

EDUCATORS GUIDE



Activities and tips for DiscoverU Week 2022

OCTOBER 10-14



@DiscoverUWA

discoveruwa.org

What is **DiscoverU**?

DiscoverU encourages our community to help youth learn about college and careers. Teachers, school staff, and community partners lead engaging activities that help students explore their future. DiscoverU puts student interests at the center and helps connect their aspirations with the many pathways to get there.

Goal of the Guide

This DiscoverU Guide is meant to support teachers, counselors/social workers, and administrators to participate in DiscoverU. Each school's staff and school leadership team should work together to develop a plan for implementation.

This guide includes:

- Theme Days and Aligned Activities
- Door Decorating Contest information
- Educator Stories of Success
- Social Media Guide
- How to Include Families in DiscoverU
- How to Help DiscoverU Grow



TIPS ON HOW TO BE **SUCCESSFUL**

***Choose a DiscoverU
champion to support your
school staff!***

Share your champion's contact with the DiscoverU team by emailing Maria Gonzalez (mgonzalez@ccedresults.org). We will ensure your champion receives the latest information.

***Sign-up for the
DiscoverU Newsletter***

See the top bar on the [DiscoverU](#) website.





MONDAY

October 10: Discover Local Jobs Day (#DiscoverLocalJobs)

Washington State employers will add 373,000 new jobs in the next 5 years. Let's make sure our students know about what opportunities are available to them locally.

From technology to healthcare to aerospace, our local sectors are growing. To kick off DiscoverU 2022, let's introduce our youth to the career possibilities in our region. Virtually connect students with local young professionals from different career fields, share facts about the types of jobs that are growing and available, and help them learn about local employers.

GRADE LEVEL	ACTIVITY	DESCRIPTION	MATERIALS/FILE
Elementary School	What does my parent/guardian do?	Do students ever wonder what their parents do for work? Through this activity students will learn about the role and duties that their parents do at their everyday job. This activity is meant to support students in exploring career opportunities.	What does my Parent/Guardian do?
Middle and High School	Industry Poster Scavenger Hunt	Through a scavenger hunt, students spend time engaging with posters featuring high-demand industries in our region and learn information about their career options.	Industry Poster Scavenger Hunt Industry Posters
Middle and High School	Who Made It? Activity	Students will understand the range of careers that go into developing, distributing, and selling products or services that are made in our region. They will also be able to familiarize themselves with our region's major employers.	Who Made It?



TUESDAY

October 11: Lead Your Community Day (#LeadYourCommunity)

Today is all about building a better community. Introduce students to community-oriented work or connect them to leadership opportunities in their neighborhoods and outside of the classroom.

Public sector and nonprofit jobs can be rewarding career paths, but our students don't often have the opportunity to learn about them. Today, students can explore career paths that positively impact the communities they live in.

GRADE LEVEL	ACTIVITY	DESCRIPTION	MATERIALS/FILE
Elementary School	Story Time	Students will learn about community engagement and leadership by listening to books (read out loud) about leaders who take actions to impact their communities.	Story Time
Middle School	Design Your School	Students will identify something they want to change about their school and discuss steps they could take to make it happen.	Design Your School
High School	Virtual Career Panel	Students will learn from local employees about their educational and career pathway.	Virtual Career Panel



WEDNESDAY

October 12: Classroom to Career Day (#ClassroomToCareer)

Students sometimes wonder, “Why do I need to learn this?” Today, take time to show your students how classroom content connects to local careers, and post high school opportunities.

Educators and parents, this is your chance to dive into a question that students often ask during lessons or while doing homework: “Why do I need to learn this?” Show students how what they’re learning can be applied to future careers. For example, if they are currently taking algebra, you might want to demonstrate how it is used in carpentry, business, or engineering. Also, it’s important to describe how educational pathways can lead to a particular job. Suggestion: feature one career each day of the week, or even the rest of the school year!

GRADE LEVEL	ACTIVITY	DESCRIPTION	MATERIALS/FILE
Elementary School	Draw a Scientist Doing Science	Students will have the opportunity to break the stereotype of what and who a scientist is. This activity will help explain what a scientist does.	Draw a Scientist Doing Science
Middle School	Who am I? Chemical Reactions	Students will identify careers that involve using and understanding chemical reactions.	Who am I? Chemical Reactions Activity
High School	Measuring in Careers	Students will identify careers that rely on precise measuring skills.	Measuring in Careers



THURSDAY

October 13: College Gear Day (#CollegeGearDay)

Show school pride by wearing your college's gear and sharing college knowledge!

Promote a college-going culture today by wearing your school's gear and sharing your college experience! What school(s) did you go to? What did you study? What were your favorite college memories? Did you live at home or on campus? How did you pay for college? Let students know about the various paths they could take. For older students, use this opportunity to focus on aspects of the college-going process like applying for financial aid or talking to them about the transition beyond high school.

