



NUTRIENTS  FOR LIFE  
FOUNDATION

### **Overview:**

Very similar to the plant growth process, a path to a career requires many resources! Just like a plant needs soil, water, sun, and nutrients, you too need to make sure you have all the resources and room to grow into the career that best fits YOU!

### **Objectives:**

- Students will have more practice with interview/interview prep
- Students will gain more information on scholarship application process
- Students will learn more about resumes and cover letters
- Students will learn more about career development and the career planning process
- Students will learn more about various careers and educational pathways to them

### **Breakout Edu Tips**

If this is your first time using a Breakout Edu box, you are in for a treat. Once you've done one breakout box your students will be ready for the next time.

- You can use breakout boxes as a whole class, in addition to small groups.
- You have the opportunity to give students hints. Every box comes with at least two hint cards. If you have a higher performing group, you may want to challenge them with less hints, while a different group may need more hints.
- Having a visual timer for students while they are working is really helpful. It allows them to budget their time and when they may want to use their hints.
- As the teacher, you have the discretion to hide things wherever best fit in your room. Feel free to make adjustments! Just make sure the clues for the locks don't change, otherwise students may not be able to get in.

# Background

## Introduction

There are many potential careers one can have in this world. Depending on the preference of the person and what they would like to do shapes the choices they make. After finishing high school many students may choose to attend a Junior College, Trade School, four year university, or begin their professional career. With all the different career paths there really is something for everyone. Financial burdens for additional schooling can be eased or potentially lifted by applying for the FAFSA and/or scholarships that meet your interest. Taking career assessments and evaluating your personal interests can be one of the best strategies for deciding what you may want to do after high school and what is needed to succeed in that opportunity.

## Breakout Activity

### Game Name

Root Your Future

### Game Designer

Nutrients for Life Foundation and educator Jessica Sadler

### Content Areas

Careers, STEM, Agriculture, Nutrients, Science, Nutrients for Life

### Recommended Ages

High School-Adult

### Ideal Group Size

Can be used small group or whole class

### Suggested Time

30-40 minutes

## PROMPT

It's finally happening...you've reached the age where people have begun asking what you plan to do after high school. To you it feels like it happened overnight, and you aren't totally sure how to answer the question.

You're gearing up for another social event. You like being around other people but it seems that they are always asking you, "What are you planning on doing when you grow up?" or "What are your plans after graduation?" The truth is, you are excited to have a job but aren't sure what the best path is for you to get one. You've mostly decided to do some type of secondary school but with the options of trade, junior college, and four year universities, you cannot make up your mind. You aren't feeling too overwhelmed yet, but you are hoping to get some more information. Get ready to break out and get answers to many of your career questions.

## Lock Combinations

The following codes will open the locks on the box:

3-Digit Lock - 3 Numbers  
4,9,2

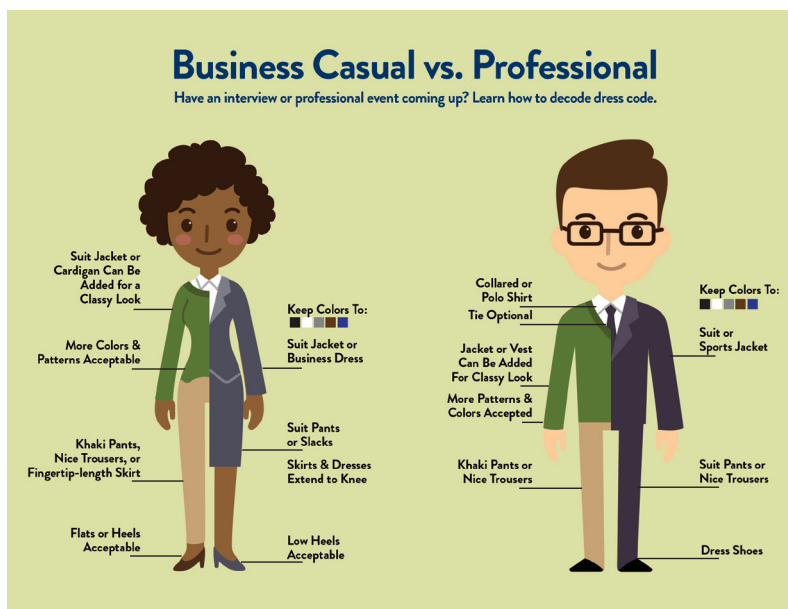
4-Digit Lock - 4 Numbers  
2,7,3,8

Color Lock - 5 colors for the color multilock  
Brown, Yellow, Blue, Green, Magenta

Key Lock - Where is the key hidden?  
Received from the facilitator when the career assessment has been turned in.

