

# Take Our Daughters And Sons To Work® Foundation

## High School Activity Packet



### Sparkling AHA! Moments

*a · ha mo · ment*

*noun; a moment of sudden insight or discovery*





# Planning Tips

Whether you work for a large corporation, own a small business, police the streets, or teach at a University, you can impact children's lives by exposing them to new ideas and opportunities.

The most successful days are creative and productive. Think about what makes your company unique, and most importantly use your resources!

Below are tips to help make your day a success:

- **Students can learn from every employee and department**  
Ask employees from every level and department within the organization to share their work experiences and encourage girls and boys to ask questions. For example, ask the payroll department to demonstrate how employees get paid, explain why deductions are taken out, how time off is factored in, etc.
- **Keep activities short**  
Interactive activities that are 45 to 55 minutes in length are best.
- **A recommendation for girls and boys ages 8-18**  
Younger students may have a shorter attention span during activities.
- **Introduce students to technology**  
Show girls and boys how important technology is to your business. Schedule time for them to work on computers or other office equipment. For example, let them view your website and see how business is conducted through the site or have them participate in a conference call with another office that is participating in the program.
- **Talk to school officials about Take Our Daughters and Sons to Work**  
Work with your child's teachers to let them know that he or she will spend the day doing educational activities at work.
- **Complete the enclosed Activity Log and the Take Our Daughters and Sons to Work Day Evaluation Form**  
Students can take these forms back to school to demonstrate their participation in the educational activities at your work place.

- **Keep students safe**

Provide adequate safety and protective gear for girls and boys. Be sure to have a range of sizes available.

- **Take Our Daughters and Sons to Work activities should** introduce participants to the vast range of potential job opportunities, while asking children to consider how their future work will fit into their overall lives. The major goal for the activities is to encourage girls and boys to think about how their dreams for the future-both for their work and family lives-can be achieved. For example, if they plan to have a career that requires them to travel or work a night shift, who will take care of things at home? The activities are meant to be fun, allow for lots of conversation, and engage girls and boys in thinking about work and home life in ways they may never have before.

- **Ice Breaker Activities may help to set the tone for the day.**

A few samples are provided below:

- **Conversation Cafe:**

Children should be asked, "What do you want to change in the world?" This activity goes a step further and asks young participants to consider their future work roles. Will you work indoors or outside? Will you travel? Will your job be fascinating or difficult? The children will also think through what they want their home lives to be like. Do you envision your home in the city, suburbs, or country? Do you plan to have a pet?

- **Imagining the Future:**

Through a dynamic problem-solving activity, children will build awareness of how they might approach the challenges of managing work and family life. Participants will be asked to find solutions for problems like whether to work late to finish an important project or attend your child's school play.

- **Ask the Adults:**

This activity turns young people into reporters and gives them the opportunity to interview adults about their experiences in managing work and home life. It will be interesting to see how adults' answers compare to the young participants' ideas!

# Parental Authorization

(Parent/Guardian must complete and give to the accompanying adult if it is not the parent or some school systems require them to be turned into home room teacher.)

I/We, the undersigned, grant our son/daughter \_\_\_\_\_ permission  
(Name of Student)

to participate in an out-of-school educational activity as part of the Take Our Daughters and Sons to Work® Day.

Should a medical emergency arise while my son/daughter is participating in this field trip, the accompanying adult or I will be responsible for initiating medical treatment. I give permission for immediate treatment as required in the judgment of the attending physician.

If there are any changes to the information provided herein, it is the parent's responsibility to provide the updated information.

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

## Special Note

Parents/Guardians of students that are participating in the Take Our Daughters and Sons to Work® Day event should fill-in an Excused Absence Form if your school needs it.





## Did You Know?

- In 2015, 39 million employed Americans participated in **Take Our Daughters And Sons To Work<sup>®</sup> Day**.
- Almost 82 percent of adults aware of **Take Our Daughters And Sons To Work<sup>®</sup> Day** believe that the day is an educational experience for participating youth.
- 3 million Companies participated in **Take Our Daughters And Sons To Work<sup>®</sup> Day** in 2015.
- In 1991-1992, the Ms. Foundation began discussion of the research finding that young women's loss of self-esteem was one of the reasons they were making poor life choices and were not doing well in school.
- That same year educators in the five boroughs of NYC noticed the patterns for young women was: lack of self-esteem, poor class attendance, and low expectations for job.
- The educators contacted the Ms. Foundation with their concerns. A pilot program was set up in one of the boroughs of New York City after Gloria Steinem and Marie Wilson met with child development experts and educators.
- During the event, their professional mentors asked participating young women a focus questions: "If you could grow up to be anything what would it be?"

