

Exploring Futures Pathways Curriculum

The Exploring Futures Pathways Curriculum is part of the 2024-25 Exploring Futures school year resources designed to support students in exploring their interests, careers, and goals. The curriculum consists of four 5-lesson sequences organized by theme, including careers in **sports, education, STEM**, and the **arts**. The goal of these lessons is to provide opportunities for students to explore a variety of careers connected to their afterschool activity. All four sequences include links to the lessons, lesson materials, guiding questions, and a lesson overview. The five lesson sequence is designed so that the activities can be implemented either as a “week-long theme” within an existing afterschool activity or as a “once-per-week theme” within an existing afterschool activity (see below for sample schedules.) All lessons are approximately one hour long, but are designed with the idea that they can be modified, adapted, and added to to fit the needs of students at your site.

Sample Schedules

Implementation: Week-long Career Exploration Theme Afterschool Activity: Soccer					Implementation: Once-Per Week Career Exploration Theme Afterschool Activity: Soccer				
Monday 10/16	Tuesday 10/17	Wed. 10/18	Thursday 10/19	Friday 10/20	Monday 10/16	Monday 10/23	Monday 10/30	Monday 11/2	Monday 11/9
Careers In Sports: Lesson 1	Careers In Sports: Lesson 2	Careers In Sports: Lesson 3	Careers In Sports: Lesson 4	Careers In Sports: Lesson 5	Careers In Sports: Lesson 1	Careers In Sports: Lesson 2	Careers In Sports: Lesson 3	Careers In Sports: Lesson 4	Careers In Sports: Lesson 5

Educator Resources

Pre-Implementation Training:
<input type="checkbox"/> Complete this PD in Change Up Learning or register for one of our live PDs here .
Ongoing Support:

☐ Send any questions to Alex Fendrich, at afendrich@expandedschools.org, or sign-up for 30 minutes of 1:1 support [here](#).

Careers in Sports : In this 5-lesson sequence, students will explore careers in sports. To spark curiosity, students will begin with a discussion and virtual scavenger hunt on careers in sports. Next, students will play games connected to careers in sports. Then, students will engage in project based learning experiences connected to jobs in sports. Finally, students will present their lessons to their group and reflect on 1) what they've learned about careers in sports, 2) what they've learned about themselves, 3) and what they are still wondering about in careers in sports.

Lesson	Lesson Materials	Guiding Questions	Lesson Overview
Sports Curriculum: Lesson 1	<ul style="list-style-type: none"> • Jobs in Sports Slide Deck • Careers in Sports Virtual Scavenger Hunt • Internet Access • Computers 	<p><i>What are some careers in sports?</i> <i>How do my interests connect to some of these careers?</i></p>	Students will brainstorm careers in sports, review a slide deck of various career sports, and identify connections between their interests and careers in sports. Finally, students will engage in a virtual scavenger hunt about careers in sports.
Sports Curriculum: Lesson 2	<ul style="list-style-type: none"> • Sports Career Cards • Timer • Whiteboard or chalkboard (if playing pictionary) 	<p><i>What are some careers in sports?</i> <i>How do my interests connect to some of these careers?</i></p>	Students will play games to learn about different careers in sports. Students will use words, actions, or drawings to try to explain a career.
Sports Curriculum: Lessons 3 & 4	<ul style="list-style-type: none"> • Art materials <ul style="list-style-type: none"> ○ Sports Journalist Activity ○ Physical Therapist Activity ○ Coaching Activity ○ Clothing Template ○ Personal Chef Activity ○ Sports Advertising Activity 	<p><i>What are some of the activities connected to careers in sports?</i></p>	Students will start a project based learning experience connected to careers in sports.
Careers in Sports: Lesson 5	<ul style="list-style-type: none"> • Student Projects • Vision Board Template (optional) • Example Vision Board (optional) 	<p><i>What did I learn about careers in sports? Are there any careers that I might be interested in exploring</i></p>	Students will share their career connected projects and reflect on

		<i>further?</i>	what they've learned about careers in sports.
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Careers in Education: In this 5-lesson sequence, students will explore careers in the field of education both in their school building and beyond. To spark curiosity, students will participate in a virtual and in-school scavenger hunt. Students will then design their own lessons in a topic of their choice. Finally, students will present their lessons to their group and reflect on 1) what they've learned about careers in education, 2) what they've learned about themselves, 3) and what they are still wondering about in careers in education.

