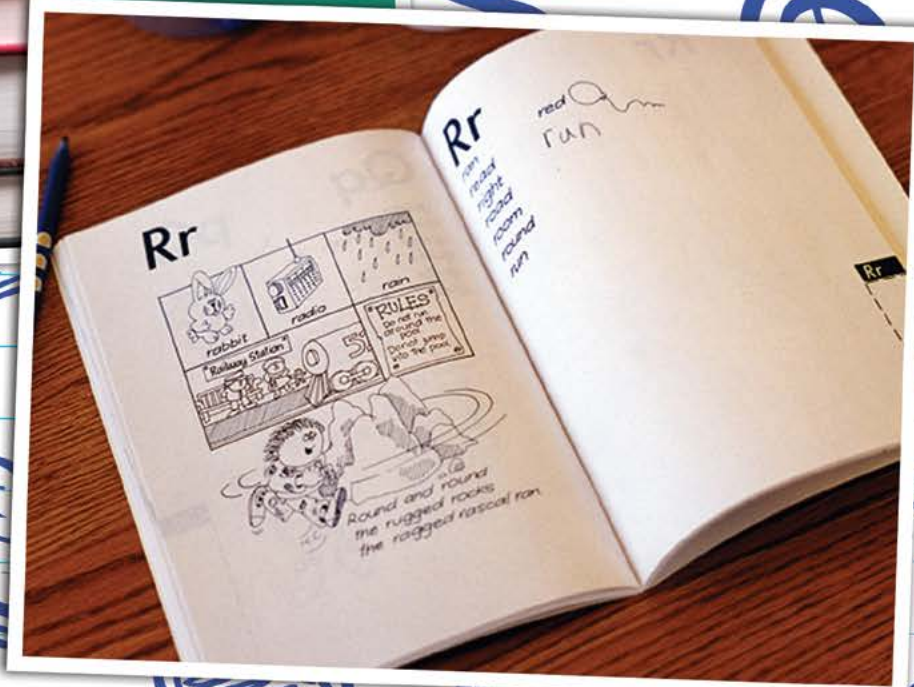




High School Teen Mentoring Bin Resources



Alberta

Freedom To Create. Spirit To Achieve.

Government
of Alberta

High School Teen Mentoring Bin Resources

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This information was accurate, to the best of our knowledge, at the time of printing.

INTRODUCTION

This mentoring resource was developed specifically for the High School Teen Mentoring program. Through evaluations, feedback and consultation with Big Brothers Big Sisters of Edmonton & Area a desire for more interactive and engaging activities for youth was identified and implemented into this resource.

The bin resources were designed to supplement the High School Teen Mentoring Activity Book and provide the additional materials needed to complete some of the activities.

In this publication you will find information on:

1. Plastic pouches and contents
2. Lesson plans and components preparation
3. Bin Supply List
4. Additional Resources
5. Lesson plans and components for the group/interactive activities
 - Values Auction Activity 3.11
 - Value cards
 - Subject that Job Activity 4.4
 - Answer sheet
 - Words Make My Future Activity 4.7
 - Matching Cards
 - Match This Activity 4.10
 - Occupation Cards
 - Tool Cards
 - Occupational Descriptions

Plastic Pouches

Within your High School Teen Mentoring program you may select to provide transparent plastic pouches to your elementary and senior high students. With the elementary students (mentees) the pouch content for grade 3 and 4 will include the following:

- Pencil*
- Eraser*

For the grade 5 and 6 students (mentees):

- Pencil*
- Eraser*
- Planning For Post-Secondary Studies: Grade 5/6 Student Guide**
- Planning For Post-Secondary Studies: Grade 6 Parent Guides**

The pouches can be used to send completed mentoring activities to the mentees teacher. Homework can be passed back and forth from teacher to mentor and needed communication such as certain mentee's needs, how the day is going for the mentee (appraise the Mentor of an incident) and/ or how things went during the mentoring session. The Grade 5/6 Student Guide can be ordered and used in class to meet Grade 5 health and wellness curriculum learning outcomes or for mentoring activities. The Grade 6 Parent Guide is to go home to the mentees' parents for family engagement.

The pouches for the High School Students (mentors) are usually given during training and contain the following:

- ALIS bookmark (order these and other ALIS promotional items from info@alis.alberta.ca)
- Pen or Pencil*
- This is Your Life: A Career and Education Planning Guide**
- Money 101***
- Time to Choose***
- Career Coaching Your Teens: A Guide for Parents ***
- Scholarship Booklet*
- Students Funding Brochure*
- Learning Clicks CD-ROM (www.learningclicks.ca/request)

** order these items from caap@gov.ab.ca*

*** publications can be ordered FREE at lrc.education.gov.ab.ca*

**** these publications can be ordered FREE at alis.alberta.ca/publications*

Lesson Plans and Components Preparation

Getting Started

To get started you need to prepare your Mentoring Resource Bin that will hold the various games, books, puzzles and components to the four lesson plans and to be a source of interactive activities for your mentoring pairs. This bin, a large plastic storage container, needs to be purchased for each elementary school where high school teen mentoring will be taking place.

To produce the various components for the lesson plans please follow these four steps:

Step 1: Print

Print the components for each of the four lesson plans on pages 1 to 42. Printing the various components on card stock and/or laminating these components will make the products last longer.

Additionally, for the Values Auction, activity 3.11, you will need monopoly money. To produce your own

- Go to www.hasbro.com and
- Select 'Game Tools' from the left menu
- Print money there. (color printer works best)

Step 2: Cut

After printing, cut out and prepare all the pieces for each lesson plan.

Step 3: Secure

Organize the lesson plans and components by using envelopes or medium sized heavy duty plastic Ziploc bags to help keep the activities and components separate from each other. Also label the various envelopes/bags to assist in finding all the components easily. Make sure that all the activity components are kept together and placed within the Mentoring Resource Bin for easy access, therefore truly making the activities a pick up and go experience for the mentors.

Step 4: Prepare

Prepare your activity bin by collecting all the necessary products, resources, and tools needed from the Bin Supply List and Additional Resources listed below.

Step 5: Read

Lastly, we ask that you read the lessons plans to make sure all the needed components have been prepared and are ready to us.

Bin Supplies List

Your school may be given a Mentoring Resource Bin or you may have to create one. In addition to this component package, add the following to your school's bin:

- ☐ Plain index cards
- ☐ Magazines
- ☐ Construction paper/coloured paper
- ☐ Glue
- ☐ Flipchart paper and/or newspaper roll
- ☐ Pens/markers/crayons
- ☐ Puzzles
- ☐ Dress-up clothes (career related items such as hats or minor occupation specific objects)
- ☐ Craft materials
- ☐ Blank paper
- ☐ Scissors
- ☐ Stars/glitter

Big Brothers Big Sister or the individual schools should provide the following materials for your bin:

- ☐ Lego Models such as a vehicles, work trucks or airplanes
- ☐ Planning for Post-Secondary Word Magnets*
- ☐ Youth Reflections Videos*
- ☐ Bag of Goodies (10 items)*
 - Paper clip
 - Bookmark

- Thumbtack
- Pencil
- Lego piece
- Puzzle piece
- Sticker
- Rock
- Learning Clicks carabineer*
- Pink stress pig*

* Order these items from caap@gov.ab.ca or by telephone 780-427-5603

Additional Resources

Suggested items to add to your bin if available:

- ☐ Board games
 - Apples to Apples
 - Junior Scrabble
 - Boggle
 - Game of Life
 - Guess Who?
 - Careers
 - Snakes and Ladders
 - Monopoly
 - Pay Day
- ☐ Reading Books – These books are vital if your mentoring program model has a strong literacy component. The school library is a great source for books and it is fun picking out which books to read.
- ☐ Learning Websites – This list of websites can be printed out and put into the bin as additional activities to do for mentoring pairs to heighten technology and learning skills.
 - **www.nanoquest.ie**
Nanoquest is a web game aimed at getting 13-15 year old students interested in nanotechnology and science in general. To captivate the 'gaming generation' the nanotechnology concepts are introduced as they play this fun and challenging 3D computer game.
 - **school.discovery.com/brainboosters**
Brought to you by Discovery Education, this website has lots of fun activities like word puzzles, word riddles and other brain teaser activities.
 - **www.cbc4kids.ca**
Play games, read books and review TV shows hosted on CBC television.
 - **fredpenner.com**
Here you'll find song lyrics, sheet music, colouring pages and online games for students who enjoy Fred Penner's songs.
 - **resources.kaboose.com**
Choose from a variety of fun games and activities to do online.

