Middle School Technology Education
Learning Plans

These plans are also available on our website:

www.accomack.k12.va.us

Please note: The online portion of these plans is optional.

Middle School Learning Plans
Technology Education

ACCOMACK COUNTY *Public Schools*

Activity #1- Creating a Plan

Essential Question: Why should I create daily goals/tasks to complete?

Create a list of tasks/goals for the next five days. This should not be limited to merely academic goals—include personal goals (exercise, music, art, etc.) and chores as well.

- Identify each goal as either a high or a low priority.
- Develop a personal calendar assigning both high and low priority tasks to each day. You may wish to assign them to specific times of the day. This becomes your plan of work.
  - At the end of each day, review your accomplishments and answer the following questions to determine if your time and resources were used effectively.

1. How long did I spend on high priority tasks compared to low priority tasks?
2. Were all goals met or exceeded? If not, can I add these tasks to the next day's schedule to increase
3. Productivity?
4. Were all available resources utilized?
5. Would available technology help increase efficiency?

Activity #2 Information Technology – Social Media

Look through your social media account. Find one post you made that might offend a prospective employer, but not so bad, you cannot share it with the class. Describe the post in school friendly terms. Then, describe from their point of view, what an employer might think if everything else about your application were perfect, and then they saw THIS.

Activity #3- Big Picture Thinking

Essential Question: Why is it important to reflect on our role in fulfilling the mission of the workplace and consider the social, economic, and environmental impacts of one's actions?

Keep Journal for Five Days to include:

1. Create a list of three 'GLOWS' from your day. (GLOWS are positive things that happened).
2. Create a list of three 'GROWS' from your day (GROWS are challenges you faced).
3. Pick ONE of the 6 items listed and write a short reflection about it. You are encouraged to free-write for 5-10 minutes each day.
4. Remember that the purpose of this activity is to give you a safe place to evaluate what each of you are uniquely going through.
5. Please add color to reflect your current state of mind. Pictures, drawings, gluing pictures from magazines are all allowed. Be creative!!

Examples:

GLOWS:	GROWS:
1. Today I woke up and helped my mom cook breakfast.	1. I forgot to do my chores.
2. I was able to FaceTime with my friends and that made me happy.	2. I dropped a glass of milk and made a huge mess on the carpet.
3. Instead of yelling at my brother I practiced breathing exercises that I learned in school.	3. I spent all day playing video games.

REFLECTION:

Today was a good day. I felt myself starting to get frustrated with my brother but instead of yelling at him I was able to take a breath and talk to him about what I was feeling. I know that this isn't something I would normally be able to do, so I'm proud of myself for making a different choice. It's not easy being stuck inside but I know that I'm not alone in this struggle.

Activity #4: Job Tools and Technologies

Impact of Technology - Identify a technology that we use in the workplace, the community, our daily lives. Discuss what are some of the positive and negative impacts of this technology? Think of the impacts not having the technology would have on our daily lives.

Activity #5: Career Exploration

Essential Question: What career opportunity would you like to explore and what skills are needed for that career?

Career Interview… Interview someone in your life who you believe has an interesting job or career that you may consider when you graduate from high school. It can be either in person or on the phone. As the following questions and document their answers.

MY CAREER CHOICE: _____

1. What do they do On the job what tasks are performed during their daily routine
2. What education or training was required for their position? What was their career path?
1. Example: high school degree, trade/technical school, bachelor's degree or higher
2. The career will need the following skills:
3. Basic Skills--
4. Social Skills--
5. Problem Solving Skills--
3. I will need the following abilities:
6. Verbal abilities and/or Ideas and Logic
4. People interested in this work like activities that include…
7. Technology, electronic equipment/knowledge, and/or software… people in this field may use
5. Job outlook in our state or the state you would like to live in?
8. Percentage of Job Growth? Salary Range? Jobs in other states?
9. 7. Other interesting facts I discovered about the career I researched….