

# CONGRESO OST VIRTUAL LESSON PLANS HIGH SCHOOL

## WEEK TWO



216 W. Somerset St. Philadelphia, PA 19133.

CONGRESO OST @ KENSINGTON CAPA & EDISON HIGH SCHOOL

**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

**Week 2 Day 1****MONDAY**

**Activity Theme/Title:** How to dress for an Interview or Internship

**Materials:**

- Professional clothing
- a cellphone

**Activity Instructions:**

Do you know how to dress for an interview?

It's a good idea to keep at least one outfit for an interview on hand. Good news for you, your school khakis get you half way to the goal! After watching the video provided below, go find an outfit that you feel would be great to wear to an interview. Have a family member take a few photos of your wearing the attire. Briefly discuss why the outfit you've chosen makes you appear to be a good candidate for the job. Be prepared to share with the group through zoom.

 **Activity Objectives:**

- ☐ Attire etiquette
- ☐ Ease in public speaking and communication
- ☐ Life Skills

**Visuals:**

Watch this 5 Minute video on how to dress for an interview:

<https://www.youtube.com/watch?v=fIT7lqtojsU>

Another etiquette resource to watch:

[https://www.youtube.com/watch?v=DM8Stzk\\_jxs](https://www.youtube.com/watch?v=DM8Stzk_jxs)

**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

**Week 2 Day 2****TUESDAY**

**Activity Theme/Title:** Taking the perfect headshot

**Materials:**

- Professional Clothing
- a cellphone

**Activity Instructions:**

Remember the amazing pictures you took in your professional attire last week? Watch the video attached below and assess whether your pictures are up the standard. While there is no "right" or "wrong" way to have a photo taken of yourself, there is a good way present yourself that can make your image that much more memorable when sending it to employers. Watch the video, put your professional attire back on and have your image retaken. Now place your before and after pictures side by side. Be prepared to share the noticeable difference with your friends and family.

 **Activity Objectives:**

- ☐ Attire etiquette

**Visuals:** (If needed)

Watch this 5 Minute video on how to look great in every picture that you take:

<https://www.youtube.com/watch?v=SeriHm824hA>

**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

**Week 2 Day 3****WEDNESDAY- ESCALERA****Activity Theme/Title:****Materials:**

- Escalera worksheets listed below.
- *Formularios de escalera listados debajo.*

**Activity Instructions:**

- Complete all the activity worksheets, they are necessary to continue the assignments.
- *Completa todos los formularios de actividades, son necesarios para continuar la asignacion.*

 **Activity Objectives:**

- ☐ Week 1-5 is intentionally created to help the students identify their:

- personality type
- abilities and strength
- priorities of needs and wants
- career interest

Ultimately prepare students to showcase their elevator pitch for future use

**Visuals:** are attached below. (Pages 4-14)

# Abilities Survey

Name \_\_\_\_\_

Date \_\_\_\_\_

## Purpose

Before beginning to explore college majors and careers that will prove satisfying for you, you must first develop a true understanding of yourself: your skills, interests, values, and personality characteristics.

## Instructions

1. Think of the abilities listed below in terms of how you compare yourself to someone in your age group (friends/classmates).
2. Circle the answer that best describes your abilities when compared to your friends and classmates.

ABILITY	ABILITY LEVEL		
<b>COMMUNICATION</b> Includes speech, writing, persuasion, reading, and comprehension	Below Average	Average	Above Average
<b>MATH</b> Includes adding, subtracting	Below Average	Average	Above Average
<b>SPATIAL</b> Includes biology, chemistry, geology, and astronomy	Below Average	Average	Above Average
<b>SCIENCE</b> Includes biology, chemistry, geology, and astronomy	Below Average	Average	Above Average
<b>LEADERSHIP</b> Includes the ability to take on responsibility in a group, to motivate others, and to provide direction in group activities	Below Average	Average	Above Average
<b>ART</b> Includes painting, drawing, sculpture, acting and music	Below Average	Average	Above Average
<b>PHYSICAL PERFORMANCE</b> Includes athletics, dance, and a variety of activities that require coordination	Below Average	Average	Above Average
<b>MECHANICAL</b> Includes the ability to understand and fix various machines and appliances	Below Average	Average	Above Average

## Career Clusters Interest Survey

Name \_\_\_\_\_

School \_\_\_\_\_ Date \_\_\_\_\_

**Directions:** Circle the items in each box that best describe you. You may make as many or as few circles in each box as you choose. Add up the number of circles in each box. Look to see which three boxes have the highest numbers. Find the corresponding Career Clusters on the pages immediately following this survey to see which Career Clusters you may want to explore.

