Past Accomplishments

Objectives
Students will be able to:

• Identify some of the elements they enjoy about working.
• Connect past successes to current options.

Assess Yourself
Audience: Awareness, Exploration
Length: 15-45 minutes

Materials Needed

• Handout of any multi-step career planning model that shows progression from self-exploration to decision making:
  o CareerOneStop: www.careeronestop.org/TridionMultimedia/flyer%20pyramid%20matrix03152012_tcm24-10702.pdf
  o “Prepare for a Career Interactive Chart” on MCIS: http://mncis.intocareers.org
    {subscription required}
• A worksheet or computer profile for individual goal setting
• Paper, writing utensils

Instructions

1. Have students write down 2-4 past situations that they liked and/or felt successful doing (e.g., past job, a class project, volunteer experience, hobby, playing an instrument). Tell the students to write down as much detail as possible about each situation.
   a. Include the details about the specific actions or tasks they enjoyed.
   b. What did they like about the setting and the people worked with?
   c. What comments or feedback did they receive from other participants or supervisors? Did they receive a reward or other type of external recognition for their activities?

2. Lead a discussion about positive experiences. Ask a few students to share about one of their positive experiences. Ask follow up questions of individual students and/or the whole group.
   a. How did they feel about the activity when they first started? Did they like it right away or grow to like it? Were they good at it right away or was there a learning curve?
   b. Did they accomplish their activities alone or did they work with other people? How did they like working in a group or team?
c. Did the activity involve a lot of physical activity? How did they feel about being active?

d. Did the activity involve creativity or problem-solving?

e. Even though they liked the activity, were there parts of it that were challenging or difficult? How did they deal with those things?

f. Are there other activities that can do right now related to their past situations?

3. Have students write down 3-5 careers or education options related to their past accomplishments.

Evaluation of Learning

- Evaluate students on completing the assignment of writing details of 2-4 situations.
- Rate students on their participation in the discussion.
- The completion of the past accomplishments can be a required element of an Individualized Learning Plan or portfolio completion.

Enhanced Learning

- Encourage students to research the 3-5 occupations related to their past accomplishments.
- Have students complete a print or online interest assessment and evaluate how their past accomplishments match their interest profiles.
- Have student research career pathways that match their interests and past accomplishments (www.mnprogramsofstudy.org).
- Invite a guest speaker to talk about how they used their past experiences to help them choose an education program or career pathway they enjoy. Speaker can be an alumnus or community member.