



SODA

Steps
To
Success

Home
Edition



Kent ISD

We Lead Learning

Using the SODA Steps to Success Home Edition

The Home Edition is provided to help promote career exploration and planning at home. In today's world, it is too late and too expensive to delay career decision making until after graduation. The SODA Steps to Success Home Edition may be used beginning in middle school and continue being used throughout high school to keep in step with your student's Educational Development Planning process. An Educational Development Plan (EDP) is a document showing a student's educational and career goals and a way to achieve those goals. It is more comprehensive than a schedule of classes because it includes information a student can use to make wise choices about career options.

Students should update their EDP each time they collect new information about who they are. In using the planner, ask to see your student's EDP at home each year and:

- Read the information in the Home Edition Planner with your student.
- Ask your student if they have started their EDP at school.
- Complete the goal charts with your student.
- Help your student keep documentation of their achievements in the pockets of this planner. When your student applies for post-secondary education, training or a job, these materials may be helpful:
 - Honors and awards
 - Resumes
 - Records of community service
 - Records of job experience
 - Job evaluations
 - Report cards
 - Standardized test scores
 - Records of extra-curricular activities
 - Letters of recommendations

All of the above should also be recorded on your student's EDP.

Per 2006 High School Reform Legislation, students must be given the opportunity to create an EDP beginning in the 7th grade. Some schools use a web-based program called Career Cruising to help students begin and update their EDP. Career Cruising is an Internet-based career exploration and planning tool that can be used to explore careers, post-secondary learning programs, and create a comprehensive individualized career & educational development plan. Career Cruising (www.careercruising.com) can be accessed anywhere where there is internet availability. Features of the program include: interest and skills assessments, career profiles, multimedia interviews, post-secondary training, college and financial aid information, an embedded electronic EDP tool, and a resume builder.

- Record your student's school Username: _____ Password: _____
- Record your student's EDP Username: _____ Password: _____

What Can I Do to help my student with career planning?

- Get involved in your student's school work. This is their "work" and it is important. Help your student make connections between what they are learning and the world of work. What are ways they could get paid for their knowledge of reading, writing, and mathematics?
- Pay attention to your student's school test scores. Knowing their achievement strengths will provide career direction. Interests, abilities and values combine together toward career satisfaction. What seems to come naturally to your student?
- Read the paper together; talk about articles that showcase career areas, or labor market trends like companies opening, closing or expanding their work.
- Have your student write as much as possible. This builds communication their skills.
- Let your student watch your monthly bill paying process. Talk about income and budgeting.
- Encourage your student to ask the question, "What kinds of careers should I consider?" Allow your student to consider all possible career choices, even if some seem questionable to you. Try to pinpoint what they enjoy about the careers they are choosing and build on that. Knowing what s/he does or doesn't like is part of the career exploration journey.
- Many times students mainly know what they see, for example athletic events. Help them expand their option awareness by exploring all the career areas associated with the athletic event.
- Introduce your student to a wide range of the arts, sports, and hobbies. Encourage your student to participate, if interested. Broadening interests provides more opportunities for creativity and team building success.
- Listen for whether your student considers certain kinds of work "masculine" or "feminine." Help your student see beyond stereotypes. Look closely at your own expectations. Try not to limit career options.
- Encourage your student to approach jobs at home positively and to complete them in a timely manner. Point out the relationship between home chores, what's learned at school and careers that require the same skills.
- Take your student to work with you. Talk about what you and your co-workers do and what you like and dislike about your job. Talk about the education and training that prepared you and your co-workers for these jobs.

Helping Your Student Succeed

We all want our student to succeed. Success, however, can be measured in a variety of ways. Sometimes the parent's view of success differs from the student's view. A first step in helping your student to be successful is reaching an understanding of what success means to them. Finding out how your student views success will help the two of you discuss the kind of success that matters to him/her. Try these tips:

- Ask your student to define success. Are they describing: Money? Accomplishment? Doing good for others? Recognition? Power? Personal satisfaction? Job satisfaction?
- Ask your student why the things they are describing means success to them?
- Ask your student if their behavior in school is taking them closer to their goals or moving them away?
- Ask your student if they've started a plan to become successful?

