



Lenses on the Future Virtual Lessons

Unit Overview

Lesson	ECAP & AZ Career Literacy Standards	Lesson Overview	Student Learning Outcomes	Time
Lenses on the Future 2.0 Lesson 1: The Me I Choose	ECAP: Define personal identity.	This lesson asks you to use the Self lenses and provides a way to explore the attributes that are unique to you. Through the “alphabiography” and the personal identity wheel activities, you will share the attributes that best describe you and reflect on how your interests and traits have shaped your identity. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none">• Identify components of your personal identity.• Define personal identity as a reflection of individual traits, choices, and options within one’s control.• Consider the way multiple identities frame your perspectives.	45-60 minutes
Lenses on the Future 2.0 Lesson 2: My Strengths and Talents	ECAP: Identify and document their skills and interests.	In this lesson, you will use your Self Lens to identify your strengths and discover ways to use your talents in academic and professional settings. First, you will take a free online personality test to identify your strengths. The test is called the NERIS Type Explorer which is based on the Myers-Briggs Type Indicator assessment tool. Finally, you will reflect on how you can use your strengths and talents to help achieve your goals. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none">• Name your personal strengths• Evaluate your assets for succeeding academically or professionally• Frame goals that leverage your unique strengths and assets	45- 60 minutes
Lenses on the Future 2.0 Lesson 3: Connecting Careers	ECAP: Identify and document careers that align with personal interests and skills.	This lesson uses the Self Lens and starts with identifying your sparks – but it requires you to move beyond simply identifying your strengths and interests; you will now begin to recognize how your unique talents can align to careers. Using the framework of career clusters, you will	<ul style="list-style-type: none">• Identify possible connections between personal interests and careers	45- 60 minutes



		explore many different careers and think about how your specific strengths may be applied to various industries. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none"> • Categorize jobs within career clusters • Apply an exploratory mindset to career clusters 	
Lenses on the Future 2.0 Lesson 4: Six Word Statements	AZ Standards: 7.1	In this Self Lenses lesson, you will explore the Six-Word Statement, which boils one's life—or part of it—down to six words. First, you will explore several examples in a Gallery Walk and reflect on their effectiveness. Next, you will write three versions of your own Six-Word Statement by thinking of the impression you want to leave with your readers or the story you want to tell. Finally, you will share your Six-Word Statement with your peers on Flipgrid. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none"> • Analyze exemplars to guide your thinking and writing processes • Create Six-Word Statements using your experiences and working philosophies 	45-60 minutes
Lenses on the Future 2.0 Lesson 5: Future Ready Pathways	AZ Standards: 1.5 ECAP: Determine and document various careers that align with interests using a career interest survey	In this lesson, you will explore different future pathways. First, you will consider both your own and others' opinions regarding higher education. Next you will activate your knowledge on the future of work through a true or false activity. Finally, you will take a career exploration survey and consider other ways to learn more about your career interests. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none"> • Compare and contrast future options • Determine various careers that align with your interests through a career interest survey 	45-50 minutes
Lenses on the Future 2.0 Lesson 6: Job, Job, Career	AZ Standards: 1.2, 1.4, and 7.4	In this Security Lenses lesson, you will explore the difference between jobs and careers. A quick opening activity will help you to assess your current understanding about the world of work. You will then analyze a Mystery Text, reflecting on the implication of the opinion piece, as well as to infer a possible theme. Finally, you will complete a reflection in which you will	<ul style="list-style-type: none"> • Evaluate the difference between a job and a career. • Infer a theme based on context clues. 	45-50 minutes



		agree and disagree with various ideas in relation to the theme, before reflecting on the conceptual difference between jobs and careers. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none"> Analyze text to find connections, agreements, and contradictions. 	
Lenses on the Future 2.0 Lesson 7: Keeping It Real	AZ Standards: 7.5 ECAP: Document lifestyle preferences and goals.	This Security lens lesson begins with some mystery data for you to explore. Then, you will participate in a simulation that allows you to select a job, housing, transportation, and leisure items. Then you will be asked to calculate the cost of your choices and see if you can afford the lifestyle you choose. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none"> Evaluate fiscal decisions to stay within a budget. Create a budget based on real-world constraints. Compare academic preparation with resulting opportunities and constraints. 	
Lenses on the Future 2.0 Lesson 8: Holland Codes	AZ Standards: 1.5 and 1.6 ECAP: Determine and document various careers that align with interests using a career interest survey	In this Security Lenses lesson, you will explore the Holland Code personality types and the careers associated with them. First, you will weigh different career interests by taking a photo career quiz and a Holland Code career evaluation. Then, you will evaluate your possible careers options based on the results of the quizzes and their personal interests. Finally, you will reflect on your reactions to the Holland Code test outcomes. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none"> Describe your career personality using the Holland Code personality types Evaluate careers that match your Holland Code 	45-50 minutes
Lenses on the Future 2.0 Lesson 9: My Personal Brand	AZ Standards: 7.1	In this Society Lenses lesson, you will begin to build your personal brand. You'll begin by learning what a personal brand is. Then you will spend some time building your own brand and thinking about whether or not your actions support your brand. Finally, you'll make a plan for aligning your actions and brand and	<ul style="list-style-type: none"> Evaluate how you are perceived and how you want to be perceived. Determine how to use your story to open doors of opportunity. 	45- 60 minutes



		share those plans on Flipgrid. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none"> • Design an action plan to build your brand. 	
Lenses on the Future 2.0 Lesson 10: Society: Values Hold 'Em	ECAP: Identify and document personal values.	In this lesson, you will explore this and come up with characteristics of values. Then, you will be asked to reflect on your value choices and how those choices might affect your decisions. Finally, you will have the opportunity to work with a family member or trusted friend to learn how your values align with each other and where they differ. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none"> • Reflect and make choices based on different scenarios. • Analyze scenarios based on your personal values. • Analyze your values using a series of activities. 	45-50 minutes
Lenses on the Future 2.0 Lesson 11: Finding Contribution	ECAP: Define a career goal aligned to their personal interests, skills, and values.	This lesson uses the Society Lens and introduces you, through a Gallery Walk, to a number of people who have contributed to their communities in different ways. Then, you'll give some thought to how you can do the same by taking action on your own values. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none"> • Evaluate the contributions of a variety of careers to their community • Determine your values and civic issues of interest • Connect your values to civic life, acting, and opportunities to engage 	45 minutes
Lenses on the Future 2.0 Lesson 12: Reflecting on Lenses on the Future	ECAP: Document personal identity, interests, and skills. as they relate to career/education planning.	In this last lesson of this Lenses on the Future unit, you will take some time to reflect on key activities or discoveries that you made about yourself, your community and your happiness. Lesson PDF should be added to ECAP Portfolio.	<ul style="list-style-type: none"> • Reflect on your learning and growth over time. • Communicate your learning and growth over time. 	45 minutes