



GO THE DISTANCE

Explore professional coaching, tech development, and personal-growth mentoring as you think about careers that might inspire you.

COMMON CORE STANDARDS

R.1, R.3, R.7, R.10
RI.2, RI.6, RI.10
W.9, W.10

CASEL FRAMEWORK

Self-Awareness
Self-Management
Social Awareness

21ST-CENTURY SKILLS FOCUS

Communication
Critical Thinking
Growth Mindset

DEAR EDUCATORS,

Career exploration matters, and at an earlier age than most people might think. According to a survey by BestColleges, 61% of graduates say they'd go back and change their major if they could. And by the time older teens are in high school or nearing graduation, some already know—or at least have an inkling about—where they're headed.

Younger teens and tweens, who are just starting to think about finding their future, are perfectly positioned to explore their options. To do that, they'll need high-quality, equitably accessible resources and up-to-date information on the ever-changing world of work.

How can they envision themselves in jobs they've never heard of, some of which won't exist for another decade or two?

It's these kids we want to reach with Your🔥Job, both in the classroom and at home. After completing a research-backed skills assessment, kids are greeted with a customized news feed including articles, videos, and interactive interviews aligned to their strengths and interests. We hope you take advantage of our platform, which aims to give kids a flying head start on navigating the many different career pathways available to them.

Allison Singer,
Senior Editor, TIME for Kids

Email the editors: tfkteachers@time.com

QUICK TIPS

- 1. Review.** Explore the lessons provided in our fall Your🔥Job guide to expand on initial career exploration (ti.me/fallguide). Then use the lesson plans and resources in *this* guide, making modifications to suit your schedule and students.
- 2. Explore.** One of the best ways to get to know a new product is to try it out. Take 15 minutes to explore Your🔥Job at timeforkids.com/your-hot-job. Make sure to start with the Skills Explorer!
- 3. Connect at home.** Conversations about career pathways are just as important at home as in the classroom. Make copies of the family letter on page 4 of this guide to send home with students.



DAY 1: GETTING STUDENTS THINKING ABOUT FUTURE GOALS

Learning objective: Students will explore the concept of perseverance and think about their goals.

Essential question: What are my short-term and long-term goals, and how can I set myself up to reach them?

INTRODUCTION

Ask students to define the terms *goal* and *perseverance*. Challenge them to craft two sentences explaining each term, using the other word as part of their explanation (e.g., “When you are reaching for a goal, you need to persevere through challenges and keep trying.”).

Tell students they’ll be thinking about personal goals today. Ask each of them to make a list of goals on a blank sheet of paper. Have students create a timeline with marks for now and for six months, a year, five years, and 10 years into the future. Have them add their long-term and short-term goals to this timeline. Next, have them circle any short-term goals that relate to a future career or job choice. Remind them that some goals could be building blocks toward a future career path (e.g., submitting an essay for the school competition could pave the way to becoming a writer). Note: It’s okay if students are unsure of their long-term goals. They can return to this on day 2, if necessary.

WHOLE GROUP/SMALL GROUP

Read “Securing Success,” on page 2 of the magazine, together or in small groups. Focus on coach DeVanté Starks’s five tips for pursuing a successful career. After reading, ask students: How do you define success? Is it about making a lot of money? Making a difference in the world? Enjoying what you do each day? If they’re unsure, students can look back at their goals to help them assess the answer to this. Then have them choose a goal that best aligns with what they want out of life. Reflect on Starks’s tips and brainstorm how students could put each into action to work towards their goals. Give students the worksheet “The Ladder to Success,” on page 3 of this guide.

CLOSING

As a class, watch the video *On Motivation* (at [ti.me/motivation](https://www.time.com/motivation)). Have a class discussion about what motivates Taika Waititi and Mindy Kaling. Then have students read page 4 of the magazine. See if they can identify what might motivate each person. They can scan the QR codes to hear more.

DAY 2: DIGGING DEEPER ON YOUR🔥JOB

Learning objective: Students will explore career paths and identify what’s most important to them in a future job.

Essential question: What motivates me? How can I find a job that fits my motivations?

INTRODUCTION

Place signs around the room that say “Totally Me,” “Somewhat Me,” “Not Me at All,” and “Not Sure Right Now.” Read the following statements aloud and ask students to stand near the sign that best reflects their feelings: “I know what I want to be when I grow up,” “I have changed my mind many times about what job I would like,” “I have no idea what I want my job to be,” and “I’m already working toward my future job!” Facilitate discussion and add or remove statements as needed. Have a conversation about how students felt during this activity, and why.