Directional Lock - 5 directions for the directional multilock  
Up, Down, Down, Left, Right

Red Herrings - These are optional clues that can be set out to throw students off.  
They don't unlock any of the locks.



## Setup Instructions

### STEPS

To solve the four digit lock students will need the red lens clue and a red lens reader. The clue will tell them to organize the resumes in ABC order. Once that is complete students will begin looking at the resumes. They will eventually notice some letters have been bolded on some of the resumes. Those bolded letters spell out numbers. Once the resumes are in order they will enter the numeric version of these numbers into the four digit lock on the main box and, it will come open.

Students will need the secret message to help find the key. They will begin by decoding the secret message. Once decoded they will know to come to the teacher for the Career's Assessment. I would have everyone in the group complete the assessment to gain access to the key. Once completed, students will turn the assessments in to the teacher (these can be discussed/used later by the teachers and students).

If your students have already taken the career assessment still have them complete the cipher and then when they come to you prompt them with a question or two that they must answer to receive the key from you.

To solve the color lock students will need a copy of the 5 career planning cards and the plant graphic. There is also a clue card saying, "Place the process where they go. Then top or bottom? Left or Right? Enter correctly or the lock stays tight." Students will read the cards and process where they belong on the plant graphic. Students will then need to answer the colors from the bottom, roots, to the top into the lock. This should open the color lock attached to the large box.

To solve the directional lock that is on the large box, students will need a copy of the "Success with Scholarships" maze. Students will begin at the top and start to solve the maze. As they find the key traits for successfully getting a scholarship, they should highlight them. Once the maze has been solved, the students will then look at the order in which they found the words. They should be able to understand the words being read up, down, down left, right. When these directions are placed in the directional lock, it should open.

Using the invisible ink, you will need to write numbers on some of the slips. Write the number 4 on tell us about yourself, number 9 on what impact has sports had on your life, and 2 on how are you unique? To solve the three digit lock students will need to scan the QR code to go to <https://www.goingmerry.com/blog/common-scholarship-essay-prompts/>. Students will order the 10 most commonly asked questions slips into the correct order. Once ordered they will use a blacklight to find the three numbers needed to put into the lock and in the correct order.

As an additional activity, have students choose one of the top 10 essay questions and practice writing a draft response. This could be done multiple times giving them exposure to many of the questions they will see when potentially applying for scholarships, or give them a response to use when applying if done well.

When students unlock the main box, inside they will find a prize, typically candy. You can also include the questions below on half sheets of paper for students to turn in as exit tickets. Included information on scholarships and the potential employment pamphlets would be a great idea.

It is also possible that you could include materials for a Nutrients for Life lab/activity.

