

Capstone Bibliography

**“What Is 'Career Exploration'-and Why Does It Matter?: U-M LSA LSA Opportunity Hub.”
LSA,**

<https://lsa.umich.edu/opportunityhub/news-events/all-news/student-news/What-is-career-exploration-and-why-does-it-matter.html#:~:text=According%20to%20the%20Hub%2C%20career,interests%2C%20goals%2C%20and%20aspirations.>

I found this article during my first day of research and I wanted to use it to see how colleges and universities define career exploration. Giving an explanation for this would help me identify what areas I want to attack in my curriculum and also give students a clear idea of what they would be learning. The University of Michigan is also a reliable source because they have multiple career exploration classes at the university level which should provide a basic framework for what I want to teach. The only limitation of this source is that it may limit what students are willing to learn because of the definition that I gave them.

Frank,

[https://withfrank.org/how-to-pay-for-college/how-does-college-work/transfer/what-percentage-of-students-change-majors/.](https://withfrank.org/how-to-pay-for-college/how-does-college-work/transfer/what-percentage-of-students-change-majors/)

This source will help me inform my students about how important it is when picking a college major to pick one that suits them. I decided to attack this from a financial angle that way students see that changing majors will not also extend the time that they have to stay in school but also make it so that they may have to put out thousands of dollars more in tuition payments. This is a reliable source because it comes straight from the Free Application For Student Aid website which is from the federal government and gives a clear perspective on what students should expect.

Email received by Marna Mozeff, *Career Exploration Questions*, 28 Nov. 2022.

Hi Ryan,

This is literally the best email I have ever received!

Tips for teaching the course is easy - as hands-on and active as possible. Have them chat with one another frequently and have them spend some time alone for reflection. Zoom obviously made this very hard!

With that age group, you may want to start with the idea of what they told people what they wanted to be when they grew up when they were like 5. Ask if it has stayed the same.

Our primary discussion centered around

- values
- interests
- skills
- networking

I think values and interests will be hard for them. Interests even harder since they are probably into video games or whatever 9th graders are into. You are looking to plant the seeds for how to decide/identify if they are interested in a topic because they are probably encountering a lot of topics for the first time in high school. So how will they decide if they like science, for example? How can they assess if they are good at something? When should they play into their strengths and when should they recognize a weakness they do not seek to overcome? Because there is nothing wrong in giving up, but not without first giving something a solid try!

Show them college course catalogs, so they can be a better consumer when it comes time to select a college. Teach them about what a college major is, since that may be a concept they heard for but do not really understand.

For the actual career part, I would also perhaps begin with asking what careers they know about. What do their parents do for a living? What careers have they heard of? Have them explore O*net to see what kinds of careers even exist! Thinking back to when I was in 9th grade, I think I knew: doctor, lawyer, secretary, car salesman, teacher, veterinarian, policeman, waitress, carpenter, engineer, cook, nurse- any one I had come in contact with.

You may want to have them interview friends and family rather than someone in an industry. This will allow them to understand why people work and what people do and do not like about their jobs. Then you want to expose them to careers they have never heard of so they can begin to envision more possibilities.

If you would ever want to have a chat, I would be happy to!

Warm regards,

Marna

This source is an email that I received from Marna Mozeff(a professor that taught me career exploration at Drexel University) when I asked about how I should run my course. This source helped me provide structure to my course because it gave me the ability to hear from someone who ran a successful career exploration course. I used this email to add multiple layers to my course including networking and skill building. This is the most reliable source that I have because it is an email directly from someone. The only limitation from this email is that Professor Mozeff taught her course specifically for high school juniors and seniors and now I have to water what she used down a little bit to freshmen.

See the Average College Tuition in 2021-2022 - US News & World Report.
<https://www.usnews.com/education/best-colleges/paying-for-college/articles/paying-for-college-infographic>.

This is another source that I have used to point out the financial strain that college can put on people. I want to use this to show that although college is a great option to further your education there are varying degrees of cost based on multiple factors including in-state tuition and out-of-state tuition. U.S news is a good source because they have a good reputation for ranking colleges and use a variety of factors to do so. This source is also kind of limiting because it doesn't go into how to avoid these high costs as I would like.

