



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

#### Grade 9 – Social Emotional Health

#### Unit 6

**SOLs:**

**9.1.m** Describe the positive and negative impacts of social networking.

**Title: Networking****Objectives/ Goals:**

- After completing the activities, the students will be able to explain the importance of networking and how using their interpersonal skills to do so will increase their health literacy.
- My improving their network skills, students will be able to pursue the careers that they are passionate about.

**Materials:**

- [Networking Packet](#)
- [Networking Presentation](#)

## Procedure:

Step 1	<ul style="list-style-type: none"><li>● Start the class with the following activity.</li><li>● Face each other.</li><li>● Make eye contact.</li><li>● Shake hands and introduce yourself.</li><li>● Tell them about what your summer plans are this year.</li><li>● Tell them what are your post high school plans.</li><li>● Tell them One skill you are confident with.</li><li>● <b><u>Switch!</u></b></li></ul>	Slide 2
Step 2	<ul style="list-style-type: none"><li>● Have students fill out first impressions worksheet in the <a href="#">Networking Packet</a></li></ul>	Slide 3
Step 3	<ul style="list-style-type: none"><li>● Have a discussion about the levels of acquaintances. Discuss the spectrum from acquaintance to intimate.</li></ul>	Slide 4
Step 4	<ul style="list-style-type: none"><li>● Have students fill out the “These People know me well” in the <a href="#">Networking Packet</a></li></ul>	slide 5
Step 5	<ul style="list-style-type: none"><li>● Have students watch the <a href="#">video</a> on tips for networking and fill out the worksheet in the <a href="#">Networking Packet</a></li></ul>	Slide 6 video <a href="https://www.youtube.com/watch?v=62_uRUHVuhw">https://www.youtube.com/watch?v=62_uRUHVuhw</a>
Step 6	<ul style="list-style-type: none"><li>● Have students read the article “Networking in High school” in the <a href="#">Networking Packet</a> and have a discussion</li></ul>	Slide 7
Step 7	<ul style="list-style-type: none"><li>● Have a closing discussion on how good communication and networking skills can lead to an increase in health literacy.</li></ul>	

## References:

Melanie Lynch, M.Ed. North Allegheny School District

# NETWORKING



Name: \_\_\_\_\_ Class \_\_\_\_\_



# First Impressions

Pick 3-5 words that best describe you and put a checkmark on the line next to each word.

- |                       |                     |                        |
|-----------------------|---------------------|------------------------|
| _____ Respectful      | _____ Friendly      | _____ Responsible      |
| _____ Hard Working    | _____ Motivated     | _____ Laid Back        |
| _____ Doesn't Care    | _____ Honest        | _____ Quick to Answer  |
| _____ Disorganized    | _____ Polite        | _____ Organized        |
| _____ Mature          | _____ Serious       | _____ Sloppy           |
| _____ Impatient       | _____ Nervous       | _____ Angry            |
| _____ Shy             | _____ Neat          | _____ Interested       |
| _____ Smart           | _____ Lazy          | _____ Smooth Talking   |
| _____ Eager           | _____ Confident     | _____ Quick to Act     |
| _____ Patient         | _____ Silly         | _____ Curious          |
| _____ Outgoing        | _____ Considerate   | _____ Easy Going       |
| _____ Can't Sit Still | _____ Teacher's Pet | _____ Good Salesperson |



These People Know Me Well



These People Know Me Well Enough To Say Hi!

# TIPS *of* NETWORKING



Watch the [video](#) and write at least one VIP for each of the tips.

## TIPS

### 1) Be friendly

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### 2) Be genuinely interested and curious about people, places, and things

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### 3) Be helpful

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### 4) Get a life

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### 5) Put yourself out there

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### 6) Join a community

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Write a paragraph about the cliché, “It’s not what you know, it’s who you know.” that was in the video. Analyze your thoughts, beliefs or experiences with this quote.

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# Why Teens Should Start



## Networking In High School

As a professional recruiter and career coach, I regularly have the opportunity to speak with recent college graduates referred to me by parents from my professional and personal networks.

Unfortunately, I see countless recent college graduates who went to great schools and have stellar grades, but have done almost nothing to develop professional relationships prior to graduating. They often spend months searching for jobs without success, and find themselves frustrated and disillusioned.

This leads me to suggest the single most important thing parents can do to help their children obtain a job after graduating college: Encourage networking in high school. Yes, high school!

## Networking In High School

What does networking look like for a high school student? It takes the form of conversations – as many as possible. The goal of these conversations is to have an open dialogue with others to develop future professional contacts. Some individuals are naturally better at networking than others. However, I believe it's a skill that can be built over time. It just takes intention and practice.

Below are some additional tips to help your son or daughter set the stage:



## **1. Encourage Them To Get A LinkedIn Profile**

Encourage your high school senior or college student to open a LinkedIn account with a profile including: a professional photo, details of their educational experience, internships, part-time jobs, and volunteer work.

Encourage them to connect with anyone they have ever met, including your friends, their coaches and teachers, and so on. You never know who is connected to whom, and it costs nothing to connect. If they have an internship, make sure they connect with the people they met at work. As a parent, you can monitor their connections by having their LinkedIn e-mails forwarded to your address for your review.

## **2. Encourage Them To Join Networking Groups**

Encourage your children to join networking groups on campus and online through LinkedIn. They can start with high school and college alumni groups and specific county or town groups. Colleges and high schools typically offer career seminars as well. Students should make a point of attending, even as freshmen.

## **3. Help Them Prepare An “Elevator Speech”**

Help your children prepare an “elevator speech” for networking conversations and internship opportunities. For example, “I’m Dan. I’m a student at XYZ and interested in...” Being able to succinctly describe yourself and your strengths is not always easy to do, but is something that can be developed over time.

## **4. Get Them “Contact” Cards**

I realize this final recommendation may be controversial to some. However, I recommend getting your children “contact” cards with their phone number and e-mail address. This will make it easy for them to exchange contact information when they meet someone who can possibly assist with obtaining an internship or job. It’s also more professional than saying, “Facebook me” for contact information.

Additionally, I think a well-spoken high school or college student will stand out for his/her maturity, enthusiasm and preparation by having a contact card and an obvious professional goal in mind.

These steps are fairly easy to implement, and, at the very least, can help produce a businesslike mindset that will benefit your children throughout their professional careers. At best, these steps will help them find that first full-time job sooner than later.

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What's good about me?

