**TEXAS CTE LESSON PLAN**

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| **Lesson Identification and TEKS Addressed** | |
| **Cluster** | Human Services |
| **Course** | Counseling and Mental Health |
| **Lesson/Unit Title** | Careers in Counseling and Mental Health |
| **TEKS Student Expectations** | **130.276. (c) Knowledge and Skills**  (4) The student researches career options and the preparation necessary for employment in mental health.  (A) The student is expected to identify career opportunities related to mental health  (B) The student is expected to research the role of the multidisciplinary team  (C) The student is expected to justify the consequences of decisions  (E) The student is expected to interpret, transcribe, and communicate mental health vocabulary |
| **Basic Direct Teach Lesson** | |
| **Instructional Objectives** | **Students will:**   * Outline education opportunities available after high school graduation * Assess salaries, duties, work environment, and job outlook for employment * Explore entrepreneurship opportunities * Investigate careers in Counseling and Mental Health and research post-secondary institutions for further schooling. * Learn workplace skills * Determine their short-term and long-term career goals |
| **Rationale** | Have you ever considered a career in Counseling and Mental Health? Do you know what schools offer the training or education you may need to fulfill this career? What interests, abilities, and personal priorities affect your career choice? What are your short-term and long-term career goals? |
| **Duration of Lesson** | Four 45-minute class periods |
| **Word Wall** | **Abilities:** The quality of being able to do something, especially the physical, mental, financial, or legal power to accomplish something  **Career:** A series of jobs, in the same or related fields that usually includes a progression of jobs that may lead to a career path that involves new and more job responsibilities  **Career Plan:** Listing your short and long-term career goals and what you will need to do to achieve your goal  **Entrepreneurship:** Starting and owning your business  **Gerontological Counseling:** Gerontological counselors help the older population transition into their new life phase gracefully, guiding them through experiences of loss, depression, anxiety, and loneliness that many older adults face in their later years  **Job:** A group of tasks performed by a worker, to earn money  **Job Application:** Is an application for employment used by companies to hire employees  **Job Training:** Training involving both on-the-job experience and informal training with experienced workers  **Leadership:** The ability to lead and influence others  **Organization Skills:** Strategies used to organize oneself  **Team:** A group of people who rely on the efforts of each member to achieve success or reach a goal |
| **Materials/Specialized Equipment Needed** | **Equipment:**   * Computer with projector for multimedia presentation * Computer with Internet access * Projector   **Materials:**   * Books on Counseling and Mental Health * Catalogs from different colleges which offer degrees in Counseling and Mental Health (you may obtain them from the counselor’s office) * Job application forms   **Supplies:**   * Paper * Pen * Copies of all handouts   **PowerPoint:**   * Careers in Counseling and Mental Health   **Technology:**   * Infographic:   + How to Fight Depression (Without the pills) As one in every 10 Americans now takes an anti-depressant to overcome the struggle with depression, this infographic has been created to depict how people can reduce their dependency on pills to improve their mood. Here you will receive an insider’s look at how exercise can help the body naturally decrease symptoms of depression without a prescription!<http://www.bestcounselingdegrees.net/exercise-antidepressants/>   **Videos:**   * Career and Cluster Videos These videos show the types of work people do in nearly 550 careers, organized by the 16 career clusters recognized by the U.S. Department of Education.<http://www.careeronestop.org/Videos/CareerandClusterVideos/career-and-cluster-videos.aspx>   **YouTube:**   * Careers in Psychology, Counseling, and Social Work Are you thinking about a career in psychology, social work, or counseling? Would you like to know more about the differences between the areas? Join us for an opportunity to meet professionals in these fields, learn if one of these is the career for you, and make sure you are on the right path.<http://youtu.be/6iskVuzXL2c> * Careers in Psychology: What Is It Like to Be a Psychologist? A psychologist is somebody who studies human behavior to try to help people, and psychologists usually take part in a variety of jobs. Find out how psychologists look for ways to help people engage in healthy behavior with help from a licensed mental health counselor in this free video on psychology.<http://youtu.be/wgZwf0W5cLc>   **Graphic Organizers:**   * Careers in Counseling and Mental Health Spider Map * How to Set Career Goals * KWL Chart- Careers in Counseling and Mental Health   **Handouts:**   * Careers in Counseling and Mental Health Notes * Careers in Counseling and Mental Health O\*Net Flashcards * Interests/Abilities in Counseling and Mental Health * Networking in the Field * Rubric for Career Prezi Presentation |
| **Anticipatory Set** | **Before class begins:**  Note to teacher – Become familiar with:  The Texas Work Prep Learning Management System (LMS) designed and hosted by the Texas Workforce Commission. The Job Hunter’s Guide Course – This course will allow the student to gain knowledge and skills to attain employment. The course is approximately an hour and a half long. Students will receive a certificate upon completion of this course. Certificate can be printed and added to their professional portfolio.<https://www.texasworkprep.com/texasworkprep.htm>  Print the Careers in Counseling and Mental Health O\*Net Flashcards on card stock ready for use in the Independent Practice tab.  Display as many of the lesson related supplies you have available, on a table in front of the room.  Once the students are seated, distribute handout KWL Chart-Careers in Counseling and Mental Health. Students will complete the first two sections of the KWL chart. They will complete this handout during lesson closure.  Explain to them this will help them decide if this career is for them and how to go through the planning process and setting goals to accomplish the task of entering this career field. |
| **Direct Instruction with Special Education Modifications/Accommodations** | Introduce lesson objectives, terms, and definitions.  Distribute handout Careers in Counseling and Mental Health Notes so that students may follow along and take notes during the slide presentation. Teacher to determine what information will be included in the notetaking activity.  Introduce PowerPoint Careers in Counseling and Mental Health. Allow time for questions and class discussion.  Distribute Careers in Counseling and Mental Health Spider Map handout. Students will complete handout using the information from their notes and the PowerPoint. Allow time for questions and class discussion.  Videos included in PowerPoint presentation:   * Careers in Psychology, Counseling, and Social Work Are you thinking about a career in psychology, social work, or counseling? Would you like to know more about the differences between the areas? Join us for an opportunity to meet professionals in these fields, learn if one of these is the career for you, and make sure you are on the right path.<http://youtu.be/6iskVuzXL2c> * Careers in Psychology: What Is It Like to Be a Psychologist? A psychologist is somebody who studies human behavior to try to help people, and psychologists usually take part in a variety of jobs. Find out how psychologists look for ways to help people engage in healthy behavior with help from a licensed mental health counselor in this free video on psychology.<http://youtu.be/wgZwf0W5cLc> * Videos from Career One Stop are available for careers in Counseling and Mental Health.   + Mental Health Counselor   + Marriage and Family Therapist   + Psychiatrists   + Psychiatric Aides   + Mental Health and Substance Abuse Social Workers<http://www.careeronestop.org/Videos/CareerandClusterVideos/career-and-cluster-videos.aspx>   Stress the need for continued training opportunities throughout one’s career.  Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:   * checking for understanding * peer assistance with notetaking * providing printed PowerPoint notes * extra time to take notes |
| **Guided Practice with Special Education Modifications/Accommodations** | Introduce the Texas Work Prep Learning Management System.  Direct students to the Texas Job Hunter’s Guide Course. <https://www.texasworkprep.com/texasworkprep.htm>  Inform students that this is an interactive free assessment that will allow them to identify their job values, interests, aptitudes, and skills assessments as well as assist them in preparing a résumé and teaching them interview skill tips. Students must complete all six sections and successfully pass a short quiz to receive their printable certificate. Stress the importance of having this type of documentation in their professional portfolio.  Distribute handout How to Set Career Goals and allow the students to utilize short-term and long-term career goals and career information to develop a personal plan. Students will complete the handout. Allow time for questions and discussion.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * check for understanding * assistance with notetaking * provide printouts of sample letters and PowerPoint presentation * extra time |