<b>BOX 1</b>	<b>Activities that describe what I like to do:</b> 1. Learn how things grow and stay alive. 2. Make the best use of the earth's natural resources. 3. Hunt and/or fish. 4. Protect the environment. 5. Be outdoors in all kinds of weather. 6. Plan, budget, and keep records. 7. Operate machines and keep them in good repair.	<b>Personal qualities that describe me:</b> 1. Self-reliant 2. Nature lover 3. Physically active 4. Planner 5. Creative problem solver	<b>School subjects that I like:</b> 1. Math 2. Life Sciences 3. Earth Sciences 4. Chemistry 5. Agriculture	<b>Total number circled in Box 1</b>  <div style="border: 1px solid black; width: 60px; height: 40px; margin: 0 auto;"></div>
--------------	---	---	---	---

<b>BOX 2</b>	<b>Activities that describe what I like to do:</b> 1. Read and follow blueprints and/or instructions. 2. Picture in my mind what a finished product looks like. 3. Work with my hands. 4. Perform work that requires precise results. 5. Solve technical problems. 6. Visit and learn from beautiful, historic, or interesting buildings. 7. Follow logical, step-by-step procedures.	<b>Personal qualities that describe me:</b> 1. Curious 2. Good at following directions 3. Pay attention to detail 4. Good at visualizing possibilities 5. Patient and persistent	<b>School subjects that I like:</b> 1. Math 2. Drafting 3. Physical Sciences 4. Construction Trades 5. Electrical Trades/Heat, Air Conditioning and Refrigeration/Technology Education	<b>Total number circled in Box 2</b>  <div style="border: 1px solid black; width: 60px; height: 40px; margin: 0 auto;"></div>
--------------	--	---	---	---

<b>BOX 3</b>	<b>Activities that describe what I like to do:</b> 1. Use my imagination to communicate new information to others. 2. Perform in front of others. 3. Read and write. 4. Play a musical instrument. 5. Perform creative, artistic activities. 6. Use video and recording technology. 7. Design brochures and posters.	<b>Personal qualities that describe me:</b> 1. Creative and imaginative 2. Good communicator/good vocabulary 3. Curious about new technology 4. Relate well to feelings and thoughts of others 5. Determined/tenacious	<b>School subjects that I like:</b> 1. Art/Graphic design 2. Music 3. Speech and Drama 4. Journalism/Literature 5. Audiovisual Technologies	<b>Total number circled in Box 3</b>  <div style="border: 1px solid black; width: 60px; height: 40px; margin: 0 auto;"></div>
--------------	---	---	--	---

Source: Adapted from the Guidance Division Survey, Oklahoma Department of Career and Technology Education (2005)

**Note:** This survey does not make any claims of statistical reliability and has not been normed. It is intended for use as a guidance tool to generate discussion regarding careers and is valid for that purpose.

