

Your Name:  
Your Class:  
Your Unit:

## 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 through student testimonials about the importance of financial planning.

**Essential Question:** At the end of the lesson, can students identify a self-care tactic? 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:

##### Health Talks:

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: Health Talks, Check-Ups

#### Procedure:

- Independent Work or Group Work.
- Assign one or more videos to student(s) to watch.

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- 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:**