| **Independent Practice/Laboratory Experience with Special Education Modifications/Accommodations** | Divide students into teams of two. Introduce the scenario:  You and your coworkers have been selected to investigate careers in Counseling and Mental Health. Work together as a team to research information needed to share with the class.  Place Careers in Counseling and Mental Health O\*Net Flashcards in a basket and ask one member from each group to select a card with a career they will research and present to the class.  Students are to create a Prezi presentation outlining all education needed for a career in Counseling and Mental Health (chosen from flashcards), skills needed, on the job training, job ethics, salary, job description, short-term and long-term goals.  Distribute the Rubric for Career Prezi Presentation so students understand what is expected.  Introduce and guide students through the website components of the \*O\*Net Online America Job Center Network.<http://www.onetonline.org/>  Students will locate the selected career and gather information for their multimedia presentation. The following information should be included:   * Technology * Knowledge * Skills * Abilities * Work Tasks * Tools and Activities * Job Zone * Education * Interest Code * Work Styles * Work Values * Wages and Employment Trends   *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * shortened assignment * extra time * teacher/peer assistance * preferential seating |
| **Lesson Closure** | Review lesson objectives, terms, and definitions.  Students will complete KWL Chart-Careers in Counseling and Mental Health. |
| **Summative/End of Lesson Assessment with Special Education Modifications/Accommodations** | Student Prezi presentation will be presented to the class and assessed with a rubric. They are not to read Prezi presentation but rather talk about and reference each slide. Allow time for student questions and class discussion after each presentation.  Student projects/presentations will be assessed with appropriate rubric.  Students will also present their certificates from the Texas Work Prep Learning Management System. Texas Job Hunter’s Guide Course and should be saved in their career portfolio.  *Individualized Education Plan (IEP) for all special education students must be followed. Examples of accommodations may include, but are not limited to:*   * extended time for assignments * check for understanding |
| **References/Resources** | **Images:**   * Microsoft Office Clip Art: Used with permission from Microsoft.   **Textbook:**   * Ryder, V., & Harter, M. (2004). *Contemporary living*. (4th ed.). Tinley Park: The Goodeart-Willcox Company, Inc.   **Websites:**   * Browse by Career Cluster – Counseling and Mental Health<http://www.onetonline.org/find/career?c=9&g=Go> * Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, 2012-13 Edition, School, and Career Counselors.<http://www.bls.gov/ooh/community-and-social-service/school-and-career-counselors.htm> * CTE – Learning that works for America Nationwide, Career Technical Education (CTE) programs are changing, evolving, and innovating to better serve the country’s needs.<http://www.careertech.org/> * O\*NET OnLine  Detailed descriptions of the world of work for use by job seekers, workforce development and HR professionals, students, researchers, and more! <http://www.onetonline.org/> * Texas Work Prep Learning Management System. Texas Job Hunter’s Guide Course. <https://www.texasworkprep.com/texasworkprep.htm> * What Do You Like? Exploring Career Information from the Bureau of Labor Statistics 2010-2011 Edition. Students can explore possible career choices.<http://www.bls.gov/k12/index.htm>   **Videos:**   * Career and Cluster Videos These videos show the types of work people do in nearly 550 careers, organized by the 16 career clusters recognized by the U.S. Department of Education.<http://www.careeronestop.org/Videos/CareerandClusterVideos/career-and-cluster-videos.aspx>   **YouTube:**   * Careers in Psychology, Counseling, and Social Work Are you thinking about a career in psychology, social work, or counseling? Would you like to know more about the differences between the areas? Join us for an opportunity to meet professionals in these fields, learn if one of these is the career for you, and make sure you are on the right path.<http://youtu.be/6iskVuzXL2c> * Careers in Psychology: What Is It Like to Be a Psychologist? A psychologist is somebody who studies human behavior to try to help people, and psychologists usually take part in a variety of jobs. Find out how psychologists look for ways to help people engage in healthy behavior with help from a licensed mental health counselor in this free video on psychology.<http://youtu.be/wgZwf0W5cLc> |
| **Additional Required Components** | |
| **English Language Proficiency Standards (ELPS) Strategies** | * Demonstrate, dramatize, and use body language * Use visuals (photos, illustrations, maps, and charts) * Use graphic organizers (trees, webs, Venn diagrams) * Use cooperative learning * Use peer tutoring * Use multiple assessment strategies * Word wall * Journal entries |
| **College and Career Readiness Connection[[1]](#footnote-1)** |  |
| **Recommended Strategies** | |