<b>BOX 13</b>	<b>Activities that describe what I like to do:</b> 1. Work with my hands and learn that way. 2. Put things together. 3. Do routine, organized and accurate work. 4. Perform activities that produce tangible results. 5. Apply math to work out solutions. 6. Use hand and power tools and operate equipment/machinery. 7. Visualize objects in three dimensions from flat drawings.	<b>Personal qualities that describe me:</b> 1. Practical 2. Observant 3. Physically active 4. Step-by-step thinker 5. Coordinated	<b>School subjects that I like:</b> 1. Math-Geometry 2. Chemistry 3. Trade and Industry courses 4. Physics 5. Language Arts	<b>Total number circled in Box 13</b> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>
<b>BOX 14</b>	<b>Activities that describe what I like to do:</b> 1. Shop and go to the mall. 2. Be in charge. 3. Make displays and promote ideas. 4. Give presentations and enjoy public speaking. 5. Persuade people to buy products or to participate in activities. 6. Communicate my ideas to other people. 7. Take advantage of opportunities to make extra money.	<b>Personal qualities that describe me:</b> 1. Enthusiastic 2. Competitive 3. Creative 4. Self-motivated 5. Persuasive	<b>School subjects that I like:</b> 1. Language Arts 2. Math 3. Business Education/Marketing 4. Economics 5. Computer Applications	<b>Total number circled in Box 14</b> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>
<b>BOX 15</b>	<b>Activities that describe what I like to do:</b> 1. Interpret formulas. 2. Find the answers to questions. 3. Work in a laboratory. 4. Figure out how things work and investigate new things. 5. Explore new technology. 6. Experiment to find the best way to do something. 7. Pay attention to details and help things be precise.	<b>Personal qualities that describe me:</b> 1. Detail-oriented 2. Inquisitive 3. Objective 4. Methodical 5. Mechanically inclined	<b>School subjects that I like:</b> 1. Math 2. Science 3. Drafting/Computer-Aided Drafting 4. Electronics/Computer Networking 5. Technical Classes/Technology Education	<b>Total number circled in Box 15</b> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>
<b>BOX 16</b>	<b>Activities that describe what I like to do:</b> 1. Travel. 2. See well and have quick reflexes. 3. Solve mechanical problems. 4. Design efficient processes. 5. Anticipate needs and prepare to meet them. 6. Drive or ride. 7. Move things from one place to another.	<b>Personal qualities that describe me:</b> 1. Realistic 2. Mechanical 3. Coordinated 4. Observant 5. Planner	<b>School subjects that I like:</b> 1. Math 2. Trade and Industry courses 3. Physical Sciences 4. Economics 5. Foreign Language	<b>Total number circled in Box 16</b> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>








**Disclaimer:** Your interests may change over time. These survey results are intended to assist you with informal career exploration. Consider more formal assessments and other resources or services to help you plan your career. This survey does not make any claims of statistical reliability.



## The Sixteen Career Clusters

1	Agriculture, Food & Natural Resources	The production, processing, marketing, distribution, financing, and development of agricultural commodities and resources including food, fiber, wood products, natural resources, horticulture, and other plant and animal products/resources.
2	Architecture & Construction	Careers in designing, planning, managing, building, and maintaining the built environment.
3	Arts, A/V Technology & Communications	Designing, producing, exhibiting, performing, writing, and publishing multimedia content including visual and performing arts and design, journalism, and entertainment services.
4	Business Management & Administration	Business Management and Administration careers encompass planning, organizing, directing and evaluating business functions essential to efficient and productive business operations. Business Management and Administration career opportunities are available in every sector of the economy.
5	Education & Training	Planning, managing, and providing education and training services, and related learning support services.
6	Finance	Planning, services for financial and investment planning, banking, insurance, and business financial management.
7	Government & Public Administration	Executing governmental functions to include governance; national security; foreign service; planning; revenue and taxation; regulation; and management and administration at the local, state, and federal levels.
8	Health Science	Planning, managing, and providing therapeutic services, diagnostic services, health informatics, support services, and biotechnology research and development.
9	Hospitality & Tourism	Hospitality and Tourism encompasses the management, marketing and operations of restaurants and other food services, lodging, attractions and recreation events, and travel-related services.

## Career Clusters cont.

10	 Human Services	Preparing individuals for employment in career pathways that relate to families and human needs.
11	 Information Technology	Building linkages in IT occupations framework for entry-level, technical, and professional careers related to the design, development, support and management of hardware, software, multimedia, and systems integration services.
12	 Law, Public Safety, Corrections & Security	Planning, managing, and providing legal, public safety, protective services and homeland security, including professional and technical support services.
13	 Manufacturing	Planning, managing and performing the processing of materials into intermediate or final products and related professional and technical support activities such as production planning and control, maintenance, and manufacturing/process engineering.
14	 Marketing	Planning, managing, and performing marketing activities to reach organizational objectives.
15	 Science, Technology, Engineering & Mathematics	Planning, managing, and providing scientific research and professional and technical services (e.g., physical science, social science, engineering), including laboratory and testing services, and research and development services.
16	 Transportation, Distribution & Logistics	Planning, management, and movement of people, materials, and goods by road, pipeline, air, rail and water and related professional and technical support services such as transportation infrastructure planning and management, logistics services, mobile equipment, and facility maintenance.