GRADE LEVEL	ACTIVITY	DESCRIPTION	MATERIALS/FILE
Elementary School	Answering Your College Questions	Students will have the opportunity to ask questions about college.	Answering your College Questions
Middle and High School	Exploragories	Students will have the opportunity to listen to current or former college students about their experience navigating post secondary education.	Virtual College Student Panel
Middle and High School	Teacher's Career Pathway	Students will have the opportunity to hear and learn from their teacher's college experience, successes, challenges, and overall college experience.	Teacher's Career Pathway



FRIDAY

October 14: Flash Forward Friday (#FlashForwardFriday)

What do students see when they look into their futures? To cap off DiscoverU Week, set up activities for students to share their visions.

It's the last day of DiscoverU 2022, which means you can help students transport themselves into the future and envision where they want to be. Students can create time capsules, write letters to their future selves, or take a picture of how they envision their future self. We want to see what the region's students have in mind for their very bright futures!

GRADE LEVEL	ACTIVITY	DESCRIPTION	MATERIALS/FILE
All	Future Career Workplace	Students can transport themselves into the future at their work place, change their zoom background and take fun photos.	Future Career Workplace
Elementary School	Illustration of Myself	Students reflect on their interests, goals, and imagine their future selves by creating stickers (pictures or words) illustrating what they want to be when they grow up.	Illustration of Myself
Elementary School	Graduation Year	Students begin thinking about their goals and what their future would look like.	Graduation Year
Middle School High School	Letter to Myself	Students will reflect on where they are currently at in their education journey, their goals and dreams, and what their future will look like.	Letter to Myself

HOW EDUCATORS WERE SUCCESSFUL DURING DiscoverU WEEK

We talked to four educators about their tips for participating in DiscoverU Week.

What are some best practices you have adapted in order to be successful during DiscoverU Week?

Teacher, 5th grade:

Karl Gapuz, Van Asselt Elementary School

"At the grade level I teach, concepts that resonate with DiscoverU Week (post-secondary pathways, careers, etc.) rarely get touched upon throughout the year. I think that using DiscoverU Week as an exciting introduction to these types of topics helps act as a good primer for students to engage in the content later. For example, I may pull rigorous text in the form of news articles about college for my small reading groups. I also teach a week long inquiry unit after state testing regarding different colleges and what college entails.

Within the actual week I make it a priority to talk to students about my pathway into becoming a teacher. It allows me to be vulnerable and share experiences about growing up and the skills I learned that they can start practicing as 5th graders: being accountable to yourself and others, flexible in anything you may face, and efficient in each task."

College and Career Specialist:

Nicole Collopy, Todd Beamer High School

"Preparation, preparation, preparation. I am thankful things aren't changing so I can get started right away because [DiscoverU] creeps up on you. In order to be successful it is not something you can just throw together."

Counselor:

Jenn Troung, Tyee High School

"During DiscoverU Week we always have PSAT testing, so we try to plan around it. It is a really good opportunity to plan for senior activities. We do a lot of activities for senior like field trips and financial aid workshops."

Community Based Organization:

Elly Mata, College Prep Advisor, College Success Foundation

"I utilized lunch time to engage with students, especially because this is where I know I can reach my low income students."



How educators were successful during DiscoverU Week (cont'd)

What tips do you have for people who are participating for the first time in DiscoverU Week?

Teacher, 5th grade:

Karl Gapuz, Van Asselt Elementary School

"Connect with grade level colleagues or just folks in your school to see what they are doing. Finding a sense of alignment in what you'll be teaching about DiscoverU topics can help ease the burden of planning too much for it. I'm also thinking about how you can make DiscoverU inquiry based. Giving students the opportunity to question, wonder, and support their curiosity!"

College and Career Specialist:

Nicole Collopy, Todd Beamer High School

"Reach out to people in the district who are doing [DiscoverU], because someone has already been doing it successfully and they can support."

Counselor:

Jenn Troung, Tyee High School

"Don't recreate the wheel if you don't have to, already utilize what you have or will have."

Community Based Organization:

Elly Mata, College Prep Advisor, College Success Foundation

"Through a central location I played trivia with students and they received a prize regardless if they were right or wrong. I also utilize music that is culturally relevant for students." [Read more about Elly's experience leading DiscoverU activities](#)

What does DiscoverU mean to you? To our students?

Teacher, 5th grade:

Karl Gapuz, Van Asselt Elementary School

"It's never too early to teach students about college and career. Giving my students who come from different backgrounds (often without a family member attending college), the knowledge of what to expect in the future and the skills they should start/continue to learn really motivate them to do well in their current education."

College and Career Specialist:

Nicole Collopy, Todd Beamer High School

"To my students it is an opportunity throughout high school to think about what comes next because they only think about high school and not college."



Anything else you would like to share?

Counselor:

Jenn Troung, Tyee High School

"As much as you can get other staff involved, like paraeducators, janitors, everyone on campus would be great. Utilize them as much as you can in their role."

College and Career Specialist:

Nicole Collopy, Todd Beamer High School

"Have fun with it! It shouldn't be stressful, but make it fun!"



SOCIAL MEDIA GUIDE

Use this social media guide to generate buzz leading up to DiscoverU Week and use the prompts below to participate during each day of DiscoverU with your own social media posts.