- At the end of the pilot program the participating young woman concluded that they must stay in school, pass their grades, and work on their self-esteem.
- *AP's Parade Magazine's* editor, Walter Anderson, having heard about the pilot program, interviewed Ms. Steinem in September 1991, and the one-day local event went national. The first Take Our Daughters To Work® Day was held on April 28, 1998. (It is was decided to celebrate the Day on the 4<sup>th</sup> Thursday of April.)
- In 2002, it was decided that young men could benefit from being part of the program, they were added to the program and the focus was broadened to work, life, family and community.
- In 2007, the program transitioned into Take Our Daughters And Sons To Work Foundation. Carolyn McKecuen, who worked with the Take Our Daughters To Work for fourteen years, was named President of the Foundation, with headquarters in Elizabeth City, NC.
- This past year, 2014, over 39 million youth and adults participated in the activities in three million workplaces throughout the United States.

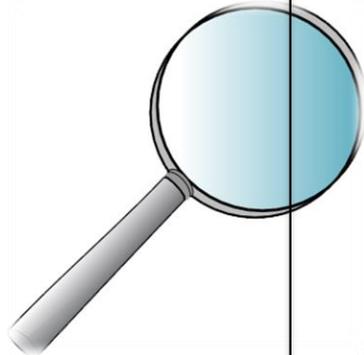
# Who Do You Think You Are?

When you look in a mirror, who do you see? You, Obviously! But how do you see yourself? Are you more likely to focus on, your strengths or your limitations? Our thinking powerfully influences how we feel about ourselves. It's as if our thoughts are a magnifying glass, increasing whatever we focus on-so it is really important to focus on the positive!

Write your first and last name vertically in the box below. Use the letters to write words that describe your positive qualities.

*Here's an example:*

**Sociable**  
**Artistic**  
**Musical**  
**Jokey**  
**Open minded**  
**Nuts about science**  
**Enthusiastic**  
**Someone you can count on**



# Making Your Dreams Mean Business

What job do you dream of doing when you grow up? You might dream of being a chef, pilot, electrician, artist, symphony, conductor, surgeon, college professor, photographer, fire fighter, you name it! Whatever your dream, do you know what it will take to make it come true? In other words, do you know how to get from here to there?