### **Tags or Keywords**

STEM, Agriculture, Careers, resume

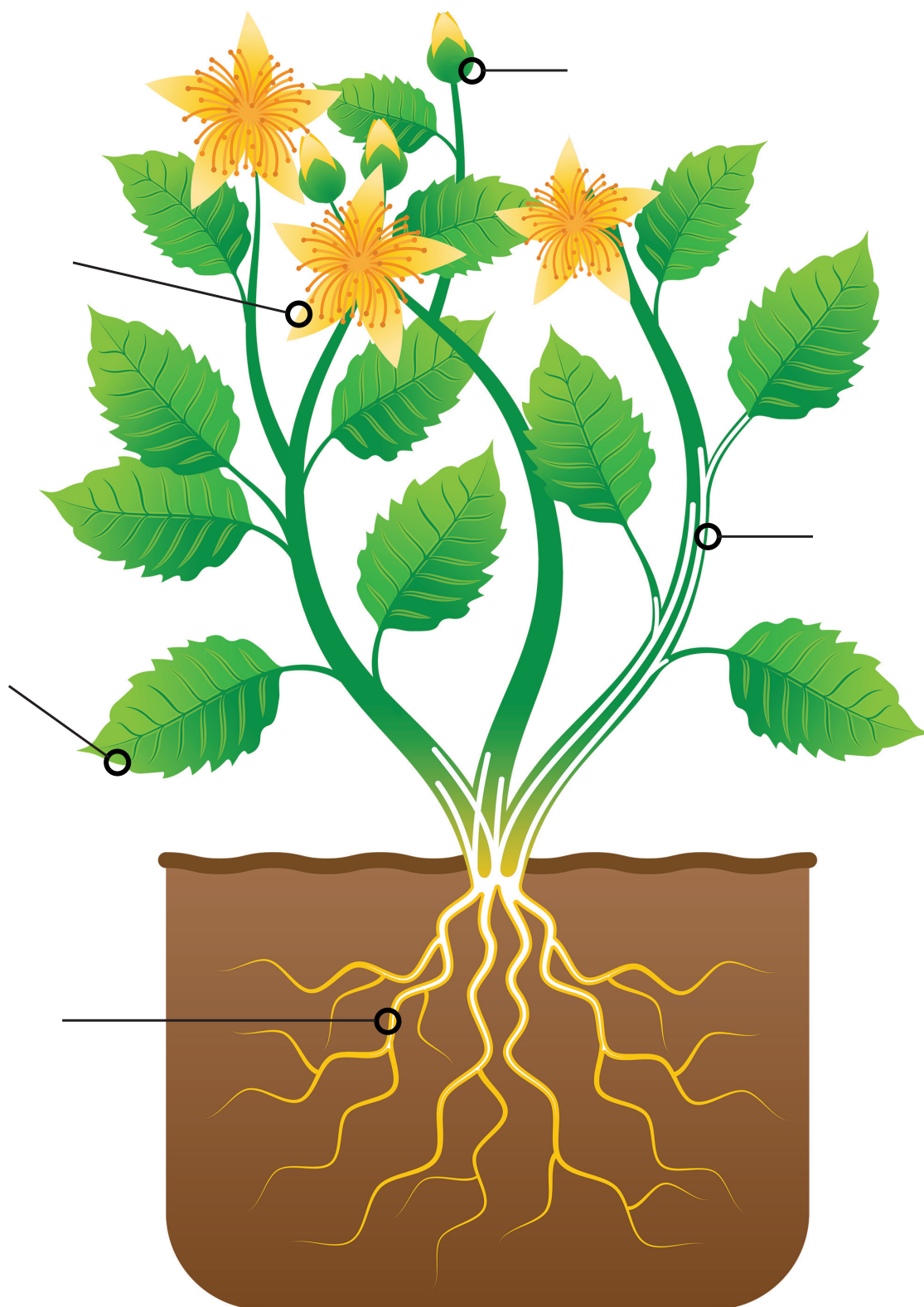
### **Additional Requirements**

Information on scholarships and the Nutrients for Life Root Your Future Career Resource

### **Reflection and Conclusion**

At the completion of this breakout, your students should have a better understanding of interview/ interview prep, scholarship application process, resumes and cover letters, career development and the career planning process and various careers and educational pathways to them. Feel free to give students the following responses to commonly asked questions as an exit ticket or knowledge check at the end of the breakout. If you have groups that do not breakout, it is always nice to go over the information/clues that would have led to the last locks coming off.

1. What are some key things to consider when applying for scholarships? Student answers will vary.
2. What are three things you notice all the resumes had in common with one another?  
Student answers will vary.
3. What do you already know about the FAFSA and about applying to a secondary program after high school? Student answers will vary.
4. Describe the steps to find scholarships on the Nutrients for Life Website.
5. What is something that makes you feel prepared or ill prepared for life after high school?  
Student answers will vary.



# Clue Card & Plant Graphic

**FLOWER**

**FRUIT**

**ROOTS**

**LEAF**

**STEM**



Place the process where they go.  
Then top or bottom? Left or Right?  
Enter correctly or the lock stays tight.



# Career Planning Cards



## It all starts with the soil!

A farmer always considers the soil and land before planting. They must know their soil and what it lacks before planting! Do you know about you yet? Take your own personal soil sample and see!

- What are your top 3 career choices?
- Will there be any nutrients you need to add before you plant? What might stop you or possibly prevent you from growing to your full potential?

## To the roots!

Roots absorb water and nutrients. What do you need to absorb before you start your path up the career stem?

- [1] Which courses or education will you need to obtain?
- What knowledge do you need to absorb?