Topic	Lesson Materials	Guiding Questions	Lesson Overview
Careers in Education: Lesson 1	<ul style="list-style-type: none"> • Virtual Scavenger Hunt • Internet access • Computers • Education Cards (optional) 	<i>What careers in education exist in my school building? What careers in education exist outside of my school building? Do any of these careers interest me or connect to my interests?</i>	Through discussion, a virtual scavenger hunt, and reflection students will be able to explore and learn about careers in education. Careers In Education: Lesson 5
Careers In Education: Lesson 2	<ul style="list-style-type: none"> • Careers in Education Scavenger Hunt • Timers 	<i>What careers in education exist in my school building? What careers in education exist outside of my school building? Do any of these careers interest me or connect to my interests?</i>	Students will continue their exploration of careers in education by asking questions of adults who work in their school building through an interview scavenger hunt.
Careers in Education: Lesson 3	<ul style="list-style-type: none"> • Lesson Plan Brainstorm 	<i>What am I an expert in or passionate about? What lesson can I teach others about this topic?</i>	Students continue their exploration of careers in education by planning their own lesson on a topic they are an expert in.
Careers in Education: Lesson 4	<ul style="list-style-type: none"> • Lesson Plan Prep Sheet Or one of the following templates: <ul style="list-style-type: none"> • Lesson Plan Template 1... • Lesson Plan Template 2... • Lesson Plan Template 3... 	<i>What lesson do I want to teach others about? How do I want to teach it? How will I plan for it?</i>	Students spend time preparing for the lesson they will be teaching on day five of the careers in education sequence.
Careers In Education: Lesson 5	<ul style="list-style-type: none"> • Any materials students need to teach their lessons. • Vision Board Template (optional) • Example Vision Board (optional) 	<i>What did I learn about careers in education? Are there any careers in education that I am interested in exploring further? What questions about careers in education do I still have?</i>	Students celebrate their final day of careers in education by teaching each other about topics they are an expert in. Finally, students reflect on their thoughts about careers in education.

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Careers in STEM: In this 5 lesson sequence, students will explore careers in the field of STEM. To spark curiosity, students will explore careers in STEM through brainstorming, discussion, and a virtual scavenger hunt. Next, students will play several games to continue to explore careers in STEM. Then, students will choose between three different project-based learning experiences connected to careers in STEM. Finally, students will present their projects and reflect on their learnings, wonderings, and goals through a vision board.

Topic	Lesson Materials	Guiding Questions	Lesson Overview
Careers In STEM: Lesson 1	<ul style="list-style-type: none"> • Jobs in STEM Slide Deck • STEM Virtual Scavenger Hunt • Internet Access • Computers 	<i>What are some careers in science, technology, engineering, and math? Do any of these careers interest me and/or connect to some of my interests?</i>	Through brainstorming, discussion, and a virtual scavenger hunt, students explore careers in the STEM field.
Careers in STEM: Lesson 2	<ul style="list-style-type: none"> • Careers in STEM cards 	<i>What are some careers in science, technology, engineering, and math? What are some of the differences between careers in STEM? What careers in STEM might I be interested in?</i>	Students will continue to explore careers in STEM through games and brief post-game reflection.
Careers in STEM: Lesson 3	<ul style="list-style-type: none"> • Post its or paper • Markers, pens, or pencils • timer 	<i>What are some careers in science, technology, engineering, and math? What are some of the differences between careers in STEM? What careers in STEM might I be interested in?</i>	Students will identify careers in STEM and organize them into career categories based on connections and associations they see. Students will then reflect on which careers are of interest to them.
Careers in STEM: Lesson 4	<ul style="list-style-type: none"> • Scenario: Broken Radius • Types of Fractures • Scenario: Build a School <ul style="list-style-type: none"> ○ Straws & tape • Scenario: Sports Stats 	<i>What are some activities connected to careers in STEM?</i>	Students will engage with a project based learning experience connected to careers in STEM.
Careers in STEM: Lesson 5	<ul style="list-style-type: none"> • Art materials • Vision Board Template 	<i>What did we learn about careers in STEM this week? Are there any careers in STEM that you are interested in? What wonderings about</i>	Students share their STEM projects and then reflect on their learnings,

Topic	Lesson Materials	Guiding Questions	Lesson Overview
	<ul style="list-style-type: none"> • Careers in STEM Example Vision Board 	<i>careers in STEM do you still have.</i>	goals, and wonderings in a careers in STEM vision board.