My top three Career Clusters of interest are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

For more information, check with a career counselor at your high school, career technical center, higher education institution, or one-stop career center.

# Encuesta de Interes de Grupos de Carreras

Nombre \_\_\_\_\_

Escuela \_\_\_\_\_ Fecha \_\_\_\_\_

**Direcciones:** Circule los articulos en cada caja que mejor lo describa a usted. Usted puede circular cuantos quiera por cada caja que usted escoja. Sume los circulos de cada caja. Determine cual de las tres cajas tiene el numero mayor. Busque la carrera correspondiente en las paginas siguientes de esta encuesta para ver cual carrera es la que usted desea explorar.

**Recurso:** Adaptado desde la Guia y Division de escuela, Departamento de Oklahoma, Carreras y Educacion Tecnologica (2005)

<b>CAJA 1</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. Aprender como las cosas crecen y siguen vivas.</li> <li>2. Hacer el mejor uso de los recursos naturales de la tierra.</li> <li>3. Cazar y/o pescar.</li> <li>4. Proteger el ambiente.</li> <li>5. Estar afuera en cualquier tipo de tiempo.</li> <li>6. Planea presupuesto, y manten tus records.</li> <li>7. Manejar maquinas y mantenerlas en buenas condiciones.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Confianza en si mismo</li> <li>2. Amante a la naturaleza</li> <li>3. Físicamente activo/a</li> <li>4. Planeador</li> <li>5. Creativo en resolver problemas.</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Matematicas</li> <li>2. Ciencias de la vida</li> <li>3. Ciencias de la tierra</li> <li>4. Quimica</li> <li>5. Agricultura</li> </ol>	<b>Total de numeros circulados en Caja 1</b>  <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>
<b>CAJA 2</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. Leer y seguir las instrucciones de mapas.</li> <li>2. Crear una foto en la mente de como un producto terminado se va a ver.</li> <li>3. Trabajar con mis manos.</li> <li>4. Realizar trabajos que requieran resultados precisos.</li> <li>5. Resolver problemas técnicos.</li> <li>6. Visitar y aprender de la belleza histórica, o edificios interesantes.</li> <li>7. Seguir la logica, procedimientos de paso a paso.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Curioso</li> <li>2. Eres bueno en seguir direcciones</li> <li>3. Prestas atencion a detalles</li> <li>4. Eres bueno en visualizar posibilidades</li> <li>5. Paciente y persistente</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Matematicas</li> <li>2. Diseño</li> <li>3. Ciencia Fisica</li> <li>4. Oficio de Construccion</li> <li>5. Oficio Electrico; Calenton, Aire Acondicionado y Refrigeracion; Educacion Tecnologica</li> </ol>	<b>Total de numeros circulados en Caja 2</b>  <div style="border: 1px solid black; width: 40px; height: 40px; margin: 0 auto;"></div>