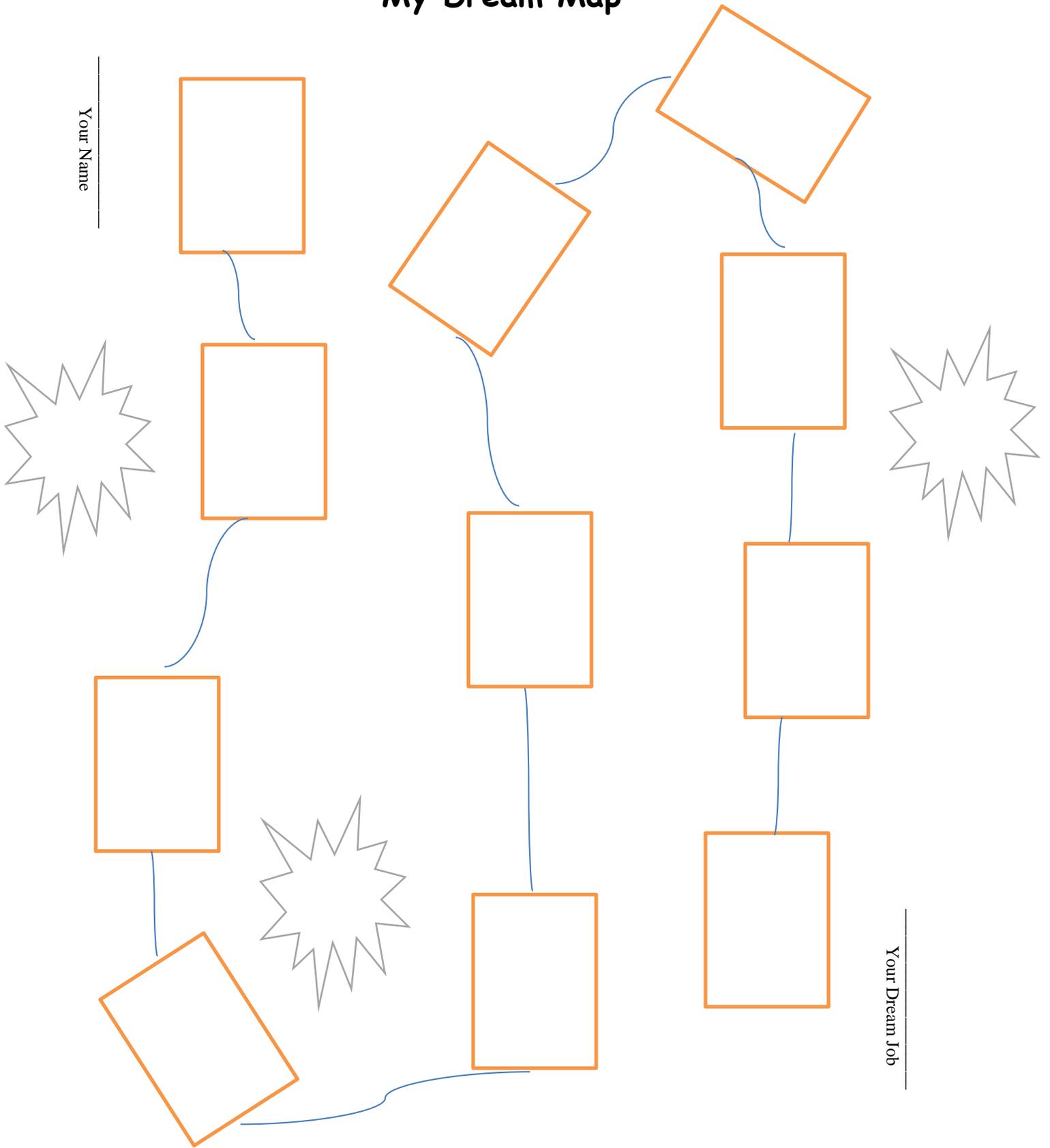
When you set off on any journey, it's wise to have a map in hand to help you chart your way. Fill in the "dream map" below. Start by writing your name at the start of your dream job at the finish. Then fill in the squares and triangles. The squares are stepping stones that take you where you want to go. The triangles are stumbling blocks that trip you up and get in your way: avoid them at all costs!

Here is a list of possible Stepping Stones and Stumbling Blocks. You can choose from this list and/or come up with examples of your own.

Do homework	Do drugs	Talk on the phone all night	Take courses in math and science	Break the law, land in jail
Select a college	Graduate from high school	Study	Find a mentor	Get terribly sick
Watch tons of TV	Dog eats homework	Lean on friends	Earn money for college	Apply to college
Get thrown out of college for cheating	Talk to someone doing the job that interest me	Break a leg	Get special training	Eat well and exercise
Finish middle school	Drive drunk	Do research about this job	Graduate from high school	Do summer work similar to dream job

# My Dream Map

\_\_\_\_\_  
Your Name



\_\_\_\_\_  
Your Dream Job

# From Good Girls to Great Women

How many great American women do you know about? Take this matching quiz to find out.

- \_\_\_1. Clara Barton  
(1821-1912)
- \_\_\_2. Juliette Gordon Law  
(1860-1927)
- \_\_\_3. Harriet Tubman  
(1820-1913)
- \_\_\_4. Mae C. Jemison  
(1956-)
- \_\_\_5. Wilma Mankiller  
(1945-2010)
- \_\_\_6. Maya Lin  
(1969-)
- \_\_\_7. Sandra Day O'Conner  
(1930-)
- \_\_\_8. Susan B. Anthony  
(1820-1906)
- \_\_\_9. Martha Graham  
(1894-1991)
- \_\_\_10. Candy Lightner  
(1946-)
- \_\_\_11. Dian Fossey  
(1932-1985)
- \_\_\_12. Antonia Novello  
(1944-)
- a. As a girl, I was passionate about animals. I became a primatologist and in my memoir *Gorillas in the Mist* I tell about living with gorillas in Africa and battling their poachers-illegal animal hunters.
- b. When I voted in the 1872 presidential election, I was arrested and fined \$100 (a lot of money then!) I organized a huge campaign that eventually won women the right to vote. I was the first woman to be depicted on U.S. Currency: a dollar coin.
- c. I knew I wanted to be a doctor all my life, particularly since I had a serious illness as a child and teenager. In 1990 I became the first woman and the first Latina Surgeon General of the United States.
- d. I recently retired as the first female justice on the Supreme Court of the United States. I am also a mom with three sons.
- e. During the Civil War, even though nurses weren't allowed on the battlefields, I went anyway to help the wounded and dying soldiers. I later founded the American Red Cross.
- f. In 1992, I became the first African-American woman to enter space on the crew of the Space Shuttle Endeavor. I earned an undergraduate degree in chemical engineering, went to medical school, and served in the Peace Corps too.
- g. In 1980, after my 13-year-old daughter was killed by a drunk driver, I fought for stricter drunk driving laws and founded MADD, Mothers Against Drunk Driving. MADD now has chapters in all 50 states.
- h. I was one of the 20<sup>th</sup> century's most famous choreographers and modern dancers. In 1929, I started my own dance company in New York City, and named it after myself.
- i. I was chief of the Cherokee Nation of Oklahoma and the first woman in modern history to lead a major Native American tribe.
- j. I was a runaway slave and became a "conductor" on the Underground Railroad that helped lead slaves to freedom. During the Civil War, I served as a soldier, a spy, and nurse for the Union Army.
- k. I am an artist and architect. When I was in college, I won a national contest (beating 1,420 other people) to design the Vietnam Veterans Memorial in Washington, D.C. I also designed the Civil Rights Memorial in Montgomery, Alabama.
- l. Known as "Daisy", I established the first troop of Girl Guides in 1912 in my home town of Savannah, Georgia. Thanks to my hard work and enthusiasm, this grew into Girl Scouts of America.

# From Good Boys to Great Men

How many great American men do you know about? Take this matching quiz to find out.

- \_\_\_1. John Quincy Adams (1767-1848)      a. Ran the 100-yard dash in 11 seconds, ran the 220- yard dash in 20.7 seconds, and competed in the 1936 Olympics earning the United States 4 medals.
- \_\_\_2. Matthew Henson (1866-1955)      b. An American Indian author that received a Washington State Arts Commission Fellowship.
- \_\_\_3. Jesse Owens (1913-1980)      c. American Civil Rights Campaigner
- \_\_\_4. Stan Lee (1944-)      d. He helped develop the quantum theory and build the atomic bomb.
- \_\_\_5. Bill Gates (1955-)      e. Served as secretary of state to president Monroe, later becoming President himself. As a House of Representative member worked to abolish slavery.
- \_\_\_6. Sherman Alexie (1966-)      f. Wrote Moby Dick, and although it was not received well, he became known as the American Shakespeare.
- \_\_\_7. Kiril Kulish (1994-)      g. Started his writing career as an obituary writer, then in 1941 became the editor in chief of Timely Comics (later named Marvel Comics).
- \_\_\_8. Martin Luther King (1929-1968)      h. Helped George W. Bush win his presidential election. Also helped the automobile industry increase their safety standards.
- \_\_\_9. Herman Melville (1819-1891)      i. A lawyer and a Supreme Court justice. He worked to help the civil-rights revolution.
- \_\_\_10. Ralph Nader (1934-)      j. First African-American to reach the North pole. He was not given immediate recognition of this accomplishment but did receive recognition before he died.
- \_\_\_11. Enrico Fermi (1901-1954)      k. Created tic-tac-tow as his first computer program at age 13. Went on to create the Traf-O-Data while in high school. Later founded the Microsoft company and became the youngest Billionaire at age 32.
- \_\_\_12. Thurgood Marshall (1908-1993)      l. One of the 3 *Billy Elliot* Boys for the United States Broadway production in 2008.

# Years of Work toward a Lifetime of Confidence

Everybody agrees that it's good to be self-confident but what does this mean exactly? According to the dictionary, self-confidence is "a feeling of trust in one's abilities, qualities, and judgment." With self-confidence, it's easier to take a risk, try something new, and to stay true to yourself in the face of peer pressure.

	Always	Sometimes	Rarely
1. I set positive goals for myself.	1	2	3
2. I am able to accept criticism without getting upset.	1	2	3
3. I let people know what I think and feel, even if I'm angry or in disagreement with someone else.	1	2	3
4. I ask for help when I need it.	1	2	3
5. I don't worry about what other people think of me.	1	2	3
6. I like meeting new people.	1	2	3
7. I believe I am a valuable friend.	1	2	3
8. If I make a mistake, I admit it and try to learn from it.	1	2	3
9. I like trying new things-a sport, food, game, a new language, etc.	1	2	3
10. In general, I am happy with myself.	1	2	3
11. I am happy when something good happens to a friend.	1	2	3
12. I know I can make a positive difference in this world in my own unique way.	1	2	3
13. I tend to see the good in any situation.	1	2	3

**Add up all the circled numbers. TOTAL SCORE: \_\_\_\_\_**

## Years of Work toward a Lifetime of Confidence Continued...

**If you scored between 13 and 18:** You got it! Go out and do great things today. Help boost someone else's confidence too- encourage their dreams or pay them a compliment.