| **Reading Strategies** | **Current Events:** Assign students to read about careers in counseling and mental health. Information can be found in newspaper articles, magazines, journals, and online print.  Suggestions:   * Mental Health Counselor<http://money.usnews.com/careers/best-jobs/mental-health-counselor> * Mental Health Overview<http://explorehealthcareers.org/en/Field/17/Mental_Health> * The Word Attack Strategy will be utilized. Advise students prior to reading the article, to skim the article and circle / underline words that are unfamiliar to them. For example, any Counseling and Mental Health acronyms or lingo used in field. The students will be encouraged to use <http://www.dictionary.com> and to check the word wall to help with decoding. This procedure will help them with understanding of the meaning and pronunciation of the words. * Encourage students to connect reading to their life experiences or prior knowledge. |
| **Quotes** | Choose a job you love and you will never have to work a day in your life. **-Confucius**  Many of the great achievements of the world were accomplished by tired and discouraged people who kept on working. **-Unknown**  Community colleges play an important role in helping people transition between careers by providing the retooling they need to take on a new career. **-Barack Obama**  There isn’t anybody out there who doesn’t have a mental health issue, whether it’s depression, anxiety, or how to cope with relationships. Having OCD is not an embarrassment anymore – for me. Just know that there is help and your life could be better if you go out and seek the help. **-Howie Mandel** |
| **Writing Strategies** | **Journal Entry:**   * I would like to get a job in Counseling and Mental Health because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * It is important to list your skills on an employment application because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * I am interested in Counseling and Mental Health because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. * I would/would not like a career in a Counseling and Mental Health because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.   **Writing Strategy:**  RAFT writing strategy   * Role: High school counselor * Audience: student * Format: Online educational requirements for a career in Counseling and Mental Health * Topic: Career Path |
| **Communication 90 Second Speech Topics** | * List three advantages and disadvantages to a Counseling and Mental Health career. * Why today’s society may need more counseling available to them. |
| **Other Essential Lesson Components** | |
| **Enrichment activity** | * Students can create a poster board or Glogster on Careers in Counseling and Mental Health. Listing job opportunities and salaries. * Students can research the statistics of mental health issues in the United States. * To help students determine their abilities and interests in the field of Counseling and Mental Health, the students will complete Interests/Abilities in Counseling and Mental Health. * Students will understand the importance of networking by completing Networking in the Field. |
| **Family/Community Connection** | Ask a school counselor to speak to your class to explain the importance of their job and duties entailed. |
| **CTSO connection** | **Family Career, and Community Leaders of America (FCCLA)**  <http://texasfccla.org>  **STAR Events:**  Career Investigation – An individual event that recognizes participants for their ability to perform self-assessments, research and explore a career, set career goals, create a plan for achieving goals, and describe the relationship of Family and Consumer Sciences coursework to the selected career. Participants must prepare a portfolio and an oral presentation.  Entrepreneurship – An individual or team event that recognizes participants who develop a plan for a small business using Family and Consumer Sciences skills and sound business practices. The business must relate to an area of Family and Consumer Sciences education or related occupations. Participants must prepare a portfolio containing a written business plan, which they are not required to have implemented, and an oral presentation.  Job Interview – An individual event that recognizes participants who use Family and Consumer Sciences and/or related occupations skills to develop a portfolio, participate in an interview, and communicate a personal understanding of job requirements. Participants must prepare a portfolio, including a job application, and express their communication skills and job knowledge through an interview. |
| **Service Learning Projects** | Successful service learning project ideas originate from student concerns and needs. Allow students to brainstorm about service projects pertaining to the lesson. For additional information on service learning see<http://www.nylc.org/>   * Holidays can be difficult for residents in nursing homes. Students can plan a trip to visit with residents to cheer them up. * Students can make cards for nursing home residents to help lift their spirits. * Contact Texas Runaway Hotline Counseling, services, and referrals for runaway youth and their families. 1-888-580-HELP (1-888-580-4357) to volunteer their services. |

1. Visit the Texas College and Career Readiness Standards at <http://www.thecb.state.tx.us/collegereadiness/CRS.pdf>, Texas Higher Education Coordinating Board (THECB), 2009. [↑](#footnote-ref-1)