- **Disney.go.com**
You can pretend you are there! Check out Playhouse Disney, Games, or Kids Island.
- **crayola.com**
Click on Games & Fun to play online.
- **www.netmom.com**
Click net-mom approved websites for kids in the left navigation to find elementary kids and up great websites. Get help with math or science. Check out the reading and writing activities.
- **www.scholastic.com**
Play games and have fun on this website but also learn about your favourite books.
- **pbskids.org/arthur/parentsteachers**
Find activities, homework fun, and projects related to Arthur series of books

If you are having difficulty obtaining games and books for your mentoring Activity Bin try organizing a resource (game or book) drive in your school or community with a campaign that asks for donations.

Lesson Plans and Components for the Group/Interactive Activities

Following are the four lesson plans and full color photographs and other components to complete these activities. These components add a kinesthetic fun factor and make the activities easy to pick up and implement.

3.11 Values Auction (Group Activity)

Grade 5/6

Supplies

- ☐ Value cards (Found in Activity Bin)
- ☐ Auctioneer Rules Sheet
- ☐ Value Summary Sheet
- ☐ Monopoly money (Found in Activity Bin)

What Mentees Will Learn

Mentees will learn what they value most.

What to Do

Note: Please use the full mentoring session.

Group Activity

1. Decide who will be the auctioneer—a mentee or mentor can volunteer or a pair can share the job. If everyone in your group is too shy, have your caseworker be the auctioneer.
2. Have the auctioneer read the rules sheet.
3. Give each of the mentees \$100 in fake money from the activity bin.
4. Explain to the mentees that they should bid on the values that they feel strongly about.
5. Start the auction by holding up the first value card and asking for bids.
6. Keep a tally of who buys each value. Refer to the summary chart.
7. When the auction is finished, in your mentoring pair talk about why your mentee bid on certain values. Why are these values important to them? Was there a value they wanted and didn't get?
8. After the activity, identify on your Mentor Activities Checklist which activity you completed and have your mentee fill out the Activity Evaluation form.

OR

In Pairs

1. Get a set of value cards and fake money from the activity bin.
2. Option 1: Ask your mentee to organize each value from most important to least important.
3. Option 2: Explain that each value is worth \$20 and each person can only choose five. Let mentees buy their top five values.
4. After mentees have ranked their values or bought their most important ones,
 - Ask them why those values were most important to them?
 - What do those values mean to them?
 - How do they have them in their life?
5. After the activity, identify on your Mentor Activities Checklist which activity you completed and have your mentee fill out the Activity Evaluation form.

Tip: If you're missing money or don't have enough, you can print out actual monopoly money at: www.hasbro.com/games/kidgames/monopoly/default.cfm?page=strategyguide/gametools

Auctioneer Rules Sheet

1. Each participant will get 5 \$20 dollar bills.
2. Participants should go through the list of work values and pick the 3 they think would be the most important to them in a job. Once participants have had time to go through the list the auction can begin.
3. The maximum any one can spend on a value is \$60.00. The Auctioneer will start the bidding at \$20, then \$40 and finally at \$60. The first person who puts up their hand will get the bid.
4. The Auctioneer will read out a value and the description of that value holding up the value card. The Auctioneer can give examples of what this value may look like if practiced in a job.
5. As the Auctioneer you do not have to go through the list alphabetically, so remind the bidders to listen carefully for the values they want.

Example of the bidding for one value:

- I have the value of _____. This value in the work place is _____ (description). Taking bids for 20 dollars. The 20 dollar bid goes to (name of person or a descriptor of what wearing, e.g. the girl in the pony tail).
- Do I have 40 dollars, 40 dollar for the value of _____. The 40 dollar bid goes to _____.
- I have 40 dollars, 40 dollars for the value of _____, do I have 60 dollars, 60 dollars, 60 dollars for this (descriptor, e.g. wonderful adventure value that will keep excitement in your life).
- I have 60 dollars, going once going twice and sold to _____ or the gentlemen in the _____ (e.g. brown sweater).

Repeat for the various values until the list is completed or the mentees start getting restless.

Note to Auctioneer: You may or may not get through all of the values, so watch the clock and make sure you have 15 minutes left in the session to wind down the activity. After the bidding, individual pairs can discuss how it went and the values they chose to bid on.

3.11 Values Summary Sheet

Values Auction		
Values	Amount	Who Bought
Adventure		
Commitment		
Community		
Competition		
Cooperation		
Creativity		
Excellence		
Environment		
Family		
Freedom		
Friendships		
Helping Other People		
Helping Society		
Honesty		
Independence		
Influencing Others		
Knowledge		
Leadership		
Loyalty		
Money		
Physical Challenge		
Recognition		
Truth		
Wisdom		



Adventure

Having work that involves exciting or unique experiences.

Community

Living in a town or city where you meet your neighbours and become involved in local activities or projects.

Competition

A contest for a prize, award or honor.



Cooperation

Working or acting together to get something done.

Creativity

Thinking of new ways to do or build things;
not following what others have done.

Excellence

Doing things to the best of your ability as well
as always trying to do things better.



Environment

Taking care of the natural world; trees, soil, air, water, etc.

Commitment

Doing what you say you will do and finishing what was started.

Family

Care for and love people who are related to you or you consider your family.



Freedom

Being able to make your own decision about how you want to live your life.

Friendships

Having very close relationships with other people; being a good friend.

Helping Other People

Do things to help people make their lives better.



Helping Society

Do something to help make the world better.

Honesty

Telling the truth not lying to yourself or others.

Independence

To do things you want without others telling you what you need to do.



Influencing Others

Having other people listen to you and believe what you say.

Knowledge

Really like to learn as much as possible; trying to find the truth about things and understand how & why things work.

Leadership

Being able to have people follow your lead.



Loyalty

Faithful to a person, belief, tradition, or job.

Money

To make money or to become rich.

Physical Challenge

Doing things that need body strength, physical speed, or physical movement like balance and detailed hand or foot use.



Recognition

Getting positive comments and others told about work or things that were well done.

Truth

Facts or what is real.

Wisdom

Being able to see what is true or right.

Supplies

- ☐ Subject That Job Answer Sheet (found in the Activity bin)
- ☐ Pen or Pencil
- ☐ Computer with internet access and printer

What Mentees Will Learn

Learn about different categories of occupations and the jobs within them.

What to Do

1. Ask mentees to think of their favourite subjects in school.
2. Go to Occupational Profiles (alis.alberta.ca/occinfo) and use **Search by Subject**, then choose **School Subject**.
3. Click on your mentee's favourite subject and see all the possibilities for jobs related to that subject!
4. Go through the list and click on the jobs that seem interesting to your mentee. Read the duties and skim through the rest of the information. Make sure you also check out **Educational Requirements**.
5. Click on the Print Poster icon on favourite subjects and print the poster.
6. Then go through the jobs that are listed under your mentee's favorite subjects.
7. Once the activity is finished, ask the mentee a few questions from the list below regarding the activity.

Questions

- Are there any jobs that you learned about but still don't understand?
 - Give an example of a job you were not sure about and explain what you learned.
 - What jobs do you think you might like to do?
 - Do you know of anyone who works at one of these jobs?
8. After the activity, identify on your Mentor Activities Checklist which activity you completed and have your mentee fill out the Activity Evaluation form.