**If you scored between 19 and 25:** Keep focusing on your positive qualities, trust in yourself, and take time to develop both old and new interests.

**If you scored between 26 and 32:** Try something new today-bring a friend along for support (and fun). Write down the positive qualities you admire in one of your favorite people, then develop these qualities for yourself.

**If you scored between 33 and 39:** You could use a confidence boost! Talk to an adult you trust about what is special about you. Do a good deed for someone else and notice how this makes you feel.





# The Future Is Me

In the space below, draw or write a news story featuring you and something you hope to accomplish someday. For example: "Sarah Stein is the First Woman to Pitch in the Major Leagues!" or "Pedro Lopez, Brain Researcher, Discovers Cure for Autism!"



## Free to Be You and Me

Have you heard *Free to Be You and Me*? The songs and stories on this CD, first produced in 1972, question gender stereotypes-Who says boys can't play with dolls? Who says girls can't compete or run like the wind?-And send the message that you can be anything in your life, whether you're a boy or a girl.

We've come a long way since the 1970's. Today women can be lawyers and men can stay home and take care of children-and not be looked down upon. Even so, many people still have strong opinions about the roles males and females should play in society. Do you? Take this quiz with a friend or family member and compare your answers. You may be surprised by what you think! *Circle each line indicating your opinion.*

1. A woman can be just as effective a President as a man.	Agree	Disagree
2. Boys need to be athletic to be popular.	Agree	Disagree
3. I feel free to be who I am in school.	Agree	Disagree
4. Boys are better than girls in most sports.	Agree	Disagree
5. Men make better bosses than women.	Agree	Disagree
6. Women are better than men at taking care of children.	Agree	Disagree
7. I feel free to be who I am in my family.	Agree	Disagree
8. Girls need to be pretty to be popular.	Agree	Disagree
9. Men are better than women at working and earning money.	Agree	Disagree
10. Girls are more in touch with their feelings than boys.	Agree	Disagree
11. Boys and men shouldn't cry in public.	Agree	Disagree
12. I feel free to be who I am with my friends.	Agree	Disagree

## Change the Way the World Works

You are an advice columnist for a city newspaper. When something gets out of balance in a person's home life, work life, or both, they write to you for advice. Everybody loves reading what you have to say. Your answers are always wise, creative, and often funny too.

Read the following letters. What's your advice? Write your responses on a separate page.

Ask \_\_\_\_\_ (Your first name)  
\_\_\_\_\_ Keeps Families Working & Playing!

Dear \_\_\_\_\_,

I've noticed that you gets lots of letters from parents whose kids play sports. I'm a mom and I play sports too. I've been captain of a local volleyball team for 5 years. My 10- year-old daughter Amy loves acting and has a part in the school play. Here's the problem: My team has a championship playoff on the opening night of the play! I've told Amy that her dad will come to the first night and I will come the next, but she's upset. What do you think I should do? My team needs me and so does my daughter.

Sincerely, Team Player

Dear \_\_\_\_\_,

I'm a lawyer. My father is very old and lives several hours away from here. Next week he has to go to the hospital for surgery and the doctor says he shouldn't go home alone. There aren't any other family member's nearby, so dad needs me to stay with him for a few days while he recuperates. Normally, I'd be happy to do this but next week I have to argue an important case in district court. What should I do?

Sincerely, Dutiful Daughter

Dear \_\_\_\_\_,

My wife and I are young architects and just had our first child. We both took 3 months off from work to care for our baby boy. Our maternity and paternity leaves are about to end, so it's time to find childcare and head back to work. I'm considering taking a year off to be a stay-at-home Dad. My wife thinks it's a good idea, but my brother thinks it will hurt my career. He says future hiring managers won't take me seriously as a committed architect. What should I do? I don't want to lose ground in my career and I don't want to miss a minute of my son's first year.

Sincerely, Dad Committed to Work & Family

Dear \_\_\_\_\_,

I'm an emergency room nurse. I love my work, but it's very stressful. I treat accident victims and very sick people all day long and don't have a minute to sit down. My wife finishes work earlier than me, so she picks up the kids from after school and make dinner. She'd like me to help the kids with homework and bedtime, but I'm so stressed out and tired after work that I'm not much help. My wife says I don't pull my weight at home and that my kids deserve better. She's right but I don't know how to change things. Your advice?

Sincerely, Nurse Needs a Nurse

Dear \_\_\_\_\_,

I'm a single mom who works two jobs to put food on the table for me and my two kids who are 7 and 9. All my life I've dreamed of owning a catering company. I just got accepted to a competitive two-year college program that will teach me how to start and run my own business. This is the opportunity I've been waiting for! I even received a full scholarship. It all sounds perfect; however classes meet four evenings a week, so I won't get to see my kids on those nights. Their grandmother has agreed to babysit for them, but she's pressuring me to postpone school for 5 years until the kids are older and more independent. I want to do what's best for my kids and what's best for my future. What do you advise? Should I go to school now or wait?

Sincerely, Fork in the Road

Dear \_\_\_\_\_,

I'm an administrative assistant at a successful medical research company. I'm committed to my job and work late into the evenings. My company just opened a lab in partnership with the local high school so we can mentor students interested in science careers and give something back to the community. I like this idea! Here's the problem: My boss has asked me to volunteer 5 hours a month to coordinate the mentoring program. I don't have a single extra minute in my day! This would mean coming in earlier or staying even later without any extra pay. How can I say "no" without giving the message that I'm not supportive of the company?

Sincerely, Stretched Thin

# A New Generation at Work

You are a member of a new generation that is growing up to change the world for the better. Peer into your future, 20 years from today. What do you see? What change will you be creating? Draw your future in the boxes below. Don't forget to title your drawings!

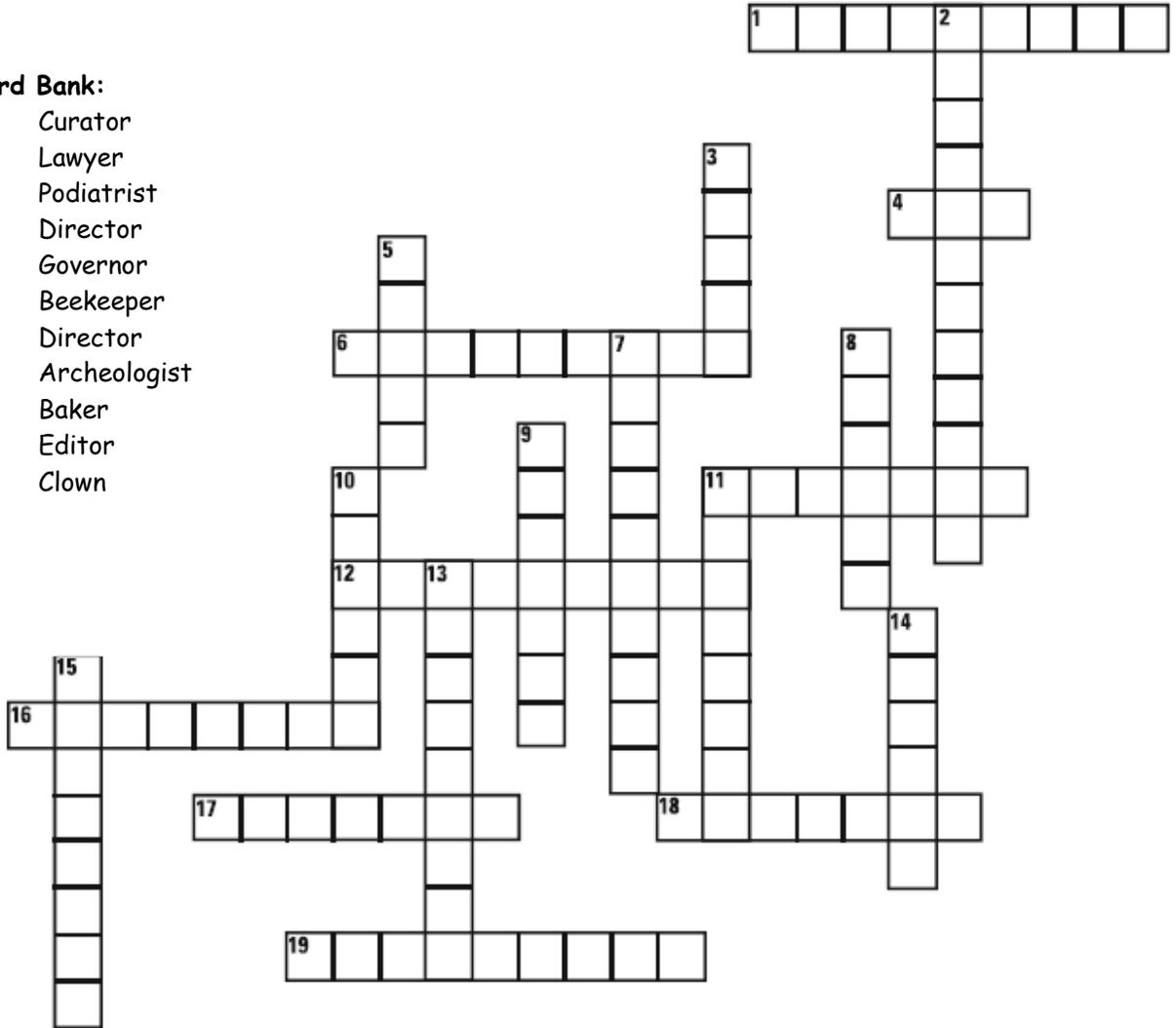
<b>ME AT WORK</b>	<b>ME IN THE COMMUNITY</b>
<p>Draw yourself at work, changing things for the better.</p>	<p>Draw yourself in the community, changing things for the better.</p>
<p><b>Questions to ask yourself before you draw:</b>  <b>20 years from today, what kind of work will you do?</b>  <b>Where do you work? What does your workplace look like? Who else works with you?</b></p>	<p><b>Questions to ask yourself before you draw:</b>  <b>20 years from today, what kind of community will you live in? What does it look like? Who else lives there? What kind of things will you be doing to change this community for the better?</b></p>

# Today's Vision, Tomorrow's Reality

What work do you picture yourself doing in the future? The possibilities are endless! Complete this crossword puzzle to learn about just a few of them.

## Word Bank:

- |           |              |
|-----------|--------------|
| Composer  | Curator      |
| Composer  | Lawyer       |
| Dentist   | Podiatrist   |
| Drummer   | Director     |
| Jockey    | Governor     |
| Librarian | Beekeeper    |
| Plumber   | Director     |
| Therapist | Archeologist |
| Vet       | Baker        |
| Webmaster | Editor       |
| Zookeeper | Clown        |



## Across:

1. I help people solve personal problems
4. Bring your sick cat, dog or iguana to me
6. I tend lions, tigers and bears, oh my!
11. I'm all about teeth
12. I make and maintain the Web site
16. I write music for symphony orchestras
17. Call me when the faucets are dripping
18. I use sticks to play my instrument
19. Books and information are my specialty

## Down:

2. I dig for dinosaur bones and other artifacts
3. I get up early to make pastry and bread
5. I make you laugh at the circus
7. I'm a foot doctor
8. I help writers with punctuation and words
9. I'm in charge of the art in a museum
10. I argue cases before a judge and jury
11. I organize and instruct actors on the stage
13. I deal in hives and honey
14. I race thoroughbred horses
15. I am the leader of a state

# Sharing Power & Possibility

Whatever work you want to do when you grow up-whether you want to become an actor, an architect, an acrobat, or even the president- one thing's certain: you'll be a lot more successful, and have a lot more fun, if you know how to work well with others.

In the box of letters below are words that relate to sharing and working well with others. The words are spelled in lots of ways: left to right, right to left, up to down, down to up, and diagonally. Using a continuous line, circle the consecutive letters which spell a quality. Some of the words may cross each other and use the same letter.

**Do your best to have:** goodwill, gusto, humor, integrity, morale, patience, rapport

**Try to be:** efficient, fair, friendly, generous, helpful, honest, kindhearted, reliable

**Don't forget to:** appreciate, brainstorm, collaborate, compromise, congratulate, cooperate, discuss, explain, laugh, lead, learn, listen, negotiate, persuade, praise, reassure, rely, respect, share, support, understand

E E N M X D P O U Y D V S F Q G N R U K V T V T D  
L T T I O C N V F L E S I A R P G C G L H B J L E  
N C A A A R R T W D N D U N D E R S T A N D L R T  
K A P L R L A A W N S B O W H A C N T K M I F A R  
K K Q E U O P L I E P N P U V S G K Q Z W J S P A  
R C L S R T B X E I X Z M R H F F X O D S J S P E  
J E O U B S A A E R Z O V A R O L A O W Z G Q O H  
G Z S V F M U R L F R W R S S V A O B M L W X R D  
U I H P G P V A G L U E H L X B G J Z H C A V T N  
S N P A E V L H D N O C O M P R O M I S E V J K I  
T T V R N C O E R E O C N R A E L N L I N L F E K  
O E W R E N T E H D X C B R A I N S T O R M C S G  
P G E R E L A M I N E T S I L R A A C D U N U C P  
D R V S L S I S R X N U I K W J R G R W E O O Q C  
M I T Q S B C A V K N L Y X Y T O E N I R O Z F O  
S T B U G U X S B S U P P O R T L H T E P B F P H  
J Y R V S P E F S L Q Z J D G Y X A N E O E Z Q H  
I E Y S V O B M O N E W G X U J P E R U I F S H I  
A P P R E C I A T E F D F H A Z G A L D K F H R U  
N E G O T I A T E H L A J R Y O T T E N W I T Q N  
Y L Z W G X R N K M C E I U I E P Q A R D C I H N  
O J S Z E Y Z N R C R Y D R P N P W D V E I E Z E  
C Q X R B N L W J F Q L A U G H S X V O A E X Z M  
C M G F L U I X X F Y R Z B S A K W J Z Y N C F Y  
O T W M S J D L U L G L E T J I C G E I E T A X Y

# Shaping the Future

The future isn't as far away as you might think! The future gets shaped by the decisions you make and the actions you take today. Follow the 5 steps below and decide what actions you'd like to take today to shape your future tomorrow...

Step 1: Read down the left hand column and check all of the communities you belong to.

Step 2: Write the name of each community on the space provided. If you belong to any other communities, write these down under "Others".

Step 3: Stay (\*) communities where you play an active role: you help out, you speak up when something seems unfair, you care about others in the community, etc.

Step 4: Read down the left-hand column and ask this question about every community: "In my opinion, is there anything that needs changing for the better in this community?" If "yes", circle the name of the community.

Step 5: Write in the right-hand column the name of three of the "circled" communities and describe one thing that needs changing for the better in each.

## I Am A Part of Many Communities...

A planet: \_\_\_\_\_

A country: \_\_\_\_\_

A state: \_\_\_\_\_

A town: \_\_\_\_\_

A neighborhood: \_\_\_\_\_

A street: \_\_\_\_\_

A family/families: \_\_\_\_\_

A school: \_\_\_\_\_

Sports team(s): \_\_\_\_\_

\_\_\_\_\_

Music group(s): \_\_\_\_\_

Clubs/activities: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Place of worship: \_\_\_\_\_

Others: \_\_\_\_\_

\_\_\_\_\_

**If I could change things for the better in 3 communities, this is what I'd change...**

**Community 1**

This needs changing for the better

**Community 2**

This needs changing for the better

**Community 3**

This needs changing for the better

# When You Were My Age

Use this sheet to interview your parent or guardian about their own career choices.

## When you were my age:

1. What was your favorite school subject?
2. What did you like to do best during your free time?
3. Was there anything that you did particularly well?
4. What career did you have in mind?
5. Did you follow that career path? If not, what changed your mind?
6. Were there any obstacles to following your career path?
7. Did your parents have specific ideas about what career you should choose?

8. Who helped you make your career decisions?
  
  
  
  
  
  
  
  
  
  
9. Were your choices different because you were male/female?
  
  
  
  
  
  
  
  
  
  
10. What did you learn in high school that you feel has helped you the most?
  
  
  
  
  
  
  
  
  
  
11. Did you change your mind about career choices?
  
  
  
  
  
  
  
  
  
  
12. Would you like to change your present career?
  
  
  
  
  
  
  
  
  
  
13. Why did you choose the career you are presently in?
  
  
  
  
  
  
  
  
  
  
14. Were you a good student?
  
  
  
  
  
  
  
  
  
  
15. Did you participate in sports?

## Superhero Word Find

In the box of letters below are words related to empowerment and knowledge. These words are spelled in lots of ways: left to right, right to left, up to down, down to up and diagonally. Using a continuous line, circle the consecutive letters which spell a quality. Some of the words may cross each other and use the same letter.

Superhero  
Encourage  
Trust  
Courage  
Strength