## Up the stem! Almost there!

- What college, junior colleges, trade schools, or training will you need before you start your career?
- **Don't stop now!**
- Will you be applying for scholarships or financial assistance (FAFSA) if so, make a quick list of which ones!
- If you aren't sure yet, who can you talk to about getting information about financial assistance?
  - Are there internships available to gain some on the job training before you start?

## Growing up and out- leaves!

Leaves are taking in sun and air- who do you want to absorb experience from?

- Who are you interested in working for?
- Are there internships or on the job experience available?

# Career Planning Cards

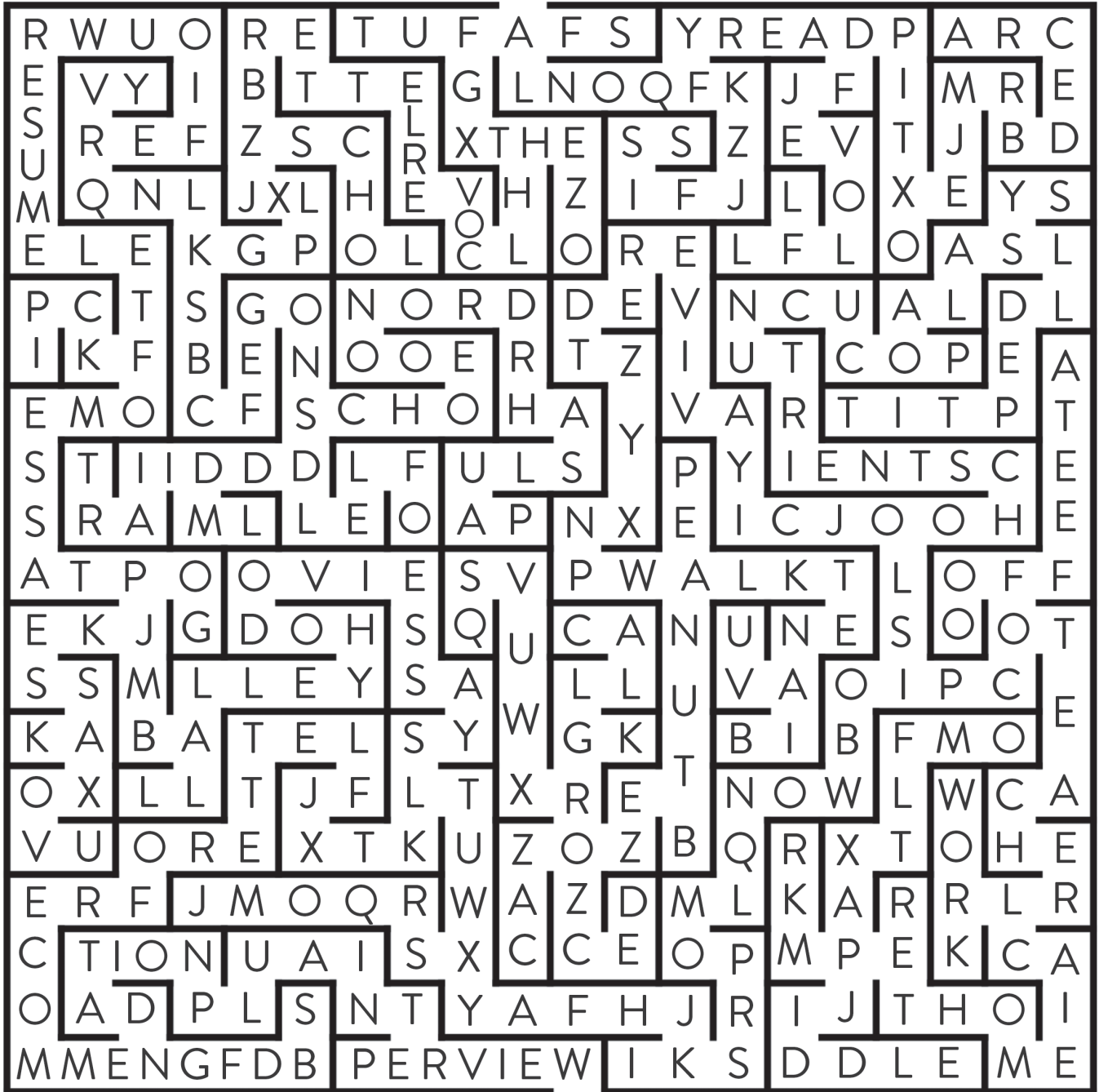


## **Final Destination - flowers and fruit!**

You too can blossom and be fruitful! What will you produce?

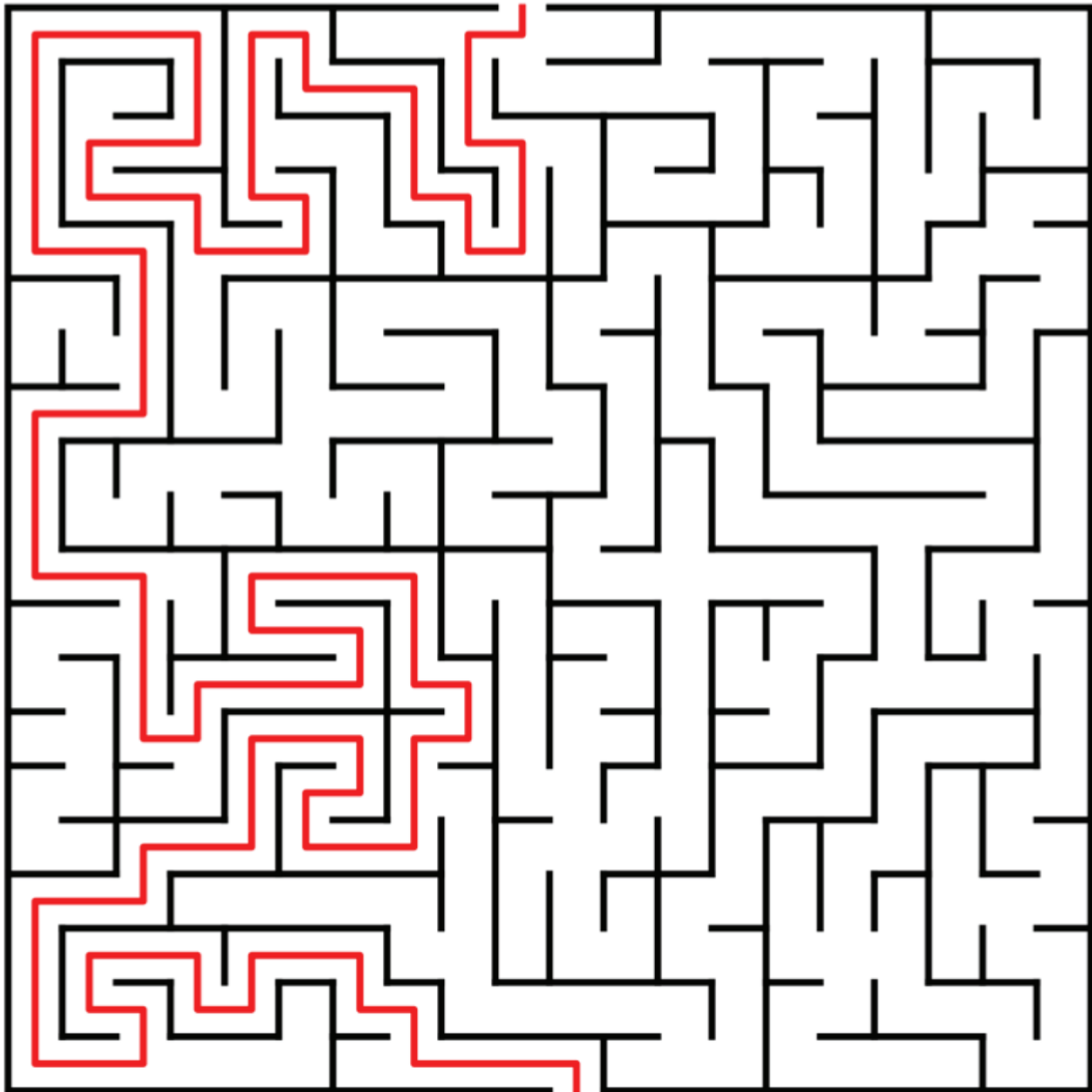
- What is the market outlook for this career?
- What is the average annual salary for this job?
- Hint: average annual salary means how much money you will make each year!

Solve the maze while thinking direction.  
Mostly one way or the other, make a selection.



# MAZE Path Answer Key

Follow the path of scholarships needs to find a way for paid for degrees.



# QR Code & Common Question Slips

How will this scholarship help you?

What impact has sports had on your life?