INDEPENDENT WORK

Return to yesterday’s discussion about motivations. Ask students to reflect on how they define success and what they want out of life. How do those things influence their goals? Give them time to explore Your🔥Job for careers that match their motivations. Students who are motivated by financial security might flip through their trading cards and make a list of high-paying jobs. Students who are motivated by making change might read through careers in the Health or Climate section. Have students take notes as they explore.

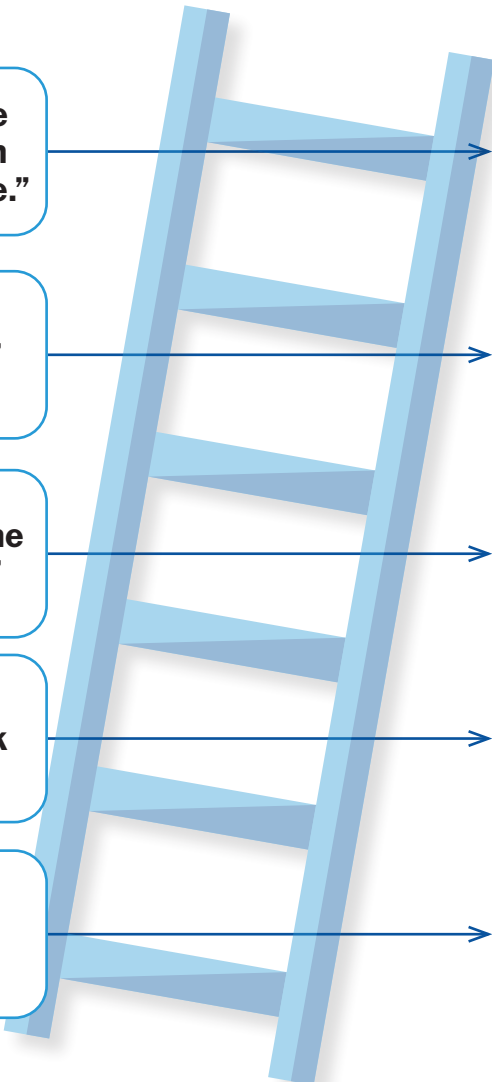
CLOSING

Bring the class back together. Ask: Based on your timeline, why is it important to explore careers and your motivations now? How might understanding your motivations inform your goals and help you persevere in reaching them? Have people changed their ideas about their goals or career aspirations during this lesson? Give students time to add goals to their timeline, based on what they learned.

THE LADDER TO SUCCESS

What's one big goal that aligns with your motivations? Write it below. Then brainstorm how you can work toward that goal.

MY GOAL _____



<p>"Start where you are, with what you have."</p>	<p>What strengths could help you achieve your goal?</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>"Set goals."</p>	<p>What are some smaller, short-term goals that could lead you to your long-term goal?</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>"Celebrate the small stuff."</p>	<p>How have you already made progress toward this goal?</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>"Don't be afraid to ask for help."</p>	<p>Who are some people that can help you achieve your goal?</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>"Gain exposure."</p>	<p>Where can you learn more about your goal and explore whether it's right for you?</p> <p>_____</p> <p>_____</p> <p>_____</p>




What challenges might you face in reaching your goal? How will you persevere?



your job

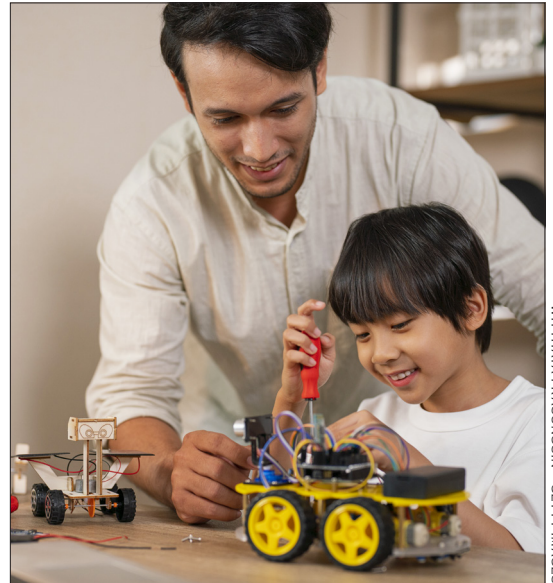
Career exploration conversations should extend beyond the classroom. That's why we're including this family resource page. Teachers, please take a moment to copy this page and send it home with your students.