GETTING READY FOR DiscoverU WEEK!

SAMPLE POSTS Promoting DiscoverU:

- DiscoverU Week 2022 is coming! Join other educators Oct. 10-14 to help students explore college & career. virtually. Visit **discoveruwa.org** to get resources and learn more.
- DiscoverU Week is Oct. 10-14 this year! Educators: participate by doing college and career classroom activities, aligning your lesson plans to DiscoverU theme days, or entering the art contest. Learn more at **discoveruwa.org**.
- Enter the DiscoverU Door Decorating Contest! Engage your students and promote college & career exploration by submitting your decorated door with the theme roadmap to success on DiscoverU week. The submission deadline is Tuesday October 11 at 5pm, and winners will be announced Friday October 14th at 12pm. Submit your entry **bit.ly/doordisplay2022**.

OCT
10

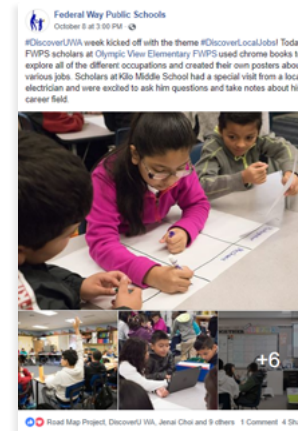
MONDAY

#IndigenousPeoplesDay
#DiscoverLocalJobs

Today is indigenous people's day, normally on the first day of DiscoverU we highlight Washington State employers, in addition this year we want to highlight the contributions of our indigenous neighbors. Washington state employers will add 373,000 net new jobs in the next 5 years. Let's make sure our students know about their employment options and the history of the land where we work and live.

Post your answer to a
#DiscoverLocalJobs #IndigenousPeoplesDay prompt:

- Share a land acknowledgement with those around you.
- Look up and share the Indigenous groups original to your area.
- If you grew up locally, share your educational pathway.
- Describe the types of jobs that are in-demand at your workplace or community.
- Spotlight someone from your community who works in a local sector.



OCT
11

TUESDAY

#LeadYourCommunity

Today is all about community building. Introduce students to community-oriented work or connect them to leadership opportunities outside of the classroom and in their neighborhoods.

Post your answer to a #LeadYourCommunity prompt:

- How were you involved with your community while in high school? What impact did that experience have on your career pathway?
- What does community leadership mean to you?
- Who in your community inspires you? Give them a shoutout!
- How did your community involvement experience help you develop skills you use today?



OCT
12

WEDNESDAY

#ClassroomToCareer

Students sometimes wonder, "Why do I need to learn this?" Today, take time to show your students how classroom content connects to careers.

Post your answer to a #ClassroomToCareer prompt:

- Share how you use what you learned in high school or college in your current job.
- Share how high school classes become foundational skills in your field (e.g. Math + Art = Web design)
- Describe the educational path or classes you need to pursue a specific job (maybe your own!)
- Share how something you learned in high school or college helped you determine your career path.
- What is something you know now that you wish you had known when you started school/work?



OCT
13

THURSDAY

#CollegeGearDay

Show school pride by wearing your college's gear and discussing college knowledge!

Post your answer to a #CollegeGearDay prompt:

- What is your favorite college memory?
- How did you choose your program (major, degree, certification)?
- What is your best advice for students who are deciding what to pursue beyond high school?
- Why did you choose to go to college?
- What unexpected knowledge did you pick up from college?



OCT
14

FRIDAY

#FlashForwardFriday

What do students see when they look into their futures? To cap off DiscoverU Week, set up activities for students to share their visions.

Suggested way to participate:

- Use signs (discoveruwa.org/photobooth-signs), take photos, then post on social media.



How to include families in DiscoverU

Families can participate in DiscoverU, too! Here are some ways you can encourage your students' family members to collaborate with you during DiscoverU Week.

Encourage family members to talk about their own career paths with students. Example prompts:

- How did you end up in your current job? What do you like about it? What don't you like?
- Did you have to receive special training (college or on-the-job training) to be good at your job? Did you always want to have that job?

Suggest family members work with their students on a career interest survey:

- Career interest inventory for [middle or high school students](#): click on "Explore Careers" and then "Career Interest Survey."

Or just encourage conversation! A discussion prompt:

- Discuss what you think your student is good at and talk about careers that might use those skills. For example, does your student like searching and finding information on the computer or planning activities with their friends? Those activities involve important skills from word processing and analyzing information to communicating and organizing.

HELP DISCOVERU GROW

Each year we try to improve DiscoverU Week. You can help us by:

- Recruiting alumni to share their college and career stories
- Sending us your DiscoverU activities and we will add them to our Resource Library. Email them to: mgonzalez@ccedresults.org
- Sharing your DiscoverU story with us. How did you engage with DiscoverU this year? Email stories to: mgonzalez@ccedresults.org
- Providing us with feedback on how we can make DiscoverU Week even bigger and better. Email: discoveru@ccedresults.org

