

**FAME Public Charter School
Course Description**

Career Exploration

Description:

This course helps students discover their interests, aptitudes, values and goals and to develop a focused plan for a rewarding career. Students explore careers that match their unique personality, develop a budget for their planned lifestyle and make a detailed ten-year action plan. The course teaches basic skills such as goal setting, decision making, recognizing and using mentors, and stress management. It also covers the consequences of lifestyle choices on the future and provides resources for further career research.

Suggested Curriculum:

Career Choices, A Guide for Teen and Young Adults by Mindy Bingham and Sandy Stryker. ISBN: 1-8788787-02-0. Workbook: ISBN 1-878787-03-9

University Nebraska ISHS, Career Planning, Course # CPLH 001 005 or 001 W55

This is a one semester. 5 elective credits will be awarded with a passing grade.