<b>CAJA 3</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. Uso mi imaginacion para comunicar nueva informacion con otros.</li> <li>2. Obrar en frente de otros.</li> <li>3. Leer y escribir.</li> <li>4. Tocar un instrumento musical.</li> <li>5. Obrar creativamente, actividades artisticas.</li> <li>6. Usar video y usar tecnologia.</li> <li>7. Diseñar folletos y anuncios.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Creativo y imaginativo</li> <li>2. Buen comunicador, Tienes buen vocabulario</li> <li>3. Curioso a la nueva tecnologia</li> <li>4. Se relaciona bien con sentimientos y a pensamientos de otros</li> <li>5. Determinado/tenaz</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Diseño de Arte/grafico</li> <li>2. Musica</li> <li>3. Discurso y drama</li> <li>4. Jornalismo/Literatura</li> <li>5. Tecnologia Audiovisual</li> </ol>	<b>Total de numeros circulados en Caja 3</b> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>
<b>CAJA 4</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. Realizar una rutina, organizar actividades pero puedo ser flexible.</li> <li>2. Trabajar con numeros y informacion detallada.</li> <li>3. Ser el Guia de el grupo.</li> <li>4. Hacer negocios que tengan contacto con personas.</li> <li>5. Trabajar con programas de computadora.</li> <li>6. Crear reportes y comunicar ideas.</li> <li>7. Planear mi trabajo y seguir instrucciones sin una supervision cerca.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Organizado</li> <li>2. Practico y logico</li> <li>3. Paciente</li> <li>4. Prudente</li> <li>5. Responsable</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Computadora Informacion de Tecnologia y Aplicaciones/- Negocio</li> <li>2. Contabilidad</li> <li>3. Matematicas</li> <li>4. Ingles</li> <li>5. Economia</li> </ol>	<b>Total de numeros circulados en Caja 4</b> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>
<b>CAJA 5</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. Comunicarse con diferentes tipos de personas.</li> <li>2. Ayudar a otros con su tarea y aprender nuevas cosas.</li> <li>3. Ir a la escuela.</li> <li>4. Dirigir y planear actividades para otros.</li> <li>5. Manipular varias responsabilidades a la vez.</li> <li>6. Acquirir nueva informacion.</li> <li>7. Ayudar a las personas a superar sus retos.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Amistoso</li> <li>2. Tomar decisiones propias.</li> <li>3. Servicial</li> <li>4. Innovativo/Inquisitivo</li> <li>5. Sabes escuchar</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Ingles</li> <li>2. Geografia</li> <li>3. Matematicas</li> <li>4. Ciencia</li> <li>5. Sicoologia</li> </ol>	<b>Total de numeros circulados en Caja 5</b> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>

<b>CAJA 6</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. Trabajar con numeros.</li> <li>2. Trabajar hasta alcanzar su meta.</li> <li>3. Hacer predicciones basadas en hechos.</li> <li>4. Hacer una estructura de reglas por la cual usted trabaja.</li> <li>5. Analizar informacion financiera y interpretarsela a otros.</li> <li>6. Manipular dinero con habilidad y formalidad.</li> <li>7. Tener orgullo en la forma en que me visto y luzco.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Confiable</li> <li>2. Ordenado</li> <li>3. Seguro de si mismo</li> <li>4. Logico</li> <li>5. Metodico o eficiente</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Contabilidad</li> <li>2. Matematicas</li> <li>3. Economia</li> <li>4. Banco/Servicio de Financiamiento</li> <li>5. Leyes</li> </ol>	<b>Total de numeros circulados en Caja 6</b> <div></div>
<b>CAJA 7</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. Estar involucrado en politica.</li> <li>2. Negociador, defensor, y discutir ideas y topicos.</li> <li>3. Planear actividades y trabajar cooperativamente con otros.</li> <li>4. Trabajar con detalles.</li> <li>5. Hacer una variedad de trabajos que pueden cambiar a menudo.</li> <li>6. Analizar informacion y interpretarsela a otros.</li> <li>7. Viajar y ver cosas que son nuevas para mi.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Buen comunicador</li> <li>2. Competitivo</li> <li>3. Expecto en Servicio Social</li> <li>4. Bien organizado</li> <li>5. Resuelve problemas facilmente.</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Gobierno</li> <li>2. Ingles</li> <li>3. Historia</li> <li>4. Matematicas</li> <li>5. Idioma</li> </ol>	<b>Total de numeros circulados en Caja 7</b> <div></div>
<b>CAJA 8</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. Trabajar bajo presion.</li> <li>2. Ayudar a las personas enfermas y animales.</li> <li>3. Tomar decisiones basadas en logica y informacion.</li> <li>4. Participar en clases de ciencia y salud.</li> <li>5. Responder rapido y calmadamente en emergencias.</li> <li>6. Trabajar como miembro de un equipo.</li> <li>7. Seguir los requisitos con precision y hacer frente a normas extrictas con exactitud.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Comprensivo y preocupado.</li> <li>2. Bueno en seguir direcciones.</li> <li>3. Escrupuloso y cuidadoso.</li> <li>4. Paciente</li> <li>5. Eres bueno en escuchar.</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Ciencia Biologica</li> <li>2. Quimica</li> <li>3. Matematicas</li> <li>4. Clases de Salud.</li> <li>5. Ingles</li> </ol>	<b>Total de numeros circulados en Caja 8</b> <div></div>
<b>CAJA 9</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. Investigar nuevos lugares y actividades.</li> <li>2. Trabajar con todas las edades y tipos de personas.</li> <li>3. Organizar actividades en las cuales las personas las disfrutan.</li> <li>4. Tener un itinerario flexible.</li> <li>5. Ayudar a las personas a tomar decisiones.</li> <li>6. Comunicarme facilmente, prudentemente, y cortesmente.</li> <li>7. Aprender de otras culturas.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Prudente</li> <li>2. Motivador</li> <li>3. Trabajo bien con los demas</li> <li>4. Sobresaliente</li> <li>5. No me enojo facilmente</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Language de Artes/Discurso</li> <li>2. Idioma</li> <li>3. Ciencia Social</li> <li>4. Mercado</li> <li>5. Servicios de Comida</li> </ol>	<b>Total de numeros circulados en Caja 9</b> <div></div>

