

unboxd Sessions Summary

Sessions 1-5: An Introduction to Values and Careers

Timings:

40 to 50 minutes

Group size:

Up to 30 students but smaller groups allow for more personalised discussion

Age range:

11-18 (using the support and challenge options as required)

Session	Lesson	Learning Objectives
1	What do I think about my future?	<ol style="list-style-type: none"> 1. To establish the purpose of these sessions 2. To establish a safe learning environment for students to be carried throughout all sessions 3. To initiate students into thinking in a self-reflective manner 4. To establish what students want to achieve from these sessions 5. To establish a starting point of students' understanding of values and careers from which to build upon in subsequent lessons
2	What are my values?	<ol style="list-style-type: none"> 1. To help students understand what values are 2. To help students explore different values and perspectives 3. To encourage students to think about what their own values might be
3	How can I show my values?	<ol style="list-style-type: none"> 1. To help students understand that they can show their values through their behaviour and why this is important 2. To help students understand what strengths are 3. To encourage students to think about their own strengths 4. To show students that strengths can be formed and adapted

4	What links values and careers?	<ol style="list-style-type: none"> 1. To help students understand how values can be used to choose a career 2. To help students understand how strengths can be important for preparing for a career 3. To help students identify career choices based on their values and strengths 4. To help students begin to explore their career choices in more depth
5	What have I learned?	<ol style="list-style-type: none"> 1. To help students create a feasible action plan that links to broader outside activities for following up on their chosen career choices 2. To explore student development as a result of these sessions 3. To help students understand and evaluate their personal learning journey and highlight areas on which they wish to focus in the future

unboxd lesson plans are based on the 5Es instructional model based on the constructivist approach to learning (see Bybee et al. 'The BSCS 5E instructional model and 21st century skills' (2009)), which says that learners build and construct new ideas on top of their prior learning. Ultimately, students begin to think of learning as accumulated, evolving knowledge which is particularly useful as students build knowledge and understanding of values and begin to consider their relationship to careers.