How have you contributed to your community?

Why do you deserve this scholarship?

Tell us about yourself.

Tell us about a time when you had a belief or idea challenged.

Tell us about a time you failed and what you learned from it.

How are you unique?  
(Discuss your background, identity, interest, or talent)

What are your academic and/or career goals?

Why do you want to study/pursue [X]?



# Andy McDonald

6430 12th St Linda, ST 91234 – (123)312-4321 – andym02@yahoo.com

## Objectives

To obtain an entry level position at the J.R. Simplot Company as an entry level welder.

## Education

- High School, **ST** 2017-Present
- Focus in Agricultural Education
- 3.5 GPA

## Skills

- AED Certified
- CPR Certified
- Emergency Oxygen Certified

## Work Experience

- ABC Warehouse- Builder* 2020
- Assembled and repaired fireworks booths
  - Utilized tools such as drills, hammers, and screwdrivers

- Super Water Park District- Lifeguard* 2017-2019
- Safety monitoring of pool areas
  - Managed customer relations and service

## Activities

- Linda High School Varsity Basketball 2018-2021
- Linda FFA Chapter Officer 2019-2020
- Linda County Fair Exhibitor 2018-2020
- Linda FFA Novice Parliamentary Procedure 2019

## Awards

- State Degree Recipient 2021
- Chapter Degree Recipient 2020
- Greenhand Degree 2019

# Larry Abbey

72121 Batavia Rd | Dixie, ST 95222 | (123)-456-7890 | luke1@gmail.com

## Objective

To obtain a position that will enable me to help take care of all types of livestock animals, and assist with related tasks and responsibilities such as, but not limited to, prescribed medicine, assisting in birthing, and artificially inseminating animals.

## Education

- Dixie High School, Dixie, ST (expected to graduate in June 2022)
- Focus in Agriculture Education
- GPA: 3.7

## Experience

August 2017-Present

### Farm Helper | Garby Farms

- Milk dairy goats
- Feed farm animals
- Castrate infant goats/pigs
- Aid with goat birthing
- Disbud baby goats

March 2018-May 2018

### Snack Bar Worker | Dixie Little League

- Handled money
- Served food/drinks

## Awards

- Dixie FFA Aggie on the Rise 2018
- Yolano Section Opening/Closing Contest-1<sup>st</sup> Place 2018
- FFA Greenhand Degree 2018

## Activities

- Dixie High School Vet Science Team 2019
- Dixie High School Job Interview Team 2019

## Skills

- Google Suite
- Microsoft Office
- Goat Birthing

## References

Available upon request.



# Cameron Kelly

567 Griffith Drive Woodson, ST 95131 (123) 456-7890 camk@yahoo.com

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## Education

Woodson High School, 4.5 GPA August 2015-Current  
Woodson FBLA Program 2015-Current

## Experience

*Yard Boy at Milk Road Christmas Tree Farm* November-December 2017

- Managed and sorted tree species
- Carried trees around property and to customer's cars
- Supplied and stocked boutique
- Assisted customers with tree selection
- Operated power equipment to transport trees

*Book Organizer for Woodson Unified School District* July 2016

- Sorted and discarded old materials
- Placed new material in classrooms
- Assisted teachers with new material
- Organized new materials in classrooms

## Activities

- Team Woodson Buddy 2015-Current
- March Fair Market Lamb and Market Swine Exhibitor 2016-Current
- Vet Science Team Current
- Horse Evaluation Team 2017

## Leadership Positions

- Cross Country Team Captain 2016-Current
- FBLA Chapter Vice President 2017-Current
- FBLA Region Vice President 2017-Current
- FBLA Chapter Secretary 2016-2017

## Awards

- LEG All League, Varsity Cross Country 2017-Current
- Woodson Debate Team, 1st Place 2016
- LEG Debate Champion 2017
- State Speaking, Impromptu 4<sup>th</sup> Place 2017
- State Speaking, Impromptu 5<sup>th</sup> Place 2017

**References** Available upon request.

# Kendra Hartman

456 Calmace Ct. | Chico, ST 95620 | (123)456-1234 | khart1@gmail.com

## Education

**Chico High School**, Chico, ST 2016-Current

- GPA 3.5
- Focus in Physical Science
- Expected Graduation in June 2020

## Experience

**Barista | Barn Pantry** April 2018- Current

- Preparing food and drinks
- Operating register & money management
- Customer relations
- Training new hires in drink making and standard house procedures

