



RiseHI - 'Oihana Career Explorations

What: 'Oihana Career Exploration online courses provide students with an in-depth look at the day-to-day activities, skills, and experiences required in various career pathways.

How: Through asynchronous online courses capturing engaging video content featuring real-life professionals from Hawai'i, students will gain valuable insights into the challenges, rewards, and opportunities this field offers.

Goal: Our goal is to empower students with the knowledge and confidence to make informed decisions about their future careers.

Example Scope & Sequence for a Career Exploration Course		
1.	Introduction (5 min)	<ul style="list-style-type: none">● Introduction to [The Subject] and [Company Name]● Overview of the professional field and the course objectives
2.	A Day in the Life of a [Career Pathway] Professional (15 min)	<ul style="list-style-type: none">● [The Subject]'s typical workday, including their daily tasks and routines● Collaborating with colleagues, clients, patients, management● Work environment, project management, and problem-solving processes
3.	Skills and Characteristics for Success (10 min)	<ul style="list-style-type: none">● Essential skills and characteristics for a successful professional● Communication, organization, critical thinking, time management, and adaptability● [The Subject]'s personal strengths and how they have contributed to their success
4.	Challenges and Opportunities in Professional Careers	<ul style="list-style-type: none">● Common challenges faced by professionals, such as deadlines, workplace dynamics, and navigating industry trends

	(10 min)	<ul style="list-style-type: none"> How [The Subject] overcomes these challenges and turns them into opportunities for growth
5.	Education, Training, and Experience (15 min)	<ul style="list-style-type: none"> [The Subject]'s educational background and the role it played in their career The importance of internships, mentorships, and networking in professional careers The value of certifications, professional organizations, and continuing education
6.	Career Outlook and Earnings Potential (10 min)	<ul style="list-style-type: none"> The current job market for professionals in Hawai'i and beyond Expected salary ranges and potential for career advancement The impact of this career on [The Subject]'s ability to raise a family in Hawai'i
7.	Finding Purpose and Fulfillment in Professional Careers (10 min)	<ul style="list-style-type: none"> [The Subject]'s sense of purpose and fulfillment in their work The impact of their career on their overall happiness and well-being
8.	Conclusion and Next Steps (5 min)	<ul style="list-style-type: none"> Recap of the course content and key takeaways Encouragement for students to explore professional careers further, if interested Resources for further learning and exploration of professional fields



Assessments	
1.	Short multiple-choice quizzes after each section to reinforce key concepts
2.	A final quiz at the end of the course to assess overall understanding and retention
3.	Optional reflective journal prompts for students to contemplate their interests and potential career paths

Course Completion	
1.	Certificate of Completion awarded to students who successfully complete the final quiz with a passing score of 75% or better.
2.	Encouragement to share their accomplishment with family, friends, and on social media
3.	Invitation to explore other 'Oihana Career Exploration Courses to continue their career discovery journey

Optional Homework Assignments		
	Format	Description
1.	Essay	After completing the course, students write a reflection essay discussing their thoughts on the career pathway explored, key takeaways from the course, and how the information learned aligns with their interests, strengths, and future goals.
2.	Presentation / Report	Students research the current state of the industry related to the career pathway and identify emerging trends, challenges, and opportunities. They create a presentation or report summarizing their findings and provide an analysis of how these factors might influence their career choice.
3.	Interview	Students reach out to a local professional in the career pathway of interest and conduct an informational interview. They prepare a list of questions beforehand and write a summary of the interview, highlighting insights gained and any new perspectives on the career.



4.	Create a Plan	Based on the education, training, and experience requirements discussed in the course, students create a personal development plan outlining the steps they need to take to pursue the career pathway. This plan should include academic goals, internships or job shadowing opportunities, networking strategies, and any additional certifications or training needed.
5.	Research	Students search for job listings related to the career pathway and analyze the requirements and responsibilities listed. They choose three job advertisements and write a comparative analysis, discussing the similarities and differences in the positions, the skills required, and the potential career progression opportunities. This exercise will help students gain a deeper understanding of the job market and the variety of roles within the career pathway.