

Procrastination and Career Prep

A lesson to help students build self-awareness around career preparation

Grades: 6 - 12

Subject: Career Readiness/Awareness/Exploration/Preparation.

Lesson Summary:

Students will watch a TED Talk on procrastination and reflect on how procrastination plays a role in their own lives. Then they will engage in a discussion on their own willingness to plan for the future and explore career interests. Last, they will read advice on CareerVillage.org on the topic of limiting procrastination/staying motivated and think about what better habits they can make towards their own career prep.

Materials Needed:

1. Device to play [Video](#)
2. Paper and pencil for each student
3. Student access to CareerVillage [Question 1](#) and [Question 2](#) (either send links or print out)

Learning Objective:

Students will increase career awareness by engaging in a discussion on procrastination and analyzing how this relates to their willingness to think about or plan for their future career.

Lesson Structure

Intro/ Hook 4 mins

Ask: What do you think it means to procrastinate?

Possible Answers: putting off your school work, not doing something until the last minute etc.

Class Vote: "Do you think you are a procrastinator? Yes or No."

- Turn and Talk: Tell your partner why or why not.

Say: *Today we will be participating in an activity that will help you think more about procrastination. The goal is to identify any places where procrastination may be playing a role in your life, and start to find ways where we can stay motivated to plan for the future.*

Video 15 mins

Say: *I am going to play this video. As you watch, I want you to think about what procrastination looks like, and if this video changes your mind about your own planning habits.*

Play [TED Talk](#)

<p>Discussion 15 mins</p>	<p>Possible Discussion Questions:</p> <ul style="list-style-type: none"> • What are the two types of procrastination the speaker talks about? • Why is it easier to procrastinate when you don't have deadlines? • Is there anything in your life that you are being a "long-term procrastinator" in? <p>Say: <i>At the end of the talk, the speaker showed how procrastination isn't just about putting off work before a deadline, it can also apply to situations that require long-term goal setting, such as pursuing a career that makes you happy.</i></p> <p>ASK: Have you made steps towards preparing for what job you would like to have in the future? Why or why not?</p> <p>(Note: students can engage in this discussion in whatever way you see best. This could be in pairs, whole group, think and share, whip around, answer this prompt, etc.)</p>
<p>CareerVillage Reading 25 mins</p>	<p>Say: <i>CareerVillage.org is a website where students can ask any question about planning for college or career, and professionals from all different industries and parts of the world log on to answer those questions. The advice written by professionals on the pages I am providing today may help some of you who are struggling with procrastination.</i></p> <p>Provide students access to these two pages on CareerVillage:</p> <ol style="list-style-type: none"> 1) How do I find the motivation and passion for things that I am interested in? 2) How do you limit procrastination? <p>Have students read and then spend 10 minutes writing down (or discussing in a small group) their reflections to these questions</p> <ol style="list-style-type: none"> 1. Did any of the advice written by professionals on CareerVillage resonate with you? 2. What are things you will do to avoid procrastination and stay motivated?
<p>Closing 1 min</p>	<p>Say: <i>In the future we can sign up to CareerVillage and begin asking our own questions. Throughout the year we will continue to talk about our goals for the future, and make a plan together for how we can achieve those goals. Hopefully we can feel better by limiting procrastination and continuing to make steps towards planning our futures !</i></p>