Careers in the Arts: In this 5-lesson sequence, students will explore careers in the field of the arts. To spark curiosity, students will explore careers in arts through brainstorming, discussion, and a virtual scavenger hunt. Next, students will play several games to continue to explore careers in the arts. Then, students will go on a community walk to explore art and careers in art in their community. From there, students will take on the role of artists and create a project connected to something they saw on their community walk. Finally, students will present their projects and reflect on 1) what they've learned about careers in the arts, 2) what they've learned about themselves, 3) and what they are still wondering about in careers in the arts.

Topic	Lesson Materials	Guiding Questions	Lesson Overview
Careers in the Arts: Lesson 1	<ul style="list-style-type: none"> • Careers in the Arts slide deck • Arts Virtual Scavenger Hunt • Internet access • Computers 	<i>What are some careers in the arts field? Are there any that interest me?</i>	Through brainstorming, discussion, and a virtual scavenger hunt, students explore careers in the arts field.
Careers in the Arts: Lesson 2	<ul style="list-style-type: none"> • Careers in the Arts Cards 	<i>What are some careers in the arts field? Are there any that interest me?</i>	Students will continue to explore careers in the arts through games and brief post-game reflection.
Careers in the Arts: Lesson 3	<ul style="list-style-type: none"> • Community Art Walk • Community Art Walk (Virtual Option) 	<i>What jobs in the arts exist in our community? What art pieces exist in our community? How are they connected to careers in the arts?</i>	Students go on a community walk to identify art in the community and reflect on jobs connected to art in the community.
Careers in the Arts: Lesson 4	<ul style="list-style-type: none"> • Completed Community Art Walk Worksheets • Art materials (construction paper, magazines, crayons, etc) 	<i>What are some activities connected to careers in the arts?</i>	Using information collected on the community arts walk, students take on the jobs of artists and create a piece of art for the community.

Careers in the Arts: Lesson 5	<ul style="list-style-type: none"> • Student projects • Index cards or post-it notes • Vision Board Template (optional) • Example Vision Board (optional) 	<p><i>What did we learn about careers in the arts? Are there any careers in the arts that I am interested in? Are there any questions about careers in the arts that I still have?</i></p>	<p>For the final day of careers in the arts, students celebrate all that they have explored. They present their projects and reflect on what they learned, careers they might be interested in, and wonderings they still have.</p>
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Extension Activities: Extension activities are designed to support students in continuing their career exploration beyond the 5-lesson scope and sequence. Below, you will find resources on how to host your own career panels and engage students in virtual or in-person career-connected field trips.

<p>Panels are events in which professionals or high school students present their experiences, expertise, and advice around early career exploration to middle school students in accessible and engaging ways. Ideally, all panels should include 1) panelists that come from a variety of backgrounds, experiences, and career fields 2) structures that enable students to further their interests in careers, career exploration, and self-exploration, and 3) ample opportunities for students to use their voice to ask questions, interact with panelists, and guide discussion where possible.</p>	
Professional Career Panels	High School Student-Led Panels
<p>Virtual or in-person panels of professionals who present information about their careers and career exploration. You might consider inviting professionals in the school building that work in a specific career field, family members of students who work in industries connected to career exploration themes, or adults outside of the building that are interested in speaking to students about their careers.</p> <ul style="list-style-type: none"> • Best Practices + Resources • Career Panel Volunteers 	<p>Virtual or in person- panels of High School students participating present information on their experiences in middle school + high school. You might consider inviting alumni students to talk to middle schoolers about applying for high school, adjusting to high school, and what they wish they'd known when they were in middle school.</p> <ul style="list-style-type: none"> • HS Panel Guide

<p>Career Connected Field Trips are trips that provide students with opportunities to expand their exploration of careers outside of the school building. Career- Connected Field Trips all: (1) offer opportunities to see people working, ideally in more than one role (2) opportunities for young people to observe and ask questions about aspects of current jobs and career pathways (3) opportunities to see and reflect on workspaces.</p>	
Adding Career Connections to Field Trips	Community Walk Field Trips

Adding career- connected pre-trip, on-site, activities to spark curiosity, and post-trip activities to support reflection.

- [Virtual Field Trips](#)
- [In-Person Extension Activities](#)

Local walking trips in which students learn about jobs, businesses, and career fields in their community.

- [Resources](#)