduce Vision Board activity

- *“Let’s think about our visions for the next four years and what we want our high school experiences to look like.”*

 **Distribute:** True2U Vision Board to each scholar

- ☐ Lay out the markers, glue sticks, and the contents of the True2U Vision Board packet of materials on a table for scholars to use what they want, but they need to share.
- ☐ Encourage scholars to be creative with their vision boards; however, they want, but it needs to be school-appropriate.
- ☐ They can write words, draw pictures, glue pictures, list people or programs – whatever they feel is important for the next four years.
- ☐ Let scholars have approximately **30 minutes** to work on the activity, and know that they will be sharing their vision boards at the end.
- ☐ Walk around and assist scholars as needed.

 **Mentor note:** If you have materials that you want to bring in to supplement this activity, please feel free to do so, but it is not required.

 **Scholars:**

- Work independently to create their Vision Boards.

 **Mentors:**

- ☐ After scholars have worked for about 30 minutes, gather back together.
- ☐ Lead scholars in the presentation/share/gallery walk.
- ☐ Remind them that they participated in a poster presentation in Session 2 for their Career Cluster Posters.

 **Scholars:**

- Share their Vision Board in a presentations/silent gallery walk.
- Walk around the room, quietly viewing each Vision Board or presentation style to the class.
- Take notes on something interesting they learned, constructive feedback, and any questions.

◆● Mentors and Scholars: Debrief

- ☐ **Have scholars share:** One or two highlights from their Vision Board or something they learned from a peer.
- ☐ **Discussion Prompts:**
 - *“What steps can you take to make these visions become realities?”*
 - *“What can we do to get back to our goals and visions if we happen to experience an obstacle?”*
 - *“What is one thing you learned from one of the posters?”*
- ◆ **Mentors: Wrap-Up**
 - *“Anytime we move into a new phase in our lives, it’s important that we set goals and envision what we want the new phase to look like. Once we have a vision for ourselves, we can then make decisions and act in a way that helps to make that vision come true. No matter where you’re going to high school, it’s up to you to make the most of it, find your support and opportunities – to do what you can to make your visions come true.”*
- ☐ **Remind Scholars:** Their True2U Tracker is theirs to keep, take home, and use as a future-focused reflection tool throughout high school and beyond.
- ☐ **Discussion Prompts:** If there is extra time, choose a few questions to ask based on the group dynamics.
- ☐ Mentors can share their answers to applicable questions as well.
 - *“What was the best part of this year?”*
 - *“What words of wisdom would you pass on to a 6th or 7th grader?”*
 - *“After participating in this program, how would you respond if someone asked, what do you want to be when you grow up?”*
 - *“What was something that made you laugh this year?”*
 - *“What was your favorite activity or field trip this year? And why?”*
 - *“What was your biggest area of growth this year?”*
 - *“What was one of your favorite memories from this year?”*
 - *“What are your summer plans?”*
 - *“How are you feeling about going into high school next year?”*
 - *“What are you most excited about as you move into high school?”*
 - *“What accomplishment are you most proud of from this year?”*

[Mentor Notes on Scholar Feedback](#)