**Babysitting | Freelance** 2016-Current

- Watching children
- Sticking to or creating and implementing a schedule

## Awards

- Honor Roll 2019
- Top Freshman & Top Sophomore (FFA)
- Chess Team 2017-2019
  - 4th place 2017- 2nd place 2018- 1st place 2019

## Activities

- High School Volleyball 2017-2018 (Freshman/JV)
  - Co-captain 2017
- FFA (*Future Farmers of America*)
  - Veterinary Science Judging Team 2018-2019
  - State FFA Press Corp 2019
  - Public Relations Committee Member
  - Chapter Team Leader
  - Numerous leadership conferences and conventions:
    - Freshman Leadership Conference 2017
    - Made for Excellence Conference 2019
    - State Leadership Conference (2018, 2019)
  - Speaking competitions
    - Opening and Closing

## Skills

- Time management
- Organization
- Customer relations
- Resourceful
- Public Speaking

# Graciella Gonzalez

[g5@icloud.com](mailto:g5@icloud.com) - 98 Mendocino Ct. Stanford, ST 12345 - (123)-098-7654

## **Education**

Stanford High School, Stanford, ST 2017-Current

- 3.8 GPA

## **Work Experience**

B&C Hay Inc. August 2019- Present

- Assisted driving vehicles to delivery hay
- Routed back roads with tractors

## **Volunteer Experience**

Loaves and Fishes of Stanford 2018-2019

- Assisted in soup kitchen
- Prepared meals for residents
- Organized clothing drive

## **Awards**

- Stanford Honor Roll 2019
- County Art Contest, 1st Place 2018
- PGF Softball Champions 2018
- Stanford Science Fair, 3rd Place 2017
- Spanish Debate Team Champion 2017

## **Activities**

- Latin American Culture Club 2012-2017
- Mexican Folkloric Dance Team 2013-Current
- PS33 Academy Pitcher 2012-2017
- Stanford High School Softball Team 2017-Current
- Student Body Committee Member 2019

## **References**

Available upon request.

# Nicolina Escobar

567 North Lincoln Street, Reardon, ST 95620 | (123)-456-8900 | Nescobar6@gmail.com

## Education

- Reardon High School, CA 2017- Present
- 3.3 GPA

## Experience

Warehouse Worker | Rolex Corporation 2020-Present

- Cleaned facility
- Organize products
- Assembled products

Landscaper | Greg's Rototilling and Landscape 2016-Present

- Operated light and heavy machinery
- Managed yards and landscape
- Installed dry and grass landscapes
- Built fences and retaining walls

Ranch Hand | Wellington Ranch 2018-2019

- Assisted with calving
- Built and managed chicken coops
- Kept records of herd
- Maintained safe environment for livestock

## Awards

- FFA State Degree 2020
- Community Development Proficiency 2019
- 2019 1st Place FFA Opening/Closing Contest 2019
- FFA Chapter Degree 2019
- FFA Greenhand Degree 2018

## Activities

- Member of The National FFA Organization 2017-Present
- Police Department Cadet 2017-Present
- President of Reardon FFA Chapter 2017-Present
- Yolano Rugby Club 2014-2017

## Skills

- Leadership
- Responsibility
- Bilingual, Spanish and English

# Elysiah Berry

4321 Dry Creek Rd. - Boulder, ST 12345 - (123) 456-0000 - eber1@gmail.com

## **VOLUNTEER AND WORK EXPERIENCE**

*Poultry Management Position, Sandy Dale* 2019-Present

- Manage health, check for pests and disease, and manage nutrition of chickens
- Provide healthcare for chickens such as trimming nails and spurs
- Collect eggs from laying hens

*Youth Group Leader, Rise Beginnings Church* 2015-Present

- Teach youth group lessons to younger members
- Prepare lessons for each age level to suit needs of learners
- Assist with care in the nursery and with children aged 1-13

## **ANIMAL EXPERIENCE**

- 4H Breeding Goat Project 2019-Present
- Boulder CTE Veterinary Science Team 2019-Present
- Boulder County Fair Market Turkey Exhibition 2019-Present
- 4H Poultry and Egg Project 2018