4.4 Subject that Job Category Answer Sheet – Grade 3/4

Language Arts



Newspaper reporter

gathers information and writes articles



Comic book writer

artists who create cartoons



Librarian

help people find materials and the information they want

Math



Accountant

keeps track of money



Bank teller

help people with opening a bank account, paying bills, saving money



Cashier

take money for products, such as food or toys

Science



Zoo keeper

clean and feed animals



Veterinarian

helps sick animals



Meteorologist

tells the weather



Nanoscientist

use powerful microscopes to study really small things

Social



Politician

works for the government



Social worker

helps people



Police officer

protects people and catches
bad guys

Gym



Sports coach

train and instruct athletes



Athlete

competes in sports as
individuals or team members



Referee

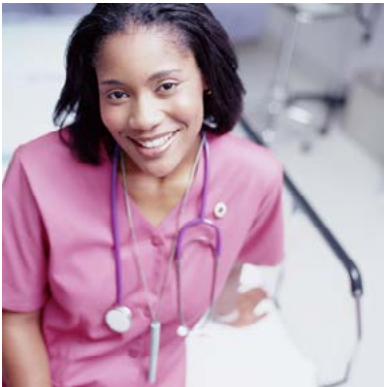
makes sure rules are followed
at a sporting event game or
competition

Health



Nutritionist

helps people eat healthier foods



Nurse

detects and treats health problems



Psychologist

helps people who are sad

Art



House painter

paints the inside and outside of houses



Interior decorator

helps people make their homes look nice



Floral designer

makes nice bouquets of flowers

Music



Songwriter

composes the melody/music and lyrics/words to songs



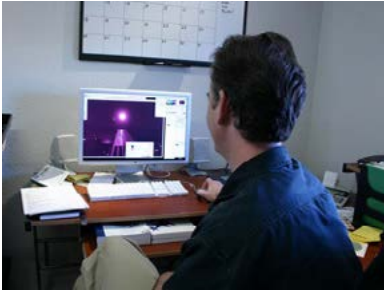
Musician

plays an instrument or sings to a group of people



Music producer helps musician's record music

Computers



Web designer

create websites for the internet



Computer technician

helps fix computers



Computer Engineer

creates, evaluates, changes, maintains and tests computer systems

4.4 Subject that Job Category Answer Sheet – Grade 5/6

Language Arts



Creative writers write literary works such as novels, short stories, essays, poetry, magazine articles or scripts for radio, television, theatre, film or video productions

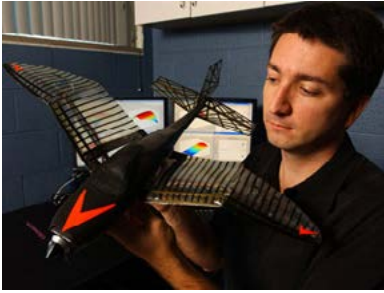


Linguists study human language and speech, and carry out scientific research on the structure, development and use of human languages



Anthropologists study the biological evolution of human beings and the nature of human societies and cultures

Math



Aerospace Engineers

research, design, develop, test, manufacture and maintain aerospace vehicles and systems such as commercial and military aircraft, missiles, spacecraft and related aerospace equipment



Exploration Geophysicist

use the principals of physics, mathematics, geology to study the surface and internal composition of the earth

Science



Entomologist

study the classification, biodiversity, life cycles and ecology of insects and other arthropods and plan and implement surveys, and pest management programs



Magnetic Resonance Technologist

operates medical diagnostic equipment that uses magnetic field and radio waves to produce images of the body



Oceanographers

study all aspects of the oceans including their boundaries contents and role in the earth's climate



Snubbing Services Operators and Supervisors

insert and remove drill pipe tubing and specialized equipment into and from oil and gas wells

Social



Career Development Professional

advise, coach, provide information and support people who are planning, seeking, and managing their life/work direction



Creative Arts Therapist

use artistic media to help clients maintain and improve their physical and mental health by recognizing and developing often untapped resources



Urban, Regional and Park Planners

study the social, economic, political and physical conditions of urban and rural communities, and develop plans for the overall management and protection for specific land parcels or regions

Gym



Diagnostic Medical Sonographer

operate ultrasound equipment to produce and record images of body organs and masses including a fetus



Electroneuro-physiology (ENP) Technologist

use sensitive diagnostic equipment to record and evaluate the electrical activity of patients' central and peripheral nervous system to assist physicians in diagnosing diseases, injuries and abnormalities



Recreation Therapist

work with people who have illnesses and disabling conditions to improve their health and quality of life through leisure and recreation

Health



Cardiology Technologist

perform cardiology tests to provide information needed in the diagnosis and treatment of heart disease



Naturopathic Doctor

use natural, non-toxic healing therapies to treat patient's diseases and disorders



Psychiatrists

are physicians (medical doctors) who specialize in the diagnosis and treatment of mental illness and emotional disorders, and act as consultants for other physicians.

Art



Public Relations Representative

help organizations achieve their objectives by facilitating communication links between organizations and the audiences they wish to reach



Architect

design building projects and advice clients regarding building projects



Interior Designer

creates and enhances interior spaces to improve quality of life, increase productivity and protect public health, safety and welfare.

Music



Composer

creates and writes a wide variety of music



Orchestra/Band Conductor

produce their own interpretations of musical works by directing performers in musical groups



Recording/ Sound Engineer

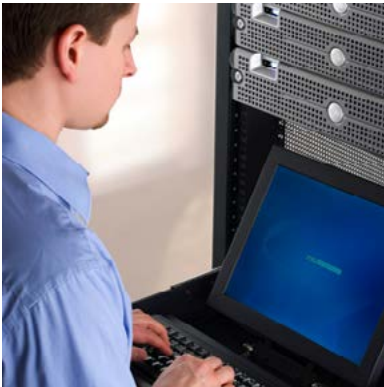
use a variety of techniques and electronic equipment to record, mix, process, manipulate and edit sound

Computers



Interactive Media Programmer

write, modify, integrate, and test computer code for internet applications, computer games, film and video



Webmaster

responsible for the design, development, maintenance and success of the internet and intranet websites



Mapping Technologist

gather, analyze, interpret, and use geospatial information to define locations of natural, and manmade features on, above and below the earth's service. This information is used for applications in many fields for example, environmental and land use planning, natural resources, geology, agriculture.

4.7 Words Make My Future (Group Activity)

Grade 5/6

Supplies

- ☐ Matching Cards (Picture/Definition) (found in the Activity Bin)
- ☐ Words Make My Future Answer Sheet
- ☐ Scissors
- ☐ Pen

What Mentees Will Learn

Mentees will learn common words used in the world of careers and education.

What to Do

1. Go to the activity bin and pull out the 'Words Make My Future Activity'.
2. Lay out all the picture/words and ask your mentee if they know what any of the career or education words mean.
 - If they do, talk about their answer to see if it is correct.
 - If they do not, tell them the answer and discuss it with them so that they understand what it means.
3. Ask your mentee to match the picture/word with the definition.
4. As your mentee goes through the definitions, talk about the terms and ask questions.
 - Have you ever been on a college or university campus?
 - Have you seen or made a scrapbook? A scrapbook is similar to a portfolio.
5. After the activity, identify on your Mentor Activities Checklist which activity you completed and have your mentee fill out the Activity Evaluation form.

Note: As a follow up to this activity use the Planning for Post-secondary word magnets from the activity bin. See how many sentences you and your mentee can come up with.

