Lesson Plan

Health Professions Week Health Talks and Check-Up Video Series

Unit Name / Topic:
Career Investigation

Length of lesson:
45-60 mins

Objective(s):
• Students will learn about different career paths from the perspective of health professionals,
• Students will hear about perseverance and self-care as an important factor of their career-planning; and
• Students will learn basics of budgeting though student testimonials about the importance of financial planning.

Essential Question: At the end of the lesson, can students identify a self-care tactics? OR At the end of the lesson, can students identify how perceived failures/setbacks can be overcome? OR At the end of the lesson, can students identify the value of a diverse classroom or place of employment?

Benchmarks:

HealthTalks: 6.2 Cultural, Social, and Ethnic Diversity
6.2.1 Discuss religious and cultural values as they impact healthcare.
• Ethnicity
• Gender
• Race

Check-Ups: 9.1 Healthy Behaviors
9.1.1 Promote behaviors of health and wellness.
9.1.4 Investigate complementary and alternative health practices as they relate to wellness and disease prevention.
• Exercise
• Nutrition
• Stress management
• Holistic medicine
• Manipulative therapies
• Natural therapies

Materials / Resources:
• HPW YouTube Playlists: HealthTalks, Check-Ups

Procedure:
• Independent Work or Group Work.
• Assign one or more videos to student(s) to watch.
Your Name:
Your Class:
Your Unit:

- Reflect on how the video made them feel
  - About complementary and alternative health practices (HPW Check-Ups),
  - How a racial minority might feel in the classroom and/or work environment (HealthTalks),
  - How can failure or setbacks be overcome (HealthTalks),
  - Why is a positive mindset an important part of a healthcare career (HealthTalks)?
  - How is learning to set a budget part of a healthy lifestyle (Check-Ups).

Formative Assessment:
- After presentations, the class gives feedback.

Summative Assessment:
- Each student will write a reflection about the activity.

Homework: Assignment can be given as either part of a daily classroom work or assigned as homework.

Unit Assessment: NA

Reflection: