

Lesson Plan: Exploring Careers with MyNextMove.org

Tool: MyNextMove.org

Audience: Adult learners (ESL, Reading, Math, GED)

Format: One-on-one tutoring

Time: 30–60 minutes (can be spread over multiple sessions)

Lesson Objective

Help learners explore career interests and become familiar with different job options by using MyNextMove.org, while practicing reading, vocabulary, speaking, and critical thinking skills.

Materials Needed

Computer, tablet, or smartphone with internet access

[MyNextMove.org](https://www.mynextmove.org) website

Notebook or paper

Career Conversation Starters (optional handout)

Step 1: Warm-Up Conversation (5–10 minutes)

Purpose: Build comfort and connect learning to real life.

Tutor prompts (choose 1–2):

- What kind of work have you done before?
- Is there a job you are curious about?
- What do you enjoy doing or feel good about doing?

Tutor Tip:

Learners do not need to know a career goal yet. Curiosity is enough.

Step 2: Introduce MyNextMove.org (2–3 minutes)

What to say:

This website helps people explore different kinds of jobs and allows you to answer questions about the type of work you might enjoy. There are no right or wrong answers — it's just for learning and ideas.

Show the homepage and briefly point out:

- Search Careers
- Browse Careers
- Discover Your Interests

Step 3: Choose an Exploration Path (15–25 minutes)

Option A: Discover Your Interests (Interest Profiler)

- Best for learners who are unsure of career goals
- Read questions aloud together if needed
- Clarify vocabulary
- Pause to discuss answers
- Complete part or all of the quiz

Practice skills:

Reading comprehension, vocabulary, speaking, decision-making

Option B: Search or Browse Careers

- Best for learners with an idea in mind
- Search a job title OR browse by industry
- Click on 1–2 career
- Read the job description together

Ask questions like:

- What sounds interesting?
- What skills are needed?
- Is this similar to any work you've done? If so, how?

Step 4: Explore a Career Profile (10–15 minutes)

Choose one career profile and focus on:

- Job tasks
- Skills and abilities
- Education or training needed

Learning activities:

- Highlight new vocabulary
- Practice reading short sections
- Discuss which tasks feel familiar or interesting

Step 5: Reflection & Connection (5–10 minutes)

Ask 1–2 reflection questions:

- What did you learn about this job?
- Does this job match your interests?
- What skills would you like to improve?
- Connect learning to tutoring goals:
 - Reading → job descriptions
 - Math → wages, training time
 - English → workplace communication

Step 6: Optional Next Steps (5 minutes)

Depending on interest:

- Save or write down job titles
- Explore education or training requirements
- Plan to look at another career next session
- Connect learner to program staff or OLC partners if they want help with next steps

Tutor Reminder:

You are not expected to help learners choose a career — just help them explore possibilities.

Tutor Takeaway

MyNextMove.org works best when used:

- in small chunks
- over multiple sessions
- alongside conversation and skill-building

Even 10 minutes of exploration can build confidence and motivation!