<b>CAJA 14</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. De compras e ir a las tiendas.</li> <li>2. Estar a cargo.</li> <li>3. Exhibir y promover ideas.</li> <li>4. Dar presentaciones y disfrutar el hablar en publico.</li> <li>5. Persuadir a las personas para que compren productos o para que participen en actividades.</li> <li>6. Comunicar mis ideas a otras personas.</li> <li>7. Tomar ventajas de oportunidades para hacer dinero extra.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Entusiastico</li> <li>2. Competente</li> <li>3. Creativo</li> <li>4. Motivador</li> <li>5. Persuasivo</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Ingles</li> <li>2. Matematicas</li> <li>3. Education de Negocios</li> <li>4. Economia</li> <li>5. Aplicaciones de Computadora</li> </ol>	<b>Total de numeros circulados en Caja 14</b> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>
<b>CAJA 15</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. Interpretar formulas.</li> <li>2. Buscar respuestas a preguntas.</li> <li>3. Trabajar en un Laboratorio.</li> <li>4. Descubrir como trabajan las cosas e investigar cosas nuevas.</li> <li>5. Explorar nuevas tecnologias.</li> <li>6. Experimentar para encontrar la mejor manera de hacer algo.</li> <li>7. Prestar atencion a detalles y ayudar para que las cosas sean precisas.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Orientador</li> <li>2. Inquisitivo</li> <li>3. Imparcial</li> <li>4. Metodico</li> <li>5. Inclinado a la mecanica</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Matematicas</li> <li>2. Ciencias</li> <li>3. Diseño/Auxiliar de Diseño de Computadora</li> <li>4. Electronica/Cadena de Computadora</li> <li>5. Clases Tecnicas/ Educacion en Tecnologia.</li> </ol>	<b>Total de numeros circulados en Caja 15</b> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>
<b>CAJA 16</b>	<b>Actividades que describe lo que me gusta hacer:</b> <ol style="list-style-type: none"> <li>1. Viajar.</li> <li>2. Ver bien y tener reflejos rapidos.</li> <li>3. Resolver problemas mecanicos.</li> <li>4. Designar procesamientos eficientes.</li> <li>5. Anticipar necesidades y prepararse para ellas.</li> <li>6. Manejar o montar.</li> <li>7. Mover cosas de un lugar a otro.</li> </ol>	<b>Cualidades personales que me describen a mi:</b> <ol style="list-style-type: none"> <li>1. Realistico</li> <li>2. Mecanico</li> <li>3. Coordinado</li> <li>4. Observador</li> <li>5. Planeador</li> </ol>	<b>Materias de la escuela que a mi me gustan:</b> <ol style="list-style-type: none"> <li>1. Matematicas</li> <li>2. Cursos de Negocios e Industria</li> <li>3. Ciencia Fisica</li> <li>4. Economia</li> <li>5. Idioma</li> </ol>	<b>Total de numeros circulados en Caja 16</b> <div style="border: 1px solid black; width: 50px; height: 50px; margin: 10px auto;"></div>

**Note:** Esta encuesta no esta hecha para reclamar una estadística segura y no ha sido una norma. Es intensionalmente hecha para el uso como una herramienta de guía para generar una discusión referente a carreras y es valido por ese proposito.

