



SAMPLE LESSON PLANS

Grade 10 - Health Careers

Unit 1

SOLs:

10.1.N	Identify health and medical science career opportunities that promote personal, community, and global health and wellness.
10.1.0	Describe attributes, characteristics, and interests of individuals in health-related professions and the core academic skills needed for workplace skills in a health career.
10.1.P	Research high school health and medical science industry-recognized credentials (e.g., personal trainer, athletic trainer, dietary aide, dental assistant, certified nurse assistant, home health aide, geriatric aide).
10.3.0	Create an educational career plan to become a health professional.

Title: Health Career Exploration

Objectives/ Goals: Students will explore requirements and characteristics of various health and medical science careers.

Materials:

- Internet Access
- Contacts in various health and medical science careers for student interviews.
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Procedure:

1. Present students with a list of health and medical science career opportunities that promote personal, community, and global health and wellness.
2. Students select one career from the list that interests them and engage in a research project to find out as much about that field as they can, using a variety of sources. They will prepare a brief report based on the research that addresses the following:
 - What does the job involve on a daily basis?
 - How does this career promote personal, community, and global health and wellness?

- What kind of education is required to work toward entering that field? What high school classes, what higher education (college, graduate, post graduate) is necessary to enter this field?
 - What kind of training is needed for the job and how long will it take?
 - What will it cost for training for the job?
 - How much does this career pay?
3. Take students to <https://www.vawizard.org/wizard/home> to assess their interests in potential careers (an example of the tool is included below).

Home / Careers / Assess

Discovering the career that's right for you

What do you want to be when you grow up? Don't just fall into any old job--find a career you'll love. Career assessments help you think about your lifestyle needs, personality, and work values to choose a career that works for YOU.

Career Assessments

Remember, there are no right or wrong answers. Find a quiet place and think about the career you'd like to have. Take your time answering the questions about your Skills, Values, and Interests.

Find your Skills

Everyone isn't good at the same thing. What do you enjoy doing that you can do well? Rate yourself on each skill, determining how easy or hard this skill is for you.

[ASSESS YOUR SKILLS](#)

Find your Interests

Don't choose a career because someone else tells you it's interesting. Loving what you do is important! Rank your work interests to decide what kinds of careers you want to explore.

[ASSESS YOUR INTERESTS](#)

Find your Values

Choosing a career that makes you feel valued isn't something most people think about, but it's very important. Rank the things that are most important to you in a job.

[ASSESS YOUR VALUES](#)

Use this and other resources for students to learn about the industry recognized credentials to be a personal trainer, an athletic trainer, a dietary aide, dental assistant, certified nurse assistant, home health aide, geriatric aide etc.

4. Share a biography of a well-known/ famous health professional and have students identify and discuss what this biography shows them about how to succeed in that field.
5. Have students spend a half or full day with individual(s) from a prepared list of contacts who are working in various health and medical science careers. Students will observe their workday; gain hands-on experience as able. Students shall prepare a one-page report reflecting on their day; describe any new learning about the profession, what/why they liked/disliked the profession.

Assessment Ideas:

- Evaluate completed assignments.

References:

- Choosing a Career in Health:
https://www.nlm.nih.gov/changingthefaceofmedicine/resources/lesson_hs.html
- Discovery Education- Careers in Health:
<http://www.discoveryeducation.com/teachers/free-lesson-plans/careers-in-health.cfm>
- Lessons Plans Page- Teach Students about careers in health field:
<http://lessonplanspage.com/sciencepesshealthcareers912-htm/>
- Rice Center for Technology in Teaching and Learning:
<http://coolsciencecareers.rice.edu/>
- <https://www.vawizard.org/wizard/home>