## **LEADERSHIP EXPERIENCE AND AWARDS**

- Advanced Parliamentary Procedure 2020-Present
- Public Speaking 2020
- Ruby Bridges Walk to School Day 2020
- Made for Excellence Leadership Conference 2020
- FBLA Speaking Contest 2019
- FBLA Leadership Award 2019
- FBLA Leadership Conference 2019

## **EDUCATION**

### **High School**

*2017-Present*

BOULDER HIGH SCHOOL - 4.0 GPA

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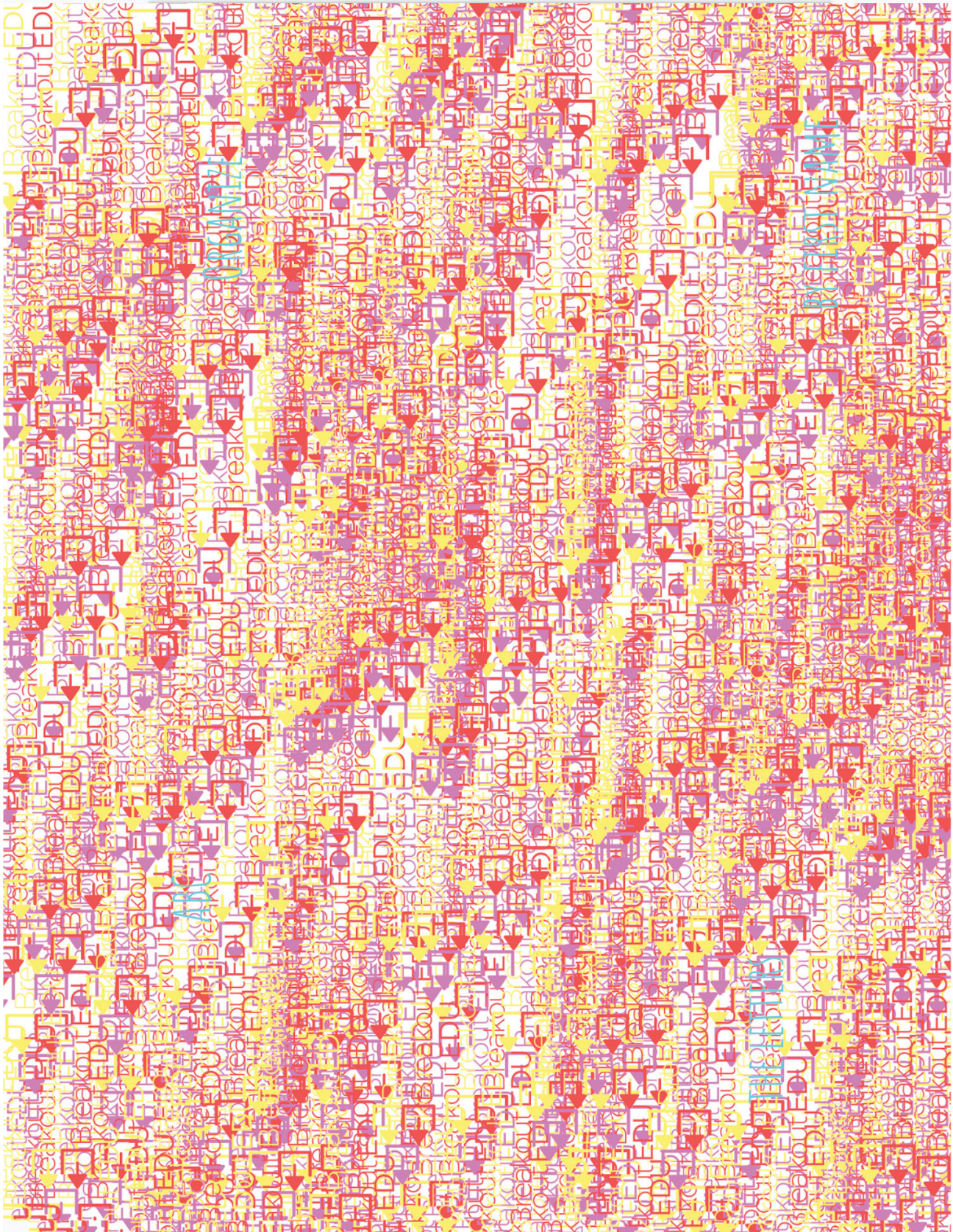
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# Business Casual vs. Professional

Have an interview or professional event coming up? Learn how to decode dress code.