Talk with your student about the type of work he/she might want to do to help them be successful. Encourage your student to prepare for success in their world of work by using the SODA Steps to Success



Self Awareness:

Understanding and knowing yourself based on interest, abilities, values and achievement test results.



Option Awareness:

Understanding and realizing all of the career, education, employment and training opportunities from which to choose.



Decision Making:

Determining the match between yourself and your opportunities. **What is the best fit for you?**



Action/Planning:

Identifying and recording the steps toward your goal on your Educational Development Plan (EDP).





Self Awareness:

Help your student understand him/herself based on interest, abilities, values and achievement test results. Ask questions like:

- Who are you?
- What do you love to do?
- What do you dislike doing?
- What excites you?
- What is boring to you?
- What don't you want anything to do with?
- What kind of training and education are you willing to pursue?
- What are your favorite classes? Why?
- Do you feel like you have a special purpose in life? What is it?
- What makes you unique?

**What are others ways I can
help my student understand his/her interests, abilities and values?**

- Pay attention to the activities your students likes, dislikes, books read, shows watched, or how s/he spends free time. Talk about your observations.
- When your student says, "I want to be a _____ when I grow up," ask them to describe why that career sounds interesting to them. Ask them what might be some duties related to that career.
- Provide opportunities, materials and resources that can help your student learn more about his or her interests. For example: Have your student help you with meal planning for a week and measure their enthusiasm of helping with this task.
- Discuss with your student what activities s/he likes or dislikes doing and why.
- Watch for areas of natural ability. For example is your student good at analyzing? Writing? Creativity? Putting thoughts into words?
- Pay attention to school test results and paperwork. What abilities are being reflected?
- Start a discussion with the statement, "Would you rather . . . ?" and pick two opposites. For example: Would you rather work indoors or out? Work alone or with a team? Help people or build projects? Have flexibility or follow a routine?



Option Awareness:

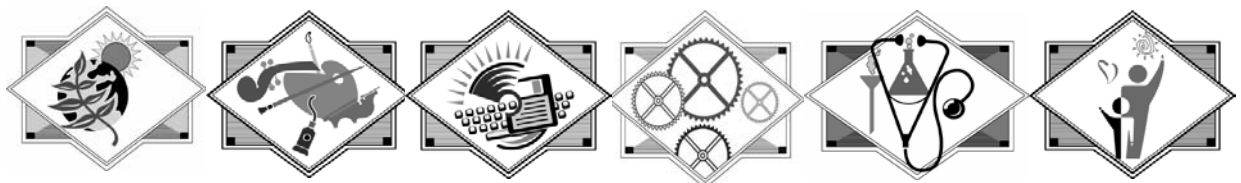
Understanding and realizing all of the career, education, employment and raining opportunities from which to choose. Ask questions like:

- What careers have you already explored?
- What education/training options are available to you?
- What are other career areas (related or unrelated) to what you've already explored?

- Learn about and investigate the six career pathways together in order to help determine your student's area of career interest. All jobs fit into one of the six Career Pathways listed below. Most people find their interests fall into one or two career pathways. Knowing and exploring with your student how his/her interests, abilities, and values fit each pathway will help him/her feel satisfaction and success in the world of work.

- Most people will change jobs 15 - 18 times in their lifetime; however the jobs usually fall within one or two pathway areas.

Career Pathway	Researched?		Area of interest for your student?	
	Yes	No	Yes	No
1. Natural Resources and Agriscience	Yes	No	Yes	No
2. Arts & Communication	Yes	No	Yes	No
3. Business Management, Marketing & Technology	Yes	No	Yes	No
4. Engineering/Manufacturing & Industrial Technology	Yes	No	Yes	No
5. Health Sciences	Yes	No	Yes	No
6. Human Services	Yes	No	Yes	No



- Read the newspaper together to determine employment trends. "Labor Market Information" (LMI) comes from companies hiring, firing, opening or closing.
 - What kinds of jobs are being reduced/eliminated?
 - Where is there job growth?
 - What types of businesses are being written about?
 - Which one of these sounds interesting to your student?

