



## Grade 10 Sample Lesson Plan: Health Careers Unit – Health Careers Exploration

### SOLs

- 10.1 N
- 10.1 O
- 10.3 O

### Objectives/Goals

- Students will identify professions in the health care industry.
- Students will identify the characteristics of effective healthcare providers.
- Students will consider health occupations and whether or not they could see themselves as a professional in the healthcare industry.
- Students will learn about their own strengths, interests, and skills and how they might apply as a healthcare professional.

### Materials

- 1 – Handout – Health Career Exploration
- 2 – Computers or mobile devices with Internet access

### Procedure

#### Step 1

- A – This lesson will likely take 3 days of class time depending on the length of your classes. Begin by telling students *Over the next two days we will be researching different careers in the health industry.* Then ask, *What are some careers or professions you know or have heard about in the health industry?* Write student responses on the board as they shout them out.
- B – After they have thought of as many as they can, put a list of many different potential health careers on the board or project on the screen using the Health Careers PowerPoint.
- C - You could also ask, *What are some important attributes of healthcare professions?* Again, write their ideas on the board. Show the next slide in the PowerPoint

#### Step 2

- A – Tell students *You will pick a health profession to explore that seems interesting to you. You will research the career using the Internet and fill out the Health Careers Exploration handout as you go along.* Try to have students pick as many different careers as possible because they will share their findings at the end of this lesson.

- B – In a skills-based health education curriculum, you would want to have taught the skill of “accessing information, products or services” (National Health Education Standard #3) so students know how to search for credible sources. See this lesson – [“Is it C.R.A.A.P.?”](#) for more information.

### *Step 3*

- A – Day two will consist of time mostly spent researching a health career. Check in with students as they are working. If you want to fill more time, you could have students research more than one career.
- B – For day 3, tell students they will need to be prepared to share their findings with their classmates.

### *Step 4*

- A – Have students share their findings with their classmates. This could be in the form of small groups, then rotating groups, or possibly having each student share out to the class (depending on time).
- B – You could have students prepare a poster summarizing their main findings and having a walking gallery of each poster.

### **Assessment Idea**

Handout - Health Career Exploration assessment (sample rubric included on last page).

### **References**

- [Careercruising.com](http://Careercruising.com) (paid subscription that your school may already have access to or can purchase access to)...really great site!
- [Explorehealthcareers.org](http://Explorehealthcareers.org)

### **Handout**

The next page includes a handout for the lesson. The handout is designed for print use only.

## Health Careers Exploration

This activity will allow you to learn about your strengths, interests and skills, and how they might apply to a future career choice in the healthcare industry.

1. Using a credible website, explore some careers that sound interesting to you. One suggestion would be to use [explorehealthcareers.org](http://explorehealthcareers.org). Try to find things out about each career like...
  - How the career suits your interests
  - A summary of key information about the occupation
  - A description of the tasks people do on the job
  - Working conditions
  - Earnings
  - Education and training requirements
  - A sample career path
  - Related careers to the profession
2. After browsing through several different careers, select one that you are seriously interested in pursuing. Be sure you have an understanding of the educational path required. Write down three reasons you like it (e.g. high potential earnings, comfortable working conditions, enjoy key job tasks or central aspects) and answer the remaining questions.

**Health Career I Chose:**

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Three Reasons Why I Like This Career Choice:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_





## Health Careers Exploration Rubric

After completing the health careers exploration assignment you will have assessed yourself in terms of working in a future health career. Planning is an important step to fulfilling your role as a worker in our economy. Your assignment will be graded using the following rubric.

Requirements	Proficient	Not Evident
<b>NHES #3 – Students will demonstrate the ability to access valid information and products and services to enhance health.</b> <i>3.12.5 – Access valid and reliable health information, products and services as it applies to careers in healthcare.</i>		
<b>NHES #4 – Students will demonstrate the ability to use interpersonal communication skills to enhance health.</b> <i>4.12.1 – Use skills for communicating effectively with peers to enhance health as it pertains to educating others about careers in healthcare.</i>		
<b>Health Careers Handout Thoroughly Completed</b>		
<b>Assignment turned in on time</b>		
<b>TOTAL</b>		