

Weekly Practice Worksheet

8th Grade · Life Skills & Health · Week 10 (Quarter 2)

Career Exploration

This week's focus: Exploring interests & strengths

Student Name: _____ Date: _____

Monday: Introducing Exploring interests & strengths

Learning Objective

Students can explain why exploring interests & strengths matters in daily life.

Practice

Guided discussion and note-taking on key strategies.

Check-In / Reflection

Exit ticket: one takeaway about exploring interests & strengths.

Tuesday: Exploring Exploring interests & strengths

Learning Objective

Students can identify strategies related to exploring interests & strengths.

Practice

Groups share strategies with the class.

Check-In / Reflection

Teacher checks group notes.

Wednesday: Practicing Exploring interests & strengths

Learning Objective

Students can practice a skill related to exploring interests & strengths.

Practice

Peer feedback after role-play/activity.

Check-In / Reflection

Short reflection on what was practiced.

Thursday: Applying Exploring interests & strengths

Learning Objective

Students can apply exploring interests & strengths to a personal plan or example.

Practice

Partner share of personal plans.

Check-In / Reflection

Plan submitted for teacher feedback.

Friday: Reflect & Share: Exploring interests & strengths

Learning Objective

Students can reflect on their learning about exploring interests & strengths.

Practice

Volunteers share reflections with the class.

Check-In / Reflection

Completed reflection collected.