- Help your child choose a career area at the beginning of the week and discuss/explore it during the week.

- Help your child explore education and training opportunities for careers s/he is interested in. Most careers require education or training beyond high school, but not all careers require a college degree.



Action/Planning:

Identifying and recording the steps toward your goal on your Educational Development Plan (EDP). Ask your student:

- Have you created, reviewed and/or updated your EDP?
- Is your EDP still accurate?
- From new learning and experiences this year, what do you need to change on your EDP?

In creating an EDP, students move through the SODA career planning steps: Self Awareness, Option Awareness, Decision Making and Action/Planning. Students cycle through these steps each year as they learn new information about themselves and the world of work.

Help your student create a SMART Goal which will him/her reach his/her goal--specific, measurable, attainable, results-orientated and timebound.

Charting a Path to Success	
Use the charts below to help your student set career goals. Write the career pathway(s) your student has expressed an interest in. Set goals to learn more about their fit in this career pathway. Make each goal S.M.A.R.T. - S pecific, M easurable, A ttainable, R ealistic, and T ime to complete.	
Career Pathway:	Ways to Improve Abilities & Attributes
GOAL 1.	GOAL 1.
GOAL 2.	GOAL 2.
GOAL 3.	GOAL 3.



Think about the steps your student can take to reach the goals set above. How can you help? Who else might help? Record your action steps on the chart below.

<h2 style="text-align: center;">Help Your Student</h2> <h3 style="text-align: center;">Plan Steps to Reach the Goals You Have Set</h3>			
Goal Number	What will your student do?	How can you help?	Who else can help?
Example:	Find out about volunteer activities in the community. Decide how much time can be spent volunteering.	Help your student match his/her interests to volunteer opportunities.	School counselors, teachers, community leaders, friends who volunteer in the community.
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
9.			
10.			

What Do I Believe?	
Myth	Reality
A four year college degree is necessary for career success.	A majority of tomorrow's jobs will require more than a high school education, but not necessarily a four year degree. Most jobs will require some sort of technical training.
My student will change jobs often during his/her lifetime.	Research shows that today's students may change jobs 12-15 times, but usually stay within the same career pathway. Example: Student becomes a lab technician; changes jobs to become a phlebotomist; changes to become an athletic trainer; and changes again to become a physical therapist. All careers fall in the Health Sciences Career Pathway.
My student must understand that he/she can never stop learning new skills and information.	Life long learning <u>is a must</u> for success in tomorrow's workplace.
As long as my student's grades are ok, his/her attendance record will not matter.	Poor habits are hard to break. Employers want to hire people who are responsible and reliable. School attendance is an important measure of these attributes.
You can't "work" successfully at something you enjoy.	The hobbies student enjoy indicate areas of career interest. Employees who like their work feel less stress and more satisfaction on the job. <i>"I never did a day's work in my life. It was all fun."</i> Thomas A. Edison <i>"Choose a job you love, and you will never have to work a day in your life."</i> Confucius
My student is too young to pick a career.	Investigating interests by Career Pathways helps students understand that there are many types of career options available, not just one single type of job.

Kent ISD Career Focused Education Team

A d d i t i o n a l R e s o u r c e s

Websites:

http://www.kentisd.org/teachers/Career_Development/

www.careercruising.com

<http://www.youthrules.org/>

<http://www.yourchildscareer.org>

<http://acrnetwork.org>

<http://www.bls.gov/k12>

<http://www.grcc.edu>

www.acinet

www.21stcenturyskills.org/route21

www.knowhow2go.org

www.palmsproject.net

www.luminafoundation.org

www.bls.gov.oco

www.careervoyages.gov

www.acrnetwork.org