4.7 Words Make My Future Answer Sheet

Education Word	Definition
Secondary Education	junior and senior high school
Post-secondary education	any education or training after high school
Apprenticeship	learning that combines on-the-job training and in-school training--on-the-job is about 80% of the time and in-school is about 20% of the time
Student Funding	student loans, bursaries and grants from the government that help you pay for your post-secondary education
Tuition	the money you pay to go to post-secondary school
Career	the sum total of your life's experience—schooling, hobbies, paid and unpaid work (volunteering), and extracurricular activities (sports, music, art)
Career Planning	thinking about and deciding what you want to do for a living
Education Planning	planning for a career requires you to spend time exploring your learning and training options
Employee	a person who works for a company or organization
Employer	the person who hires and pays the employee—the employee works for the employer
Learning Styles	Three styles of learning: with our hands (tactile), eyes (visual) or ears (auditory)
Resumé	a document that summarizes a person's schooling, jobs, skills and interests; people use them to tell employers about themselves in order to get a job
Interview	a meeting between a person and an employer where the person answers questions to see if they are right for the job
Portfolio	samples of a person's work. A student portfolio could include schoolwork, drawings, report cards, photos or mementos
Scholarships*	monetary awards based on academic merit or excellence in a specific area of study or discipline: athletics, music, volunteerism, etc. Free money!
Skill	something that a person can do well (listening skills, organizational skills, etc.)
Occupation	a group of similar jobs with similar characteristics found in various industries or organizations
Study Skills	strategies and methods of purposeful learning that usually centres around reading and writing
Job*	a clearly defined working relationship between a specific individual and an employer to complete a defined series of tasks
Work*	a set of activities with an intended set of outcomes

**No matching cards for these terms but great words to discuss with your mentee .*



Secondary Education



**Junior and Senior
high school**

**Post-secondary
Education**



**Any education or training
after high school**

Apprenticeship



**Learning that combines
on-the-job training and
in school training**



The money you pay to go to post- secondary school.



The sum total of your life's experiences is your career;

schooling, hobbies, paid & unpaid work (like volunteering) and extra-curricular activities.

For examples sports, music, art, etc.



When you think about and decide what you want to do for a living.



Education Planning



**Planning for a career
requires you to spend time
exploring your learning and
training options.**

Employee



**A person who works for a
company or organization**

Employer



**The person who hires
and pays the employee**

The employee works for the employer



There are 3 different styles of learning. With our:

- 1. Hands (tactile)**
- 2. Eyes (visual)**
- 3. Ears (auditory)**



A document that summarizes a person's schooling, jobs, skills and interests.

People use them to tell employers about themselves in order to get a job.



Interview

A meeting between a person and an employer where the person answers questions to see if they are right for the job.



Portfolio



Holds samples of a person's work.

A student's portfolio could include school work, drawings report cards, photos or mementos

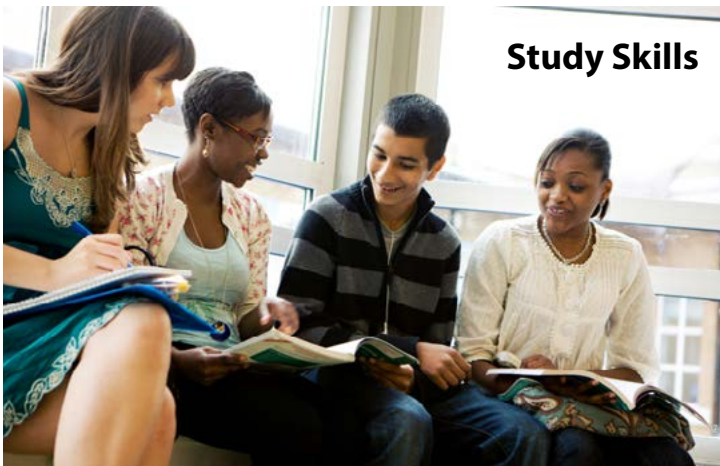
Skill



Something that a person can do well.

Examples: listening skills, organizational skills.

Study Skills



Strategies and methods of purposeful learning, usually centers around reading and writing.

4.10 Match This (Group Activity)

Grade 3/4/5/6

Supplies

- ☐ Occupation Names (Found in the Activity bin)
- ☐ Tool Cards (Found in the Activity bin)
- ☐ Double-sided tape
- ☐ Occupations Answer Sheet

What Mentees Will Learn

Mentees will learn about the tools people use to do their jobs.

What to Do

1. Mentors will put the Occupation Names and related pictures on the walls around the room.
2. Give each mentee a handful of tool cards.
3. Mentees will walk around the room and attach the correct tools to the associated occupation.
4. When completed, the mentors will take turns talking about the daily activity of each occupation and how they would use these tools in that occupation, what type post-secondary education they would need or career path they can take to do this or similar work. (30 seconds to a minute each occupation, see bin pouch for answer sheet)

OR

Ask the group the following questions:

- How do you think this tool is used in the job?
- Would it be hard work using this tool?
- Where would people in this job be working? (inside/outside, in laboratory, in factory, etc.)
- What type of post-secondary education would they need to do this job?

Then confirm the answers and give a brief description of the jobs.

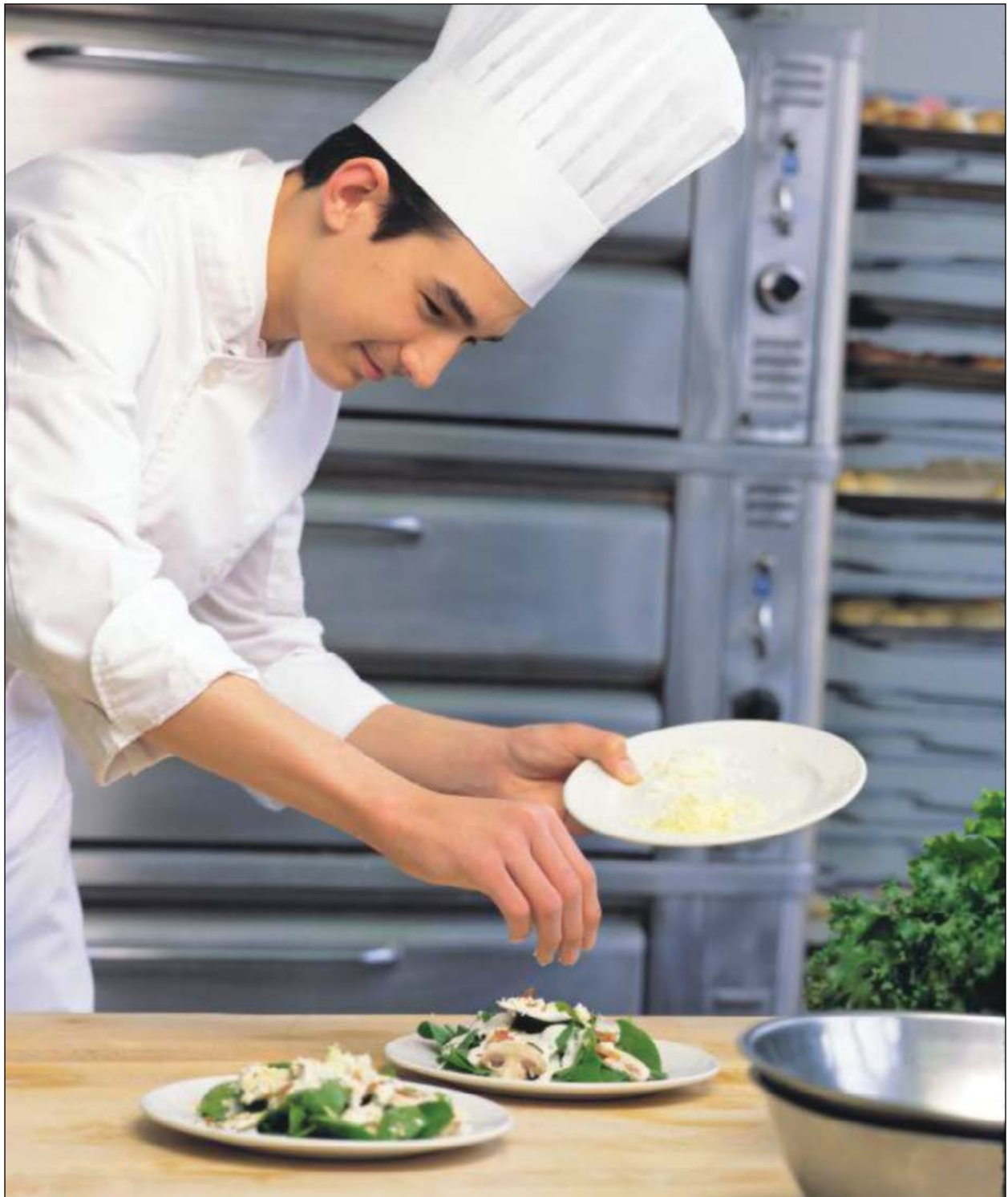
5. For any incorrect tools placed under the occupations, ask the group of mentees, “Under which occupation do you think this tool goes?”
6. After the mentees correctly identify the correct occupation, ask a mentee to place the tool under the right occupation.
7. Mentors will continue through each occupation in a similar process.
8. After the activity, identify on your Mentor Activities Checklist which activity you completed and have your mentee fill out the Activity Evaluation form.

