



# Navigators Program Lesson Plans

## Book Two: A Roadmap for the Future

### Career Education

Introduction  
Goal Setting  
Decision Making  
After High School-What's Next?  
Interest and Aptitudes  
Skills and Job Traits  
Looking at Building Careers  
Occupation Selection  
Researching Careers on the Internet  
Getting Ready-Education and Training  
Opportunities  
Working for Yourself  
Work and the Family  
Writing Resumes  
Job Applications  
Job Interviews  
Where to Find a Job  
Ethics in the Workplace  
Understanding People and Problems at  
the Workplace  
How to Keep A Job  
Rights and Responsibilities of Workers  
The Global Workplace

### College Life

Introduction  
Selecting a College  
Choosing a Major  
Leaving Home  
Choosing Classes  
GPA (Grade Point Average)  
Understanding the Professors  
Personal Management  
Exams  
Extracurricular Activities  
Financing a College Education  
College Terminology A-Z

### Life Skills

Introduction  
Effective Communication  
Dealing with Change  
Being a Knowledgeable Consumer  
Being a Team Player  
Perseverance: Never Give Up  
Self-Discipline  
Self-Awareness: Who Am I?  
Peer Pressure  
Conflict Resolution  
Courage  
Time Management  
Maintaining Balance and Limiting  
Stress  
The Importance of Good Health  
Money Management