

Empowerment & Growth Focus: 5 Week Course Outline

Week 1: Discovering Self & Setting the Foundation

Focus: Foundational Knowledge

- **Objective:** Identify interest, strengths, skills, and values to inform career decisions.
- **Activities:** Skills & strengths inventory, group discussions
- **Assessments:** Digital portfolio page or infographic creation (Canva, Google slides, power point)

Week 2: Setting Goals & Taking Action

Focus: Application

- **Objective:** Create realistic short- & long-term professional goals and apply strategies.
- **Activities:** Workshop goal writing, communication and feedback practice
- **Assessments:** Presentation of goals (Canva, power points, Google slides)

Week 3: Exploring Opportunities & Building Connections

Focus: Integration

- **Objective:** Explore career fields, education pathways, and certifications related to their interest
- **Activities:** Virtual sessions and networking, research (Coursera, LinkedIn learning)
- **Assessments:** Reflection summary, identification of takeaways

Week 4: Growing through Self & Others

Focus: Human Dimension & Caring

- **Objective:** Strengthen self-confidence, teamwork, and empathy while understanding the value of lifelong learning
- **Activities:** Team-building activities, discussion (2 truths & a lie, birth map)
- **Assessments:** Journal reflection, career interest inventory (O*Net)

Week 5: Lifelong Learning & Professional Growth

Focus: How to Keep Learning

- **Objective:** Develop a learning mindset and strategies for ongoing professional growth
- **Activities:** Digital learning plan, reflection (LinkedIn, Canva)
- **Assessments:** Growth portfolio, presentation