Note: dependent on how large the mentoring group is, you can use only 8 occupations or as many as needed to do the activity. Make sure the right tools used if you reduce the number of occupations used.

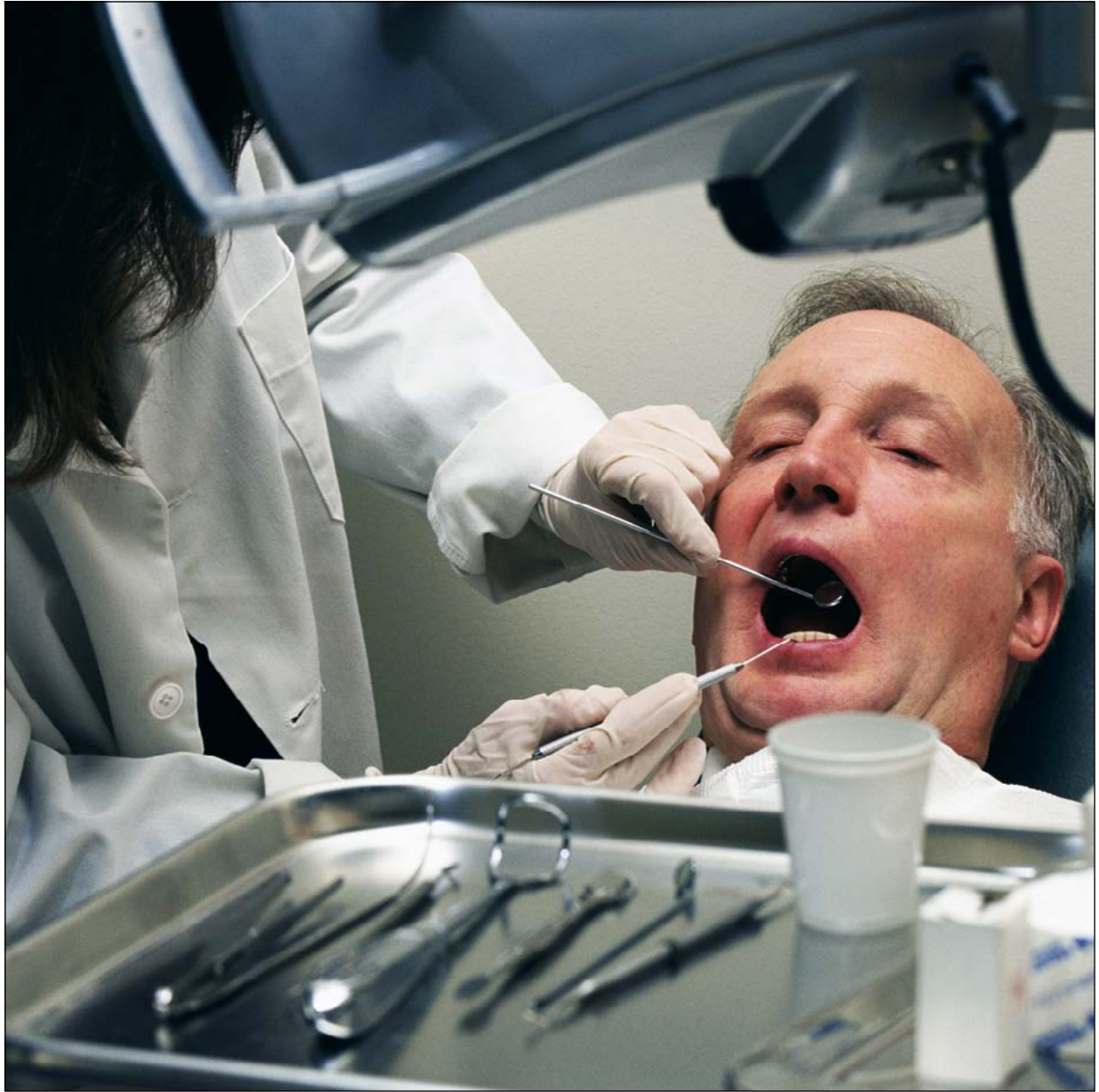
4.10 Match This Occupation Names



Welder



Cook



Dental Hygienist



Teacher



Photographer



Hockey Referee



Radio DJ



Scientist



Doctor



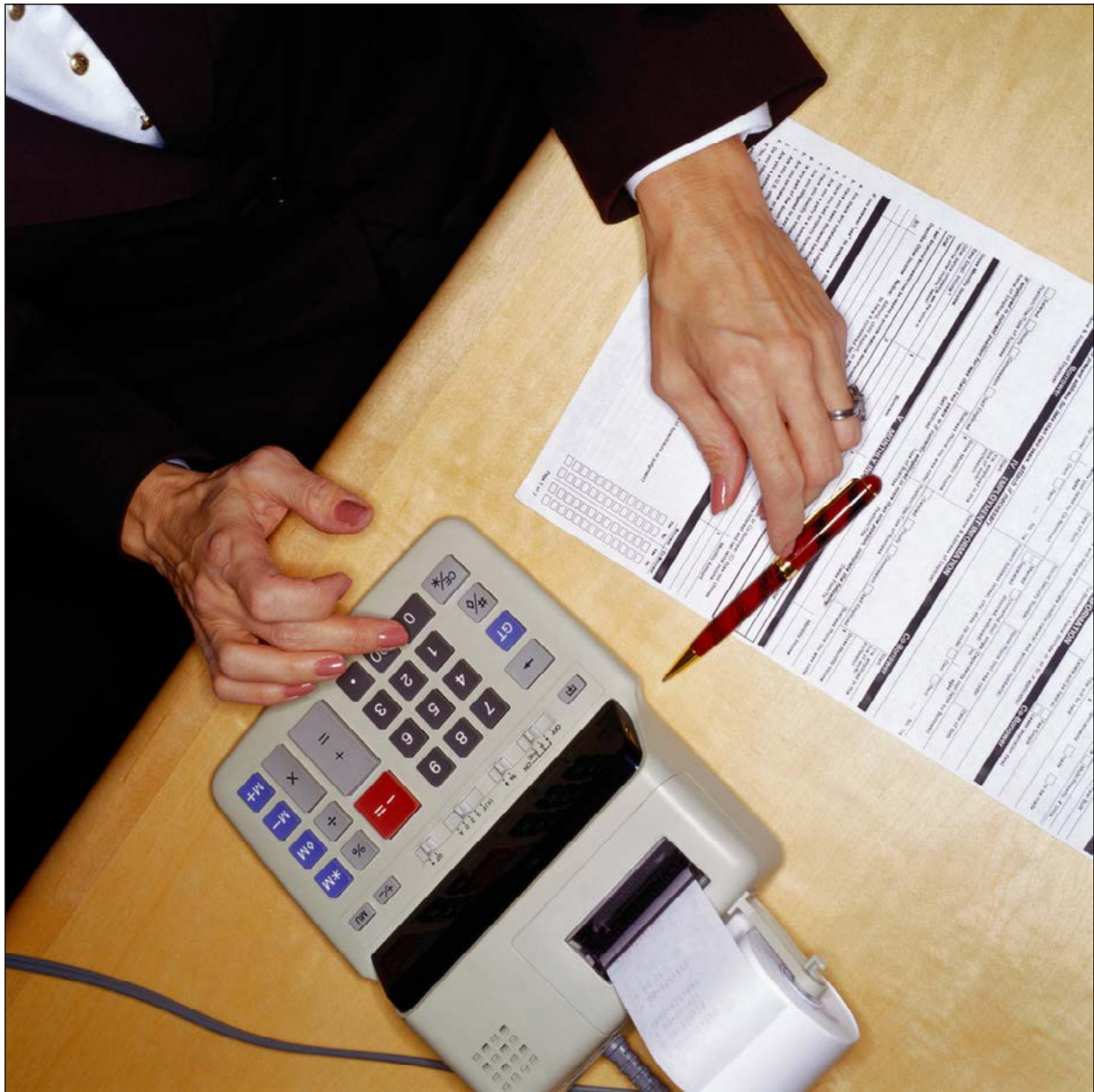
Musician



Seamstress



Landscape Gardener



Accountant



Farmer



Floral Designer



Web Master

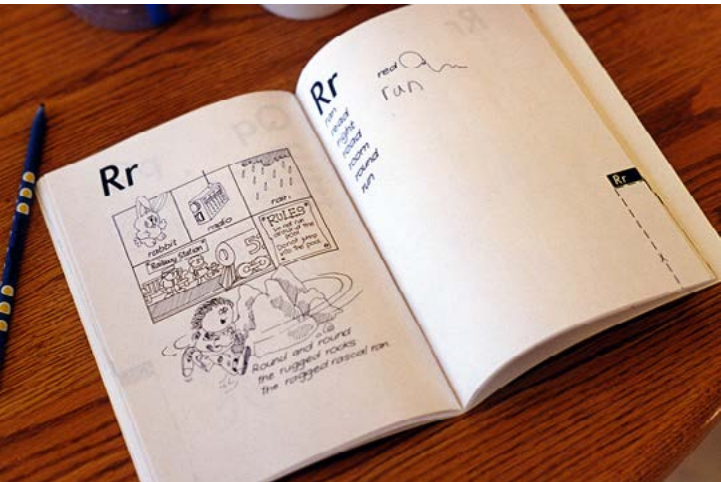
4.10 Match This Tool Cards



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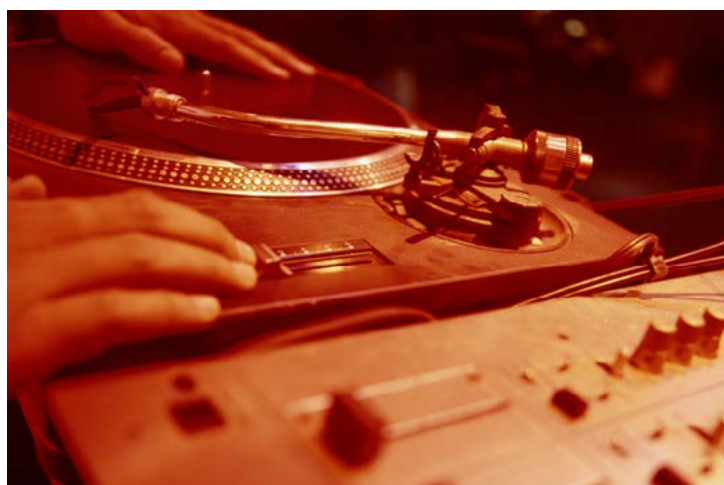
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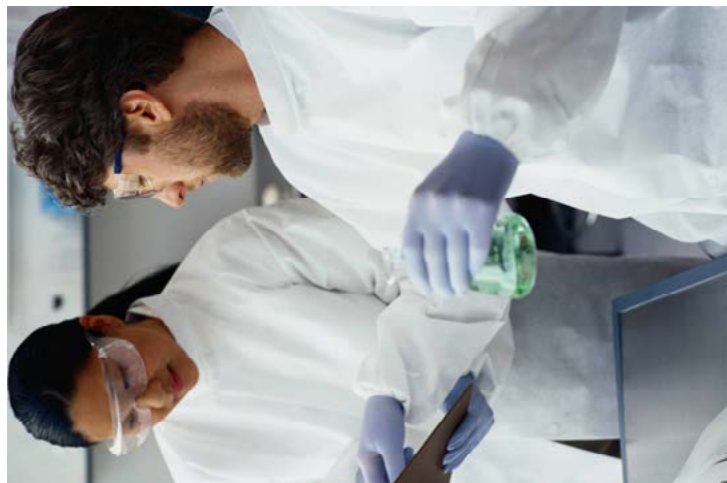
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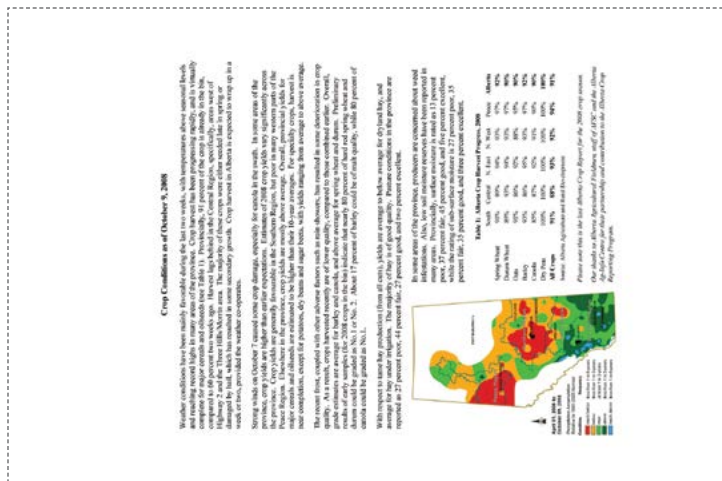


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Accountant

What do accountants do?

Accountants help people keep track of their money and obey money laws, such as paying taxes.

Who are accountants?

They can do math and use numbers to solve problems. Accountants use computers and spreadsheets to keep track of their work.

What should I study to be an accountant?

High school courses you should take are legal studies, language arts, management and marketing, math, and enterprise and innovation.

Post-secondary education

To be an accountant, you need to complete university or college, and then take extra accounting courses and exams.

Other related jobs

Auditor—examines money records of businesses to make sure there are no mistakes

Economist—studies how a country manages its money and resources (such as oil, gas, farm products and forests)

Cook

What do cooks do?

Cooks prepare food for hotels, clubs, work camps, restaurants, institutions, trains and ships. Sometimes they have their own catering business and they provide food for parties and events such as weddings and funerals.

Who are cooks?

Cooks are people who enjoy working with food and with people. They have good math skills, good health and stamina (they can stand on their feet for many hours without getting too tired).

What should I study to be a cook?

High school courses you should take are language arts, food preparation, physical education and tourism studies.

Post-secondary education

To be a professional cook, you will take a two-year culinary diploma program followed by apprenticeship and journey person certification.

Other related jobs

Banquet Manager—manages food department staff to put out banquets for large numbers of people at special events

Chef—manages kitchen staff and participates in food preparation

Food Service Manager—manages food department staff in institutions such as hospitals

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Dental Hygienist

What do dental hygienists do?

Dental hygienists clean your teeth, gums and mouth. (Taking care of your teeth and gums is called oral health.)

Who are dental hygienists?

Dental hygienists are people who have good eye sight and have steady hands so they can carefully clean the plaque off your teeth with proper tools. They wear protective uniforms and dental masks, gloves and safety glasses when they clean your teeth.

What should I study to be a dental hygienist?

High school courses you should take are language arts, math, chemistry and biology.