DEAR FAMILIES,

Talking to kids about goal-setting and motivation might seem complex, especially if they haven't had much experience with goal-setting. But these are important areas for kids to explore as they think about careers. Last fall, we invited kids to dream big about their ideal adult life. They imagined themselves living their best lives in successful, fulfilling careers, just like the people we feature on Your  Job.

In this issue, we identify what it takes to get there. By coaching our kids to find out what drives them and to set goals, we position them to succeed. We can equip them with skills and a mindset to approach a problem or opportunity with confidence. It's a goal we parents and guardians all share: helping our children be ready for the world long after we are there to guide them.

Carol Masiclat
Associate Editor, TIME for Kids



WITTHAYA PRASONGSIN—GETTY IMAGES

SPARKING CONVERSATIONS

● **Continuing conversations about motivation.** In class, students analyzed the motivations of people in different careers and explored what inspires them in setting their own career goals. Think about how you got to the career you're in now. What motivated you? Have a discussion about what your main motivations are. Point out if and how these motivations have changed over time.

● **Talk about goals.** A focus in this career exploration was thinking about personal goals. Ask about your child's short-term and long-term personal goals. Together, brainstorm ways in which you, as a guardian, can help your child reach these goals. Extend the conversation by setting a goal for your family to achieve together. What small steps can you take to help each other find success? Work as a team to map the steps toward reaching this goal. How will you track your success?

● **Prepare for setbacks.** Talk about some struggles you've faced while you were working toward your career goals. How did you confront these struggles? Did any challenges cause you to change your course? Ask your child to think of some potential challenges. Point out some that your child might not have considered. Take time to come up with a plan for facing these challenges head-on. Address the ways that you can offer support, and work with your child to identify other people who can do the same.



your job

— SEE IT. BE IT. —

Romeo Crennel,
head coach of the
Kansas City Chiefs,
celebrates after
a game in 2012.

GO THE DISTANCE

With perseverance, you can
reach your goals. Learn from a
former NFL coach, a success
instructor, and an app developer.

MADE POSSIBLE BY



Charitable
Foundation

SECURING SUCCESS

Success coach DeVanté Starks works for Son of a Saint, a nonprofit that supports boys in New Orleans, Louisiana. Here are his top tips.



COURTESY SON OF A SAINT

My role as a success coach involves preparing young men for life after high school, whether they're attending college or heading into the workforce. Each of my sessions begins with me asking the same two questions: "What do you want out of life?" and "What would constitute a successful life for you?"

A recent graduate of our program said that his definition of success was built from the obstacles he's needed to overcome. We discussed five tips for pursuing a meaningful career, derived from his experiences and achievements in the face of adversity.

- 1. Start where you are, with what you have.** You can always work toward your goals, no matter what you feel you lack.
- 2. Set goals.** Setting goals gives you direction. If you don't have anything you're working toward, you're not working.
- 3. Celebrate the small stuff.** Don't get stuck comparing your accomplishments to everyone else's. Be proud of yourself and your progress toward your goals.
- 4. Don't be afraid to ask for help or to work with a mentor.** No one knows everything. It's okay to admit you need help.
- 5. Gain exposure.** Find your passion. Exploration of different things is the only way you'll encounter things you can be passionate about. This tip is worth repeating: Don't limit yourself!



Son of a Saint mentees, mentors, and staffers play kickball in 2020.

COURTESY SON OF A SAINT

ANDY LYONS—GETTY IMAGES



Crennel and New England Patriots players celebrate after the 2005 Super Bowl.

DAVID E. KLUTHO—SPORTS ILLUSTRATED/GETTY IMAGES



In 2011, as interim head coach for the Kansas City Chiefs, Crennel monitors a game.


MATTHEW WEST—MEDIA NEWS GROUP/BOSTON HERALD/GETTY IMAGES



As defensive coordinator for the Patriots, Crennel speaks to the media in Jacksonville, Florida, in 2005.

A COACH WHO CARES

Romeo Crennel coached football for more than 50 years, earning five Super Bowl rings. Here, he shares words of wisdom.

A supportive, instructive coach can make all the difference. Coaches are often former athletes who want to share their love of the game with the next generation. They strive to foster enthusiasm, skills, and confidence. Your  Job spoke to former NFL coach Romeo Crennel. Read his words below, and find more inspiration at ti.me/crennel.

