



Using the DISCOVER® College Curriculum Guide

The DISCOVER Curricula can be used for many purposes including:

Classroom Applications

- First-year experience course (e.g., Freshman Seminar)
- College success program
- Career/life planning course
- Content-specific career course (e.g., Careers in the Sciences)
- Senior-year capstone course

Counseling/Student Services Applications

- College orientation curriculum
- Community career planning service program (e.g., college fairs)
- College readiness program
- Career exploration seminar/workshop
- Individual/group career counseling
- Adjunct to personal counseling

Before Using the Curricula

The DISCOVER curricula are designed to help people make career and life decisions. DISCOVER can help people who:

- Don't have any idea what kind of career they want
- Are in the workforce and now looking for a different career
- Decided to go to college or go back to finish their degrees
- Need help selecting a major or program of study
- Need technical training to get fast-growing hi-tech jobs
- Need help deciding between the kinds of schools that may be best for them
- Want to know about the educational/career opportunities in military service

DISCOVER offers guidance and information to help people make these important career and education decisions. Ideas about who they are and what they want to become influence their career plans and decisions. We think most people in need of career education and guidance can benefit significantly from using a curriculum approach that emphasizes assessment, exploration, and planning.

The purpose of DISCOVER inventories is to collect information about people and organize it in a way that helps them with their career exploration and planning. We emphasize the use of the ACT interests, abilities, and values inventories in the program because they are built on sound psychometric footings:

- The inventories measure what they are supposed to measure (are *valid*).
- The results will be stable over time (are *reliable*).
- An inventory is easy to take and the results are understandable (are *usable*).

DISCOVER®



The inventories in this version of DISCOVER have been developed specifically for college students and adults in the workplace. Persons with disabilities may use screen-reading software with DISCOVER.

A summary of research about DISCOVER can be found at: www.act.org/discover/overview/info.html

If you have not used DISCOVER, before you use it with students we recommend you go through the components of the program yourself. We also recommend familiarizing yourself (if you haven't already) with the "Help for Site Administrator" section located in the Support Materials. You will likely find it helpful in deciding how the curricula can be a useful tool for working with students as they explore careers and educational plans.

If you are familiar with DISCOVER, you most likely are able to see how it can be useful for students to gather information for career and educational purposes. What we offer here are different ways you and your colleagues may use DISCOVER in a classroom setting.

The five different career development curricula were designed to be integrated into a variety of classroom experiences. (To preview the essential content of each, see the "Overview of Curricula" chart at the end of this section.) They were developed by career development professionals for the purpose of infusing school curriculum with appropriate career exploration and planning activities.

Each class within a curriculum is designed to be delivered in 50 to 60 minutes. The content is intended to complement the use of DISCOVER with activities that reinforce concepts and add to what a student would get from using DISCOVER alone. While the classes can be used exactly as presented here, we encourage you to add activities to make the experience as personally satisfying and appropriate as possible for students or others with whom you work.

How the Classes Are Organized

Within the curriculum, each class is organized into two parts:

- **Overview:** A shorthand description of the activities of each class, including how long each activity should take and materials that are needed for class.
- **Administrator Instructions:** A more in-depth description of class activities and information to help the administrator deliver the content.

Handouts and out-of-class activity sheets are located in a separate section.

These provide suggestions for implementing the pieces of the curriculum—such as activities that can be given as homework assignments or, if time is limited, may be assigned as pre-class exercises.



Suggestions for Implementation

Administrators should preview the classes (refer to the overview that follows) to decide:

1. How the curriculum can be best used in your situation.
2. If time is an issue, which parts you will omit from the class and which you will assign as out-of-class activities.
3. What materials you will need to prepare for the class.
4. If the curriculum is being done in conjunction with other instructors (such as a first-year college experience class or a job search course), you will want to coordinate which classes and activities have the highest priority.

Allow yourself ample class preparation time. Some of the class activities will require a small amount of time to prepare the classroom to accommodate the exercise. Consider how you can modify activities to make them workable in your situation. Finally, add real-life examples to the classroom experience; they can be helpful in engaging your students or clients in the process.



Overview of the Curricula

In-Class Activities					
Topics and Activities	Curriculum 1 Career Planning and DISCOVER	Curriculum 2 <i>Class 1:</i> Getting Started <i>Class 2:</i> Following Up and Making Plan	Curriculum 3 <i>Class 1:</i> Importance of Career Exploration and Interests <i>Class 2:</i> Discovering Abilities <i>Class 3:</i> Discovering Values & Next Steps	Curriculum 4 <i>Class 1:</i> Importance of Career Exploration <i>Class 2:</i> Discovering Interests <i>Class 3:</i> Discovering Values <i>Class 4:</i> Discovering Abilities & Next Steps	Curriculum 5 <i>Class 1:</i> Importance of Career Exploration <i>Class 2:</i> Interests <i>Class 3:</i> Values <i>Class 4:</i> Abilities for the Future <i>Class 5:</i> Ready for the Future
Introduction to Career Exploration	X	X	X	X	X
Orientation to DISCOVER	X	X	X	X	X
Processing of Interest or Abilities or Values Inventory	X	X			
Discussing Interests and Processing Inventory			X	X	X
Discussing Abilities and Processing Inventory			X	X	X
Discussing Values and Processing Inventory			X	X	X
Putting the Pieces Together		X	X	X	X
Goals					X
Decision Making & Barriers					X
Next Steps		X	X	X	X
Out-of-Class Activities					
	Curriculum 1	Curriculum 2	Curriculum 3	Curriculum 4	Curriculum 5
Occupation/Major Exploration	X	X	X	X	X
Complete Career Inventories		X	X	X	X
Orientation to Campus Resources	X	X	X	X	X
Career Planning Summary Exercise			X	X	X
Action Plan Exercise			X	X	X