Post-secondary education

To be a dental hygienist, you will study for three years to get a diploma, or four years for a university degree.

To be a dental assistant, you will take one year of post-secondary training; a dental technologist—two years; a denturist—three years at a technical school; a dentist—six years of university.

Other related jobs

Dental Assistant—works in a dental office as a receptionist and also helps clean the equipment

Dental Technologist—builds dental appliances and devices using ceramics and plastics

Dentist—treats any problems you have with your teeth, gums and jaw; may do oral surgery

Denturist—makes and repairs dentures (false teeth)

Radio DJ

What do DJs do?

Radio disk jockeys (DJs) are in charge of playing music at live events, such as dances or festivals, or selecting music to play on radio. They also interview people who are in a band or are playing at a concert or music event.

Who are DJs?

DJs are people who have a nice-sounding voice and can say words clearly. They can read and write very well, and have lots of enthusiasm to get people interested in, and excited about, music.

What should I study to be a DJ?

High school courses you should take are communication technology, music, language arts, languages (other than English), mathematics and social studies.

Post-secondary education

To be a DJ (announcer), you will need a two-year year radio and broadcasting diploma from a community college or technical school.

Other related jobs

Sports Broadcaster—broadcasts live play-by-play commentary for sports, such as hockey, football and track and field events; interviews people in sports and has discussions on radio and television; provides sports reports on the news

Radio Announcer—reads, and sometimes researches and writes, the news, sports, weather and other announcements on radio

Music or Talk Show Host—interviews radio or television guests about their life and what they do

Doctor

What do doctors do?

Doctors, also called physicians, help people stay healthy or get better if they are sick or injured. When they examine you, doctors can find out why you are not feeling well. Or, they can order certain kinds of other studies (tests) to understand why you are sick

Who are doctors?

Doctors are people who know how the body works and what kind of medicines to treat sickness with. Doctors work in a private office and sometimes also work in a hospital. Because they work long hours, they need to have a lot of stamina (not get tired easily).

What should I study to be a doctor?

High school courses you should take are language arts, math, science (biology and chemistry), communications and business. It is difficult to get into medical school, so you have to study hard to get good marks.

Post-secondary education

To be a doctor, you start by studying pre-medicine courses at university, then complete a three-or four-year medical doctor (MD) program. After that, you take two more years of training to be a family doctor. To become a specialty doctor, you will study for two to seven more years.

Other related jobs

Nurse—works with doctors to help people get and stay healthy, mostly in a hospital

More than 50 specialists in medicine such as an Obstetrician—helps women who are going to, or have had, a baby,

Pathologist—looks at body cells, blood or other body fluids to find out what is causing a disease or infection, or to understand why or how someone has died and

Pediatrician—helps babies and young children get and stay healthy

Pharmacologist—investigates how drugs and chemicals work; designs and tests drugs to prevent and treat disease

Psychiatrist—helps people who have emotional illness get and stay healthy

Farmer

What do farmers do?

Farmers grow food for people to eat: dairy foods, meat, grains, vegetables, fruits, honey and other foods. They take care of animals and plants, and sell their products when they are ready to eat.

Who are farmers?

Farmers are people who know about growing things. Farmers are strong so they can lift and carry heavy things (such as bales of hay). They must have good health with no allergies to plants, animals or dust. Because farmers make a living by selling their food, they also need to know how to run a business.

What should I study to be a farmer?

High school courses you should take are agriculture, enterprise and innovation, financial management, language arts, management and marketing, math, physical education and science (biology and chemistry).

Post-secondary education

To learn the basics of farming, you can take the Alberta Green Certificate Farm Training Program, an apprenticeship-type program. You could also take a two-year agricultural technology diploma at a community college, or a four-year university degree in agriculture or agricultural/food business management.

Other related jobs

Greenhouse Operator—grows plants and vegetables indoors, all year round

Beekeeper—raises bees and extracts their honey

Farm Worker Technician—works as a farm helper

Market Gardener—grows plants, vegetables and flowers to sell to stores and farmers' market customers

Rancher—raises cattle

Seed Cleaning Operator—cleans farmers' grain seed by removing weed seeds and other non-seed material

Floral Designer

What do florists do?

Florists use flowers (fresh, dried or artificial) to decorate homes, or for special occasions: weddings, funerals, graduations and banquets. Florists may have their own flower business or work for a flower shop.

Who are florists?

Florists are people who have good manual dexterity (eye-hand coordination), no allergies to preservatives or pollen, an artistic sense of design and good sense of colour.

What should I study to be a florist?

High school courses you should take are agriculture, design studies, fashion studies, financial management, fine arts (visual arts), language arts, math and science (biology).

Post-secondary education

To be a florist, you need to complete your high school diploma. You can also take a short course in floral design at a community college, or get certification from Flowers Canada.

To be a visual merchandiser (creates the displays in show homes, windows and flower shops), you will take a six-month fashion design certificate program, or a two-year fashion design, design studies, or merchandising and marketing diploma program.

Other related jobs

Market Gardener—grows flowers and other plants to sell to florist shops

Interior Decorator—decorates show homes and buildings with plants and flowers to make them beautiful

Visual Merchandiser—arranges displays to advertise items for sale or to promote an event

Hockey Referee

What do hockey referees do?

Hockey referees are sports officials who make sure team players follow rules, play fair and stay safe.

Who are hockey referees?

Hockey referees are people who know how to skate and play hockey. They know all the hockey rules and about hockey equipment. Referees wear a uniform and protective gear (such as a helmet) and warm clothing while on the ice.

What should I study to be a hockey referee?

High school courses you should take are language arts, physical education and management and marketing studies. Some high schools have special sports programs for people who want to make sports a career.

To be a hockey referee, you will either study physical education and recreation, or complete special training by specific sports organizations.

Other related jobs

Referee in other sports, such as curling, baseball (umpire), football and basketball—needs to know the rules of the game and take special training and exams to be qualified as a referee

Coach—teaches and helps train athletes in community leagues, schools and professional sports; requires knowledge of the sport and special training

Judge in sporting events, such as figure skating, dancing and gymnastics—takes special training and exams to learn how to give marks to people competing in certain sports.

Landscape Gardener (Landscaper)

What do landscape gardeners do?

Landscape gardeners often work outside or in a greenhouse. They prepare land for planting. They design and plant gardens. Or, they might prune or cut trees that are too big, or that are sick. They also draw plans for big parks or for growing trees and flowers inside buildings, such as West Edmonton Mall.

Who are landscape gardeners?

Landscape gardeners are strong people. They work with their hands using tools such as pruning shears, hoses and shovels. To move rocks or soil, they use big trucks and bobcats. Landscape designers and planners know how to use computers.

What should I study to be a landscape gardener?

High school courses you should take are agriculture, mechanics, design studies, computer studies, chemistry, math, drafting and construction.

Post-secondary education

To become a landscape gardener, you will study as an apprentice or journey person. You can also take a one- or two-year training program in college. To be a landscape designer, you will study for two years at a technical school (such as NAIT), or for four years at a specific university. To be an arborist or turf grass manager, you will study for two years at college.

Other related jobs

Arborist—takes care of big trees using crane rigging, sprayers and chain saws; cuts down dead trees after a storm

Turf Grass Manager—takes care of turf grass on sport fields, parks or golf courses

Landscape Architect—plans and designs parks and other landscaped spaces

Market Gardener—produces food and flowers for sale in farmers' markets and grocery stores or florist shops

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Musician

What do musicians do?

Musicians play a musical instrument or sing to entertain other people. They may play or sing as a soloist (alone), or in a group (a rock band, a choir, an orchestra). Some musicians are composers—they write (compose) music for other musicians to play.

Who are musicians?

Musicians are people who practice playing their music every day. They learn how to play their instrument very well, and also learn the theory of music (how notes and chords are put together to make a nice sound). They perform in various places: big music theatres, stadiums, small halls, schools, cruise ships, resort hotels, clubs and music festivals.