## Needs and Wants

Name \_\_\_\_\_

Date \_\_\_\_\_

### Purpose

When thinking about your future career, you want to identify what is important to you about it. Consider what you want to gain from it and learn from it. This survey will help you to identify your top two career needs and wants.

### Instructions

Think of the 10 career needs and wants in terms of their importance to you. Circle the answer that best describes its relevance to you.

CAREER NEEDS AND WANTS	LEVEL OF IMPORTANCE		
<b>MONEY</b> - A need for extras beyond the basics to live on	Less important	Important	Very important
<b>RESPECT</b> - Occupations with prestige, status, or credentials	Less important	Important	Very important
<b>FREEDOM</b> - Being able to work independently with little supervision	Less important	Important	Very important
<b>STABILITY</b> - Occupations that have little staff turn-over or layoffs with job security	Less important	Important	Very important
<b>VARIETY</b> - Occupations that expose you to diverse experiences and locations	Less important	Important	Very important
<b>LEISURE</b> - Occupations that provide you with time for family and hobbies	Less important	Important	Very important
<b>LEADERSHIP</b> - Occupations with responsibility for others and for planning	Less important	Important	Very important
<b>SERVICE</b> - Occupations that help people and society in a direct way	Less important	Important	Very important
<b>INTEREST</b> - Working in a field that you find intellectually stimulating	Less important	Important	Very important
<b>CHALLENGE</b> - A field that repeatedly tests your skills and abilities, and helps you learn new things	Less important	Important	Very important

Know Yourself

## Needs and Wants

---

Review your choices in the "Very important" column. Choose no more than two that you view as the most important.

Write these two career needs and wants below.

**Career Option**

---

---

**Career Option**

---

---

**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

Week 2 Day 4

THURSDAY-STEAM

**Activity Theme/Title:** Can Containers (Organizing Small Stuff)

**Materials:**

1. Empty clean soup can, or empty clean plastic or glass jar from a sauce, or peanut butter or jelly jar
2. Scrap paper, tissue paper, circulars, magazines
3. Glue or flour and water mix, cornstarch and water boil mix for adhesive (Parental supervision needed to boil mix)

**Activity Instructions:**

1. Pick the container that you want to decorate
2. Glue torn or cut out piece of magazine, circular, or any decorations that you choose to use
3. Glue and attach decorations onto the can or jar. You also decorate the inside of the jars only not the can.
4. When the glue is dry, use the container to place pencils, markers, hairbands, etc.

Have fun keeping your place in order in small ways.

 **Activity Objectives:**

- ☐ To expose families to upcycling by reusing an item for long term purposes
- ☐ To encourage Environmental Awareness
- ☐ To provide an opportunity for families to engage and interact in a practical setting

**Enjoy!**

# OST Activity Guide

20  
Min.

**Driving Question:** How can we enhance our families' emotional and physical health through the implementation of creative family oriented activities?

**Week 2 Day 5****FRIDAY****Activity Theme/Title: Case Manager Appointments**

The ESCALERA case managers will reserve time to have one on ones on a needs basis. Reach out to them by Email to schedule your appointment. Their contact information is below.

Los case managers de ESCALERA estaran reuniendose con los estudiantes que lo necesitan. Favor de comunicarse con ellos para hacer una cita. Su informacion esta debajo.

**Luz Veléz**

KCAPA / Exito Case Manager  
(267)-467-6937  
velezl@congreso.net

**Michael Diaz**

Edison / Exito Case Manager  
(267)-300-7599  
diazm@congreso.net