

CONGRESO OST VIRTUAL LESSON PLANS HIGH SCHOOL

Week 3



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 3 Day 1**MONDAY**

Activity Theme/Title: **Get Organized!**

Materials:

- Computer or cellphone for documenting "life hack" photo's

Activity Instructions:

Did you know that being organized can help you to be more productive in life overall? We have more time than we've ever had before to get our belongings in order. Watch the video below and gather some tips and tricks on how to best make this happen. Take notes, can you come up with 3 life hacks to share that you'll discover as you clean and organize your space? Document them and share with the group if you feel comfortable.

 **Activity Objectives:**

- ☐ Organization and productivity

Visuals:

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

<https://www.youtube.com/watch?v=88MjoZaIHpM>

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

Week 3 Day 2**TUESDAY**

Activity Theme/Title: Mindfulness and Stress Relief

Materials:

- Cell phone
- computer, or music playing device optional
- Quiet place with room to sit

Activity Instructions:

Social distancing can bring about many different feelings and emotions for all of us. It's okay to allow yourself moments to reflect on how you are feeling. Today we will explore mindfulness, breathing and meditation. Watch the two clips below and try out both exercises. What helps you to feel grounded and safe? Is it listening to music, writing or exercising? Please write about it and or share this with the group via zoom if you feel comfortable. Be prepared to do some stretching and breathing with the group and share what you've learned with your family.

 **Activity Objectives:**

- ☐ Mental health awareness
- ☐ physical activity.

Visuals:

Watch these 5 Minute video on how to breathe for relaxation:

1. <https://www.youtube.com/watch?v=inpok4MKVLM>
2. <https://www.youtube.com/watch?v=lnXrXX0m-NE>

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

Week 3 Day 3**WEDNESDAY- ESCALERA**

Activity Theme/Title: Putting it all together

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 interestUltimately prepare students to showcase their elevator pitch for future use

Visuals: (Pages 4-6)

Putting it All Together

Using the Decision Cycle

Name:

PART ONE: All About Me! Engaging and Understanding

My Personality Profile

Write your result from the 16 Personalities online test:
(example: INFP)

List one strength:

List one weakness:

My Needs and Wants

Write the two most important career needs and wants you identified from your "Needs and Wants" survey.

1)

2)

My Abilities

Write one of your "Above Average" abilities from your "Abilities Survey"

1)

Top Three Career Clusters

List your top three clusters from your "Career Clusters Interest Survey"

1)

2)

3)

Putting it All Together

Using the Decision Cycle

PART TWO: One Career for Me Exploring, Evaluating, Acting

Using the "Occupational Handbook Outlook" (www.bls.gov/ooh), research one occupation: a "Matching Career" from your top three career clusters, or one of your choice.

Career Title		
Median Pay	Amount:	Place an "X" on one: <input type="checkbox"/> Very low (\$0 to \$20,189) <input type="checkbox"/> Low (\$20,190 to \$39,999) <input type="checkbox"/> Middle (\$40,000 to 74,999) <input type="checkbox"/> High (\$75,000 or more)
Education	Place an "X" on one: <input type="checkbox"/> Certificate/License (Vocational Award/Certificate) <input type="checkbox"/> A.A./A.S. (Associate – 2 years) <input type="checkbox"/> B.A./B.S. (Bachelor – 4 years) <input type="checkbox"/> M.A./M.S. (Bachelor +2 years) <input type="checkbox"/> Ph.D./M.D./J.D. (Bachelor +4 years)	
Job Outlook	Percentage:	Place an "X" on one: <input type="checkbox"/> Largest Decline — Job outlook percentage less than 8% <input type="checkbox"/> Average — Job Outlook percentage within 9-13% <input type="checkbox"/> Largest Growth — Job Outlook percentage greater than 14%

What people in this career do:

Duties:

Work environment:

Similar occupations:

Putting it All Together

Using the Decision Cycle

PART THREE: Backwards Planning your Career Goal

Reflecting

Fill in the **Career Goal Timeline** below, but starting where you want to be in the future!

Career Title	Which career are you interested in?	
College/ Trade School (2-4 years)	How many years of college do you have to attend?	
	What "major" would you have to study?	
Senior Year	How can you prepare in the <i>spring semester</i> of senior year?	
	How can you prepare in the <i>fall semester</i> of senior year?	
Summer (Before Senior Year)	What can you do during the summer to prepare for your future?	
Junior Year	How can you prepare in the <i>spring semester</i> of junior year?	
	How can you prepare in the <i>fall semester</i> of senior year?	

In Conclusion: Who are you?

As a Latina/o? As an individual? As a student? What do you bring to the table?

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

Week 3 Day 4**THURSDAY- STEAM**

Activity Theme/Title: Face to Face Time (Stare or Share)

Materials:

- Two people
- A place to sit

Activity Instructions:

1. Sit down and stare into the eyes of a family member as they are to stare into your eyes
2. No one should laugh or speak at any time during the stare
3. If someone should laugh or speak, they will have to give an explanation for their action.
4. If someone laughs, they have to make an appropriate joke.
5. If someone speaks, they have to say something positive
6. When someone has shared up to three times they lose.
7. The winner is the person the who shared the least amount of times
8. The winner is the Silent One who has to say "Silence is Golden"

Family Fun Fact: Remember expressing yourself is a good thing but there is always a time and a place for everything"

 **Activity Objectives:**

- ☐ Create an opportunity for positive communication with family
- ☐ Learn self-control
- ☐ To engage family in respectful dialogue
- ☐ Learn to be considerate of each other

Have Fun!

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

Week 3 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