

## Student Comments Following a Course using *Career Choices and Changes* and My10yearPlan.com®

These comments are from college students who took a 3-unit course, **Counseling V02: Career Planning and Life Exploration**. The instructor used a **flipped classroom** model, asking students to complete assigned work in both the *Career Choices and Changes* workbook and My10yearPlan.com® prior to class. In-class time was then used for discussions, activities, and presentations around the content learned through self-study. This student-centered approach facilitates **deeper learning**.

### Advice to future students:

*Future students! (Especially those coming into the class feeling skeptical, like I first did) this class is totally worth the time... This course is all about you and your growth as an (exploring) individual, so all the work is regarding you, it really makes you think and start to envision your future.*

- Heather B., Fall 2015

*I found a career that I could pursue which I had no knowledge of at the start of the semester.*

- Marc C., Fall 2015

*My favorite part of the class was filling out the workbook because it is a wonderful visual tool for me to use. I am going to keep it for a long, long, time...*

- Sarah C., Fall 2015

*My favorite part of the class is the fact that it made my first semester at college a little bit easier. I learned more about transfer, job interviews, and countless...things that I will need in the real world. The lesson that I really got inspired from was the passion project because that really made me realize that I had to go for what really made me happy and [I] was passionate about.*

- Paola T., Fall 2015

*My favorite part of the class [was] the interviews and the job shadows. They were the best part because I got to experience something new and put myself out there to look for someone to job shadow. Also, the interviews helped for what I have to work on for when I go on an interview.*

- Maria H., Spring 2016

*Doing the assignment online involving money helped me understanding how to balance [spending]. Breaking down what you need to buy in life helps you [to] not spend recklessly. My favorite part of the class was when our teacher brought special guests to the classroom. Hearing their stories gave me an idea that anything can happen during your career path and new things pop up. No matter how my journey goes, I will be the best I can be at it.*

- Jonathan H., Spring 2016

*I really enjoyed the job shadow. I was apprehensive at first because I didn't know what to do, but once I decided who to shadow and went, I really like it. It was really cool to see what people do in their career and get a glimpse of what work life feels like.*

- Rachel L., Spring 2016

*I really enjoyed figuring out what careers interest me and figuring out what I'm good at. This was also a great first college class because it will help me decide what I want to take next.*

- Emma G., Spring, 2016

*I really enjoy[ed] the practicality of this class and how everything we've done is applicable to my life! I WILL use the resources I've gained through this class later in life. I found a direction in life and gained a plan for my future; a real, achievable plan.*

- Cooper G., Spring 2016

**In response to: From what lesson, activity or class experience/assignment do you feel you gained the most valuable knowledge? What made that experience stand out?**

*I feel like I gained the most from the guest speakers because they each had their own unique journey and some stories go to show how the job you have in the end might not be the one you expected to have.... This class actually ended up being more than I expected and way more beneficial than I thought it'd be. I loved and appreciated it.*

**- Itzel P., Spring 2016**

*The online activity where we had to research specific job postings and find out the requirements and what the salaries are. This activity made me realize what field of work I want to be in and what I need to do to get there.*

**- Patrick M., Spring 2016**

*The 10-year Plan website and doing all the assignments online. It really helped me think about my future.*

**- Natalie A., Spring 2016**

*I learned the most from the guest speakers and the online assignments. It helped me realize what I have to do to get into my career.*

**- Luis G., Spring 2016**

*Doing the 10-year plan was a huge help because it made me realize what I was going to go through financially... the job shadowing activity helped me out a lot as well. It helped me realize what I really [want] to do...*

**- Elisha B., Spring 2016**

*I gained the most valuable knowledge from doing job shadows. Anyone who takes this class seriously and is really wanting to explore their career options will find great value in doing a job shadow.*

**- Mike W., Spring 2016**

*I feel like I gained the most knowledge from the mock interviews because it allowed me to receive good feedback that I can reflect on and use in a real life situation when applying for jobs.*

**- Anonymous, Fall 2015**

*The earliest chapters of the book seemed the most valuable. Learning about and discussing who I was personally gave me real insight into who I am and what I want from my life.*

**- Anonymous, Fall 2015**

*I think the overall book was really valuable. The fact that I can look back at my ten-year plan for years to come and keep building on it... The job shadows were also fantastic and give you a great opportunity to network with professionals while learning about their job... I feel prepared to enter the professional world thanks to the skills and confidence this class has given me!*

**- Cooper G., Spring 2016**

**Advice to future students:**

*Take this class seriously because it really makes a difference in your life.*

**- Patrick M., Spring 2016**

*Never give up! Never settle for less than your worth! Dream big! Stay focused! Find your passion and pursue it! You control your destiny—don't expect luck to be on your side or anything to be handed to you. Take control!*

**- Mike W., Spring 2016**

*Never be intimidated by how much work you have to go through to get to your goal. It will all be worth it in the end.*

**- Elisha B., Spring 2016**