What should I study to be a musician?

Classical musicians usually start to learn how to play an instrument or take voice lessons when they are young (private lessons for piano or stringed instrument, such as violin or guitar). In junior and senior high school, they might learn how to play a brass instrument (trumpet, trombone, French horn), wind instrument (clarinet, oboe, flute, saxophone) or percussion (drumming instruments).

High school courses you should take include financial management, performing arts (music) and language arts.

Post-secondary education

Full-time music programs are available in colleges and universities.

Related job

Actor—sings and dances in musical theatre

Band Conductor—directs a band, orchestra or choir so that everyone follows the music correctly and makes a nice sound

Canadian Forces Band Member—plays music as a soldier in the Canadian Forces

Composer—writes music for musicians to play

Music Manager—handles the business affairs of musicians

Music Producer, Recording Director—records the music of musicians onto CDs or DVDs in a recording studio

Songwriter—writes songs or words for musicians to sing

Photographer

What do photographers do?

Photographers use cameras (film or digital) or video-recording devices to take photographs of people, places and events. Some specialize in certain kinds of photography, such as fashion, weddings, under water or photojournalism (take photos for a newspaper or magazine, or for tourist companies). Forensic photographers work with police and detectives to take photos of evidence and clues to solve crimes.

Who are photographers?

Photographers are people who know how to use cameras, lenses, film, light and computers. They have good dexterity (they can find all those little buttons on camera equipment), a good sense of timing, an artistic eye and good vision.

What should I study to be a photographer?

High school courses you should take are language arts, math, science, computer science, communication technology, media arts, science, social studies, tourism studies, fine arts and design studies.

Post-secondary education

You may study in a visual arts, design program, or take a communications, film or journalism programs.

To be a biomedical photographer, you will study at university and take specialized technical training.

Other related jobs

Biomedical Photographer—uses special instruments to take x-rays or images using microscopes; operates special tiny cameras that go inside the body to take photos of organs, arteries and other parts

Cinematographer—works on movies as the director of photography

Film Transfer Expert—takes film from old technologies and transfers it to digital format (for example, takes transparency slides and puts them on a CD so you can see them on your computer; or transfers movies from a video tape to a DVD)

Filmmaker—makes movies

Graphic Artist—uses photographs and images in magazines, books and posters

Reporter/Writer—takes photographs to add to written stories

Videographer—takes “videos” for special events such as weddings, or makes DVDs for rock groups

Scientist

What do scientists do?

Scientists do research (study reports and information) and experiments to find ways to solve problems.

There are many kinds of scientists. Some work with plants (zoologist), animals (biologist), bugs (entomologist), in space (astronaut), with producing crops and farm animals (agrologist), with food (food scientist, nutritionist) or with poisonous things (toxicologist). Other scientists study old things to learn why the world is the way it is now (anthropologist, archeologist, environmentalist) and some scientists study really tiny things (nanoscientist).

Who are scientists?

Scientists are people who are curious about how things work. They enjoy working with numbers and details so that they can repeat their experiments over and over again.

What should I study to be a scientist?

High school courses you should take are language arts, math and science (biology, chemistry and physics). If you want to be a food scientist, you should take agriculture or food preparation classes in high school.

Post-secondary education

To be a scientist, you will study at university, specializing in your area of interest.

Other related jobs

Biochemist—discovers how chemicals affect you in every day life

Microbiologist—studies germs and bacteria and finds ways to kill them, or protect people from them so they don't get sick

Nutritionist—discovers how food affects your health

Paleontologist—studies dinosaurs

Pharmacist—provides medicine for sick people

Seamstress

What do seamstresses do?

Seamstresses (also may be known as dressmakers) sew clothing, often using a commercial pattern. They may also alter (change the design or fit) or repair garments. Some seamstresses are interested in fashion. They design and sew their own line of garments or accessories, such as bags and purses.

Who are seamstresses?

Seamstresses are people who have very good eye sight and a steady hand. They must be able to use scissors and rotary cutters with precision. Seamstresses know how to use sewing machines and sergers. They keep up to date about fabrics and textiles so they can choose the correct type to use for specific purposes.

What should I study to be a seamstress?

High school courses you should take are language arts, art, creative and design arts math, home economics, fashion design, sciences and computer science.

Post-secondary education

Training varies from learning on the job, taking night school classes or getting a diploma (fashion design or apparel production programs) or university degree (textiles and clothing).

Other related jobs

Upholsterer—sews fabric to cover upholstered furniture such as chairs, sofas and
toss cushions

Teacher

What do teachers do?

Teachers help their students learn how to read, write and work with numbers. Some teachers specialize in the subjects they teach, such as music, math, languages and social studies.

Who are teachers?

Teachers are people who like helping others learn. They are patient and handle stress well, often by having a good sense of humour and lots of energy. Teachers have a good imagination and are creative in solving problems and presenting lessons to students who have many different learning styles and emotional needs.

What should I study to be a teacher?

High school courses you should take are communication technology, fine arts, language arts, languages (other than English), math, physical education, science and social studies.

Post-secondary education

To be a teacher in the school system, you need a university degree. You will also do a practicum where you will practise teaching in a real classroom with teachers who are in a school. To be a professor, you will need to take several more years of specialty training, where you also do research about your area of interest.

Other related jobs

Early Childhood Educator—works with very young children before they start school, or with school-aged children in a daycare setting

Educational Assistant—helps teachers in the classroom

Professor—teaches students in post-secondary schools

Secondary School Teacher—teaches students in junior or senior high school

Special Needs Teacher—works with students who need extra help in learning

Web Master

What do web masters do?

Web masters take care of Internet websites for a business. They choose the hardware (computers, monitors) and software (programs people need to work on the computer). They work with people who design websites or who put information onto a website using a special computer language. Web masters also record or track how the website is being used to make sure the information is suitable.

Who are web masters?

Web masters are people who get along well with others. They are able to lead a team and work well as a team member. They pay careful attention to details and are very organized.

What should I study to be a web master?

High school courses you should take are language arts, computer science, industrial arts (electronics), graphic arts, math and business.

Post-secondary education

To be a web master, you will need a combination of work experience and formal education.

For technical specialties, such as writing computer programmes, designing video games or producing animated digital films, you will study at a technical college or university in computer science, communications, business, graphic arts and web design.

Other related jobs

Computer Programmer, Software Engineer—develops computer programs for students, businesses and individuals

Interactive Media Developers —develops software programs that allow people to interact (games, online chats, videos, animation, sound, etc.)

Web Designer—develops websites using both words and images (art, photographs) using a special computer language

Web Technician—repairs or makes sure a website is working properly

Welder

What do welders do?

Welders build and repair tools, pipes and all kinds of parts for vehicles, equipment, machines and buildings. They do this by using heat to melt metal or plastic.

Who are welders?

Welders are people who see very well and can hold things without shaking (have good eye-hand coordination). They are able to concentrate and pay attention to small details.

Welders are very careful workers. Most importantly, they follow strict work safety rules. They have to wear lots of protective equipment to stay safe because they work with high temperatures and flames, very bright ultraviolet light and strong fumes or smells.

What should I study to be a welder?

High school courses you should take are language arts, math, mechanics, physical education, fabrication studies (building things out of metal) and science (physics).

Post-secondary education

To become a welder, you will study as an apprentice or journeyperson. You will go to post-secondary school for three years. You will practise your work on the job for about as long as a school year (nine months). Then, you will also complete some extra (technical) training each year. If you plan to be an underwater welder, you will also need to be a scuba diver.

Other related jobs

Here are some related jobs that require welding:

Boilermaker—builds and takes care of large containers of steam to supply power to homes and turbines; or, of containers to make and store chemicals, alcohol products (making beer) and many other liquids or gases

Commercial diver—repairs equipment under water

Machinist—operates metal-cutting and grinding machines, such as lathes and drills

Millwright—builds or fixes machines

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