



## The Stone Soup Leadership Institute's Life Skills & Career Development Course

### Course Materials

- *Stone Soup for the World: Life-Changing Stories of Everyday Heroes*
- *Stone Soup Leadership Institute's DEI, SEL & Service Learning Curriculum*

Before taking the Career Mentor Course, each student will complete:

**Performance Metrics:** Pre and Post Test to measure improvement in these workforce development skills: Adaptability, Communication, Critical-thinking, Conflict-Resolution, Teamwork, Project Management, and Problem Solving.

During the **Career Mentor Course**, each student will:

1. Be inspired by stories of those who pursued their dreams, overcame challenges and realized their goals
2. Determine his/her key interests and explore possible career paths;
3. Create their 5-Year Plan to pursue their career paths;
4. Explore and communicate his/her life purpose;
5. Develop skills essential for 21<sup>st</sup> Century leaders.

Weekly Theme	Story	Skill Task	Task	Materials	Reflection Questions
		Off-line activity	Online activity		
My Dreams	<i>Starfish</i>	Complete application form  Share your dreams with group.  Share story of how you made a difference in someone's life	Access application  <u>Optional:</u> Create and upload your Dream Map™ image	Application form  Dream Map™ template  Dream Map™ example  Video	What is my dream for my life, my island, and my world?

My Story	<i>A Man With a Past Gives Back</i>	<p>Pair up with someone you don't know. Interview them with bio questions.</p> <p>Draft their bio and introduce them.</p> <p>Role playing exercise</p>	Upload your bio	Bio questions	What is my story?
My Gifts	<i>Sidewalk Sam</i>	<p>Make a list of my key interests, strengths and weaknesses.</p> <p>Share in pairs.</p>	<p>Research &amp; make a list of famous people with these interests and strengths.</p>	Decision Making Tree	What are my greatest gifts and how would I like to share them with the world?
My Image	<i>NFTE: From Street Kids to Wall Street</i>	<p>First Impressions: how we present ourselves to the world.</p> <p>Posture exercises</p> <p>Photographer: Headshot</p>	<p>Take a professional headshot.</p> <p>Upload photo to your profile</p>	Dress for Success Guidelines	How do I create image to share with the world?
My 5 Year Plan	<i>Streets of Hope: Dudley Street Neighborhood Initiative</i>	<p>Visualization: Imagine creating your 5-year-plan</p> <p>Professional workgroup session</p>	Upload your 5 Year Plan and determine major milestones needed for the next 6 months	Watch 5 Year Plan video with Josue Cruz	How do I want to organize my life so that I can be on the path of my 5 year plan to realize my dreams?
My Monthly Calendar	<i>Stone Soup Magic</i>	List your best ingredients/assets that you will need to create your own Stone Soup story.	Look at next 6 months - what do you need to do to move forward on your path? Add dates in calendar block	<p>Watch Video Time Management</p> <p>Time management worksheet</p>	What are the most important tasks I want to accomplish this month?
My Portfolio	<i>By Giving Our Lives, We find Life: Cesar Chavez</i>	<p>Research possible careers that match my interests, skills, and gifts.</p> <p>Prepare a resume highlighting key accomplishments and skills.</p>	Upload resume	Sample resumes	<p>What am I most proud of that I've accomplished in my life?</p> <p>What are my most valuable skills?</p>

My Mentors	<i>Fulfilling Martin's Dream</i>	Identify key people in the community you would like to be your mentor.  Brainstorm in pairs	Upload list of identified mentors and organizations with their contact information	Template letter for mentors  Write a letter to a possible mentor to request their support.	What would I like to learn from a mentor?
My Network	<i>Making Lemonade from Lemons</i>	Identify key people in your community who might be open to learning about your dreams and supporting you.	Schedule a call/visit to a key person in your community	Calendar and to do list	Who are the key people in my community who can help me in my career?
My Elevator Pitch	<i>The Power of An Idea</i>	Record a 30-60 second video introducing you, your dream for your life, your community & the world.	Upload the elevator pitch to your portfolio	YouTube App iPhone	How might I inspire a potential supporter with my video.
My Mentor Interview	<i>Fulfilling Martin's Dream</i>	Prepare to interview a mentor.	Review mentor interview questions and add new ones.	Mentor Interview Questions	What was the best advice that my mentor shared with me?
My Communications Plan	<i>YouthBuild</i>	Write thank you letter to my mentor.	Write a paragraph about the highlights to include in press release.	Press Release  Upload to site so students name is connected.	What did I learn about how to communicate with a mentor?
My Continuous Learning Journey	<i>Sidewalk Sam</i>	Reflect on what you've learned from mentor.  Identify follow-through activities and opportunities for your personal and professional development	Add the new activities to your calendar the activities identified	Calendar	What opportunities are available in my community for my personal and professional growth?
My Pay It Forward Commitment	<i>Focus: HOPE</i>	Identify ways to give back in the community or s	Create a Gant chart to show how you will Pay-It-Forward	Project management worksheet	What can I do to give back in my community?
My Commencement	-	Create meaningful graduation event. Invite parents, principal, mentor, community, press	Graduation Invitation Students create video highlights to share at graduation.	Graduation certificates signed by teacher, others	How do I apply these lessons moving forward?

