

Lesson Two: Reality Check

The purpose of this lesson is to evaluate the kind of lifestyle a person wants and to align job seeking plans with this type of personal expectation. The online resource Reality Check is an eye-opening beginning to setting realistic expectations.

STANDARDS ALIGNMENT

North Carolina Essential Standards Guidance

- RED.CR.1 Understand the meaning and importance of career self-awareness and career goals.

North Carolina Professional Career Development Coordinator Standards

- Standard III: Career development coordinators understand and facilitate the implementation of a comprehensive career development program.

North Carolina Essential Standards Grades 9-12, Information and Technology Essential Standards

- HS.TT.1 Use technology and other resources for assigned tasks.
- HS.TT.1.1 Use appropriate technology tools and other resources to access information (multi-database search engines, online primary resources, virtual interviews with content experts).

NC Community College System College and Career Readiness Adult Content Standards

- T.6 The student will demonstrate an ability to utilize internet and other telecommunication resources.
- R.3 The student will develop and demonstrate knowledge of a variety of comprehension strategies to derive meaning from literacy, functional and informational text.
- M.4 Students will develop and apply concepts of data analysis and probability to explore, analyze, and solve mathematical and real-life problems.

Workforce Development Standards

- 20 CFR Parts 676, 677, and 678: Workforce Innovation and Opportunity Act is designed to help job seekers access employment, education, training, and support services to succeed in the labor market and to match employers with the skilled workers they need to compete in the global economy. Programs are based on eligibility.

STUDENT OBJECTIVES

At the close of the lesson, learners will be able to say... I can

- examine my expectations about lifestyles through answering a series of questions.
- reflect on my personal expectations in order to align them with my job search.

MATERIALS NEEDED

- Computer with internet access
- <https://www.ncworks.gov/vosnet/Default.aspx>
- Notebook paper
- Pens or pencils

DELIVERY SUGGESTIONS

The suggested *time* for the following lesson is 45 minutes depending on group size and technology access.

The following lesson is appropriate for:

- middle school students
- high school students
- adult learners

INSTRUCTIONS

1. State purpose of session and post within the room for reference. (above)
2. Share the “I can” statements and post within the room for reference. (above)

You may wish to share the steps below in printed format with job seekers, as you walk them through the following:

3. Turn on computer and log on to network, if not already accessed.
4. Go to <https://nccareers.org/realitycheck/#/start>
8. Click “get started” and answer the series of questions.
9. When you see your monthly budget report, click on the three lines in the box over the pie chart to print your report.
10. After accessing your report from the printer, put your name and monthly salary needs on the print out.
11. You may repeat the process multiple times, adjusting your expectations, or the amounts you allot for activities/needs.
12. After you have completed the survey and printed your results, we will share our findings through a group game.

13. Teacher directions for group discussion:

Ask the class:

“Will everyone whose monthly needs fall between \$1000-3000 please stand in the front corner; if your monthly income needs fall between \$3000-\$5000, please stand in the front far corner; if your monthly incomes needs fall between \$5000-\$7000, please stand in the back corner; if your monthly income needs fall between \$7000 and above, please stand in the fall back corner.”

At this time, instruct your students to talk with the people in their group about what expense most surprised you and why.

14. Reflect on the “I can” statements, asking learners to give a “thumbs up” or “thumbs down” if they feel the objective was met.
15. Next Steps: Job Seekers can speak more with counselors about their findings and/or research careers based on findings.

The “Find Occupations” Button and Star Jobs links located on the bottom of **Your Monthly Budget Report** are excellent resources for beginning job searches.