



## The DISCOVER® High School Curriculum Guide

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### **Before Using the Materials**

The DISCOVER High School Curriculum materials were designed to help high school students make career and life decisions. They are intended to be used by either teachers or career guidance professionals to integrate career exploration into the classroom.

#### ***DISCOVER can help students:***

- develop their high school course plans.
- relate their classwork to careers.
- identify their career-related interests, abilities, and values.
- explore occupations and career information.
- explore schools and training options that can prepare them for the world of work.
- make plans for after high school.

DISCOVER offers guidance and information to help people make important career and educational decisions. Ideas about who they are and what they want to become influence their career plans and decisions. Students can benefit by an infusion approach that emphasizes assessment, exploration, and planning—an approach that dovetails into their other classwork.

#### ***Why emphasize assessment?***

The role of the inventories in DISCOVER is to collect information about people and organize it in a way that assists them with their career exploration and planning. We emphasize the use of the

ACT interest, 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*).

The inventories in this version of DISCOVER have been developed for high school students. 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](http://www.act.org/discover/overview/info.html)**

If you have not used DISCOVER, before you use it with students we recommend taking some time to familiarize yourself with the components of the program by going through them yourself. We also recommend familiarizing yourself with the “Help for Site Administrator” section located in the “Support Materials” of DISCOVER, if you haven’t already. You will likely find it helpful in deciding how the curriculum can be a useful tool for working with students as they explore careers and educational plans.

If you are familiar with DISCOVER, you undoubtedly already see how it can help students gather information for career and educational purposes. What

# DISCOVER®



we offer here are different ways you and your colleagues may use DISCOVER in a classroom setting.

## **Mini-Course and Activities Content**

The mini-course content can be taught in the classroom in five class periods and was devised such that it can be integrated into many classroom experiences. The activities are separate and can be used to supplement the mini-course, or be used either alone or to supplement activities in subject area classes. They were developed by career development professionals for the purpose of infusing course curriculum with appropriate career exploration and planning activities. Each class within the curriculum is designed to be delivered in 40 to 50 minutes. The content is intended to complement the use of DISCOVER with activities that reinforce concepts and are additive to what a student would get from DISCOVER alone. While the classes can be used exactly as presented, we hope that you will freely add activities that are complementary to those offered here to make the experience personally satisfying and appropriate for the students.

## **How the Mini-Course Is Organized**

Each class is organized into three parts:

**Overview:** A shorthand description of the activities of each class, including how long each activity should take to go through and materials that are needed for class.

**Administrator Instructions:** A more in-depth description of each class's activities and information to help the administrator deliver the content.

**Handouts and out-of-class activity sheets:** Action documents that encourage students to actively participate in the class.

## **How the Activities Are Organized**

Each activity is organized by purpose, learning objective, time requirement, materials that are needed, setting, and curriculum areas and grade levels for which they are intended.

## **Suggestions for Implementation**

Administrators should preview the classes to decide:

- How the curriculum can be best used in your situation.
- If time is an issue, which parts you will omit in class and which you will assign as out-of-class activities.
- What materials you will need to prepare for presenting the class.
- If the curriculum is being used in conjunction with other instructors, which classes and activities have the highest priority.

Allow yourself ample class preparation time. Some of the class activities will take 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, infuse the classroom experience with real-life examples; they can be helpful in engaging your students or clients in the process.



## Overview of the Materials

Mini-Course					
	Class 1 Importance of Career Education	Class 2 Interests	Class 3 Values	Class Abilities	Class 5 Ready for the Future
Introduction to Career Exploration	X				
Orientation to DISCOVER	X				
Discussing Interests and Processing Inventory		X			
Discussing Abilities and Processing Inventory				X	
Discussing Values and Processing Inventory			X		
Putting the Pieces Together		X	X	X	X
Goals					X
Decision Making and Barriers					X
Next Steps					X



## Classroom Activities

	English	Math	Science	Social Science	Career Education/ Life Skills
<b>Subject Matter Activities</b>					
Writing a "Hot" News Story	X	X	X	X	X
Interested in My Interests?	X	X	X	X	X
Compare and Contrast Careers	X				X
Comparing the Cost of Going to College	X	X	X		X
The "Hiring" Squad		X			X
Money Matters	X	X	X	X	X
Careers in Science and Technology			X		X
Careers in Health and Medical Science			X		X
Engineering Careers			X		X
Careers Now, Careers Then				X	X
Social Science Careers				X	X
The Real Me				X	X
<b>Career Planning Activities</b>					
Career Myths				X	X
Career Trivia Game				X	X
Facts and Benefits of Career Exploration	X			X	X
Career Family History	X			X	X
Scavenger Hunt				X	X
World-of-Work Map Exercise				X	X
Inventory Summary Exercise					X
Career Planning Summary Exercise					X
<b>Educational Planning Activities</b>					
High School Course Planning	X	X	X	X	X
Searching for Colleges	X	X	X	X	X
Comparing Colleges	X	X	X	X	X
Affording College		X			X
<b>Job Search Activities</b>					
Working Together	X				X
My First Job					X
Trial Job Application	X				X
Resume Builder	X	X	X	X	X
Evaluating a Job Offer					X