"Football is not about who you are, it's about what you do." Crennel was all about supporting his team from an early age: first as a defensive player, then as an offensive lineman. He measured his success by what he could give back to his colleagues. Crennel thrived when surrounded by others. This was especially true on the field, where he earned the trust of his teammates and coaching staff. He knew then that helping others excel, while recognizing their true potential on and off the field, was what he wanted to do.

"With extreme honor came immense pressure." Crennel graduated from Western Kentucky University in 1969. He began his career there as a graduate assistant coach. He was the school's first Black coach. While this was an honor for him, it was also a lot of pressure. He says, "I felt as though I always needed to be at my best to help others realize that the color of my skin, as well as the color of the skin for all who aspired to be a coach after me, had nothing to do with the game of football or coaching."

"We help others—teammates, fellow coaches, aspiring players, and fans—recognize what it takes to be successful, both on and off the field." Are you interested in becoming a coach? Crennel says that loving the game isn't the only important thing. You must also thrive in what he calls a "people environment." He explains that coaches support players in all aspects of life, including overcoming obstacles. "We celebrate their success," he adds, "and we challenge their perspective." —By Rachel MacPherson



When Becky Hansmeyer was about 8 years old, she loved using her family computer to make pictures and write stories.



COURTESY BECKY HANSMEYER (2)

DEVELOPING HER DREAMS

Becky Hansmeyer builds and releases apps. Learn more about her passion for app development at ti.me/hansmeyer.


Mobile applications, or apps, have become a key part of people's daily lives. There are many kinds. Some help with schoolwork, others are for gaming or staying in touch with friends. App developers might come up with an idea for themselves or work for a large company, such as Instagram, designing and building apps and new features.

Becky Hansmeyer builds apps for iPhones. She remembers using her family's computer as a kid. "I spent all my free time on that thing," she says. Though she was interested in technology, Hansmeyer went to college for music. But "something just didn't feel right," she says. So she took online tutorials to learn programming languages, and soon built her first app.

Hansmeyer says if you want to create apps, you should develop your writing and communication skills. And take basic programming tutorials and classes. You can do it! —By Jason Cipriani



GET MORE ONLINE

Whether you're into sports, space, or anything in between, check out the Your  Job site, at timeforkids.com/your-hot-job. Uncover potential

job paths with articles, videos, interviews, reading lists, and more. Get inspired! What does your future hold? —By Allison Singer

PICTURE IT



Trevor Stuurman is a photographer and multimedia visual artist. "The first camera that I picked up was actually a cell phone," he says. From there, he was inspired to study filmmaking and storytelling. Working as an artist has allowed him "to connect with so many of my icons," Stuurman says.



JULIEN M. HEKIMIAN—MONTBLANC/GETTY IMAGES

WIN GOLD



"When I started this journey," gymnast Gabby Douglas says, "I never knew what it actually took for me to get to the Olympics. I had a lot of self-doubt." Douglas overcame that self-doubt to become the first American gymnast to win both solo all-around and team gold medals at one year's Olympics. "You have to believe that you're good enough," she says.



WALLY SKALI—LOS ANGELES TIMES/GETTY IMAGES

DREAM BIG



Using artificial intelligence and voice-recognition software, we're connecting you to people in the careers you're curious about. Talk to Krista Kim, a digital artist with big ideas about art, the emerging digital world, and people's mental well-being. Want to learn about the metaverse, or how you can create an NFT? Ask her all about it.



CHELSEA LAUREN—SHUTTERSTOCK

HELP OUT



Stella Sigal works at the NewYork-Presbyterian Westchester Behavioral Health Center, in New York. Her role as a medical librarian gives her an opportunity to connect with both hospital staff and patients. Sigal conducts research for doctors and nurses, lends books to patients, and runs support groups for people in need.



COURTESY STELLA SIGAL

TAKE OFF



Joan Melendez Misner is an aerospace integration engineer at NASA. She's also a part-time science communicator. Melendez Misner's applications to work at NASA were rejected 13 times before she was finally accepted. "As clichéd as it sounds," she says, "never give up. No doesn't mean 'never.' It just means you have to keep going."



COURTESY JOAN MELENDEZ MISNER

GO WILD



Forrest Galante is a wildlife biologist and conservationist. He travels the world locating animals thought to be extinct. "I'm very lucky with all the places I've gotten to go," he says. "My favorite place I've ever been that nobody would think of is Palau, in Micronesia. Palau is just perfect underwater. The coral reefs are immaculate."



COURTESY FORREST GALANTE