When I Grow up - Wrksolutions.com.

https://www.wrksolutions.com/Documents/WhenIGrowUp/WIGU_PDFS/High-School/WFS-WIGU-HighSchool-Lessons.pdf?ad=semD&an=msn_s&am=broad&q=Career+Lesson+Plans&o=22872&qsrc=999&l=sem&askid=64915f6a-a30a-4f93-8183-b6313e267ecd-0-ab_msb.

I used this source to make certain parts of my curriculum. It was kinda limiting because it was made for middle schoolers but still provided some things that I could use as inspiration for my course. This helped me flesh out the idea of marketing and giving a brand to my students and also taught me how I should go about it. I also got the idea to do more interactive activities for my course from this lesson plan. Its reliability can be brought into question a little bit just because I couldn't find anywhere that used this curriculum but I still thought it was ok to use it because I was only implementing a small amount into my capstone.

“Holland Code Assessment and RIASEC - Career Advice: Career Key.” Career Advice | Career Key,

<https://www.careerkey.org/fit/personality/holland-code-assessment-riasec#:~:text=Holland%20Code%20and%20RIASEC%3A%20What>.

This source is key to my capstone because it helps the students find their Holland Codes. Holland Codes are often used to guide people when trying to gauge career/job interests and college majors by providing an assessment that attempts to gauge your interests by asking you a series of questions followed up by giving you one of six codes(Realistic, Investigative, Artistic, Social, Enterprising, Conventional). These codes then help you seek out job options that go along with your top 3 Holland codes based on your assessment. This source wasn't the only place that provided Holland Code tests but was the most reliable because it used the original codes and not a modern version and I trusted it because it was I version that was very helpful to me when I found mine. This

source's limitation is that it does not do a great job of matching careers after you receive your codes which is something that I had to account for.

Mozeff, Marna. "How To Find Majors That Fit Your Holland Codes." Drexel, 7 July 2021.

"Sign up to Join LinkedIn: LinkedIn Help." *Sign up to Join LinkedIn | LinkedIn*

Help, <https://www.linkedin.com/help/linkedin/answer/a1338223/signing-up-to-join-linkedin?lang=en>.

One huge part of my mini-course is networking. The best social media site for business networking is by far LinkedIn so I knew it would be beneficial to have students make an account. While this may seem straight forward I wanted to be able to give clear and concise instructions that even freshmen would be able to understand so I used their sign-up FAQs to guide my instructions. This is one of the more reliable sources that I have because this is a website telling you how to join their website so I'm pretty sure they would be through in their explanation.

Source 10

<https://www.youtube.com/watch?v=zd4ALKv8Das>

Source 11

<https://www.linkedin.com/pulse/5-tips-perfect-profile-picture-linkedin-2021-chris-wooley/>

"How Do I Get There?" *How Do I Get There?* | Arizona Commission for Postsecondary Education, <https://highered.az.gov/how-do-i-get-there>.

This is another lesson plan but this time it is coming from a statewide curriculum

which makes me positive that this source is very reliable and can be trusted. I used this source mainly because of its lessons on goal setting and making a plan for the future. It's a good idea for them to think about it at the end of this course after they have learned all of these Career Exploration tips and tricks. These questions ask how they will be put to use. One limitation is that a lot of these lessons require worksheets which I think would alienate the students more than help them.

Dam, Andrew Van. "Analysis | the Most-Regretted (and Lowest-Paying) College Majors." *The Washington Post*, WP Company, 8 Dec. 2022, <https://www.washingtonpost.com/business/2022/09/02/college-major-regrets/> .

Money is what makes the world go round and although I want these students to be happy with whatever major they choose I also want to make sure that they are financially stable. That is why I want them to pick a major that don't regret and can also make a reasonable income from. With college debt being a political topic right now I thought that going to the Washington Post could give me a more left POV than what I am going for, however, I decided to stick with it because I wanted to focus on the fact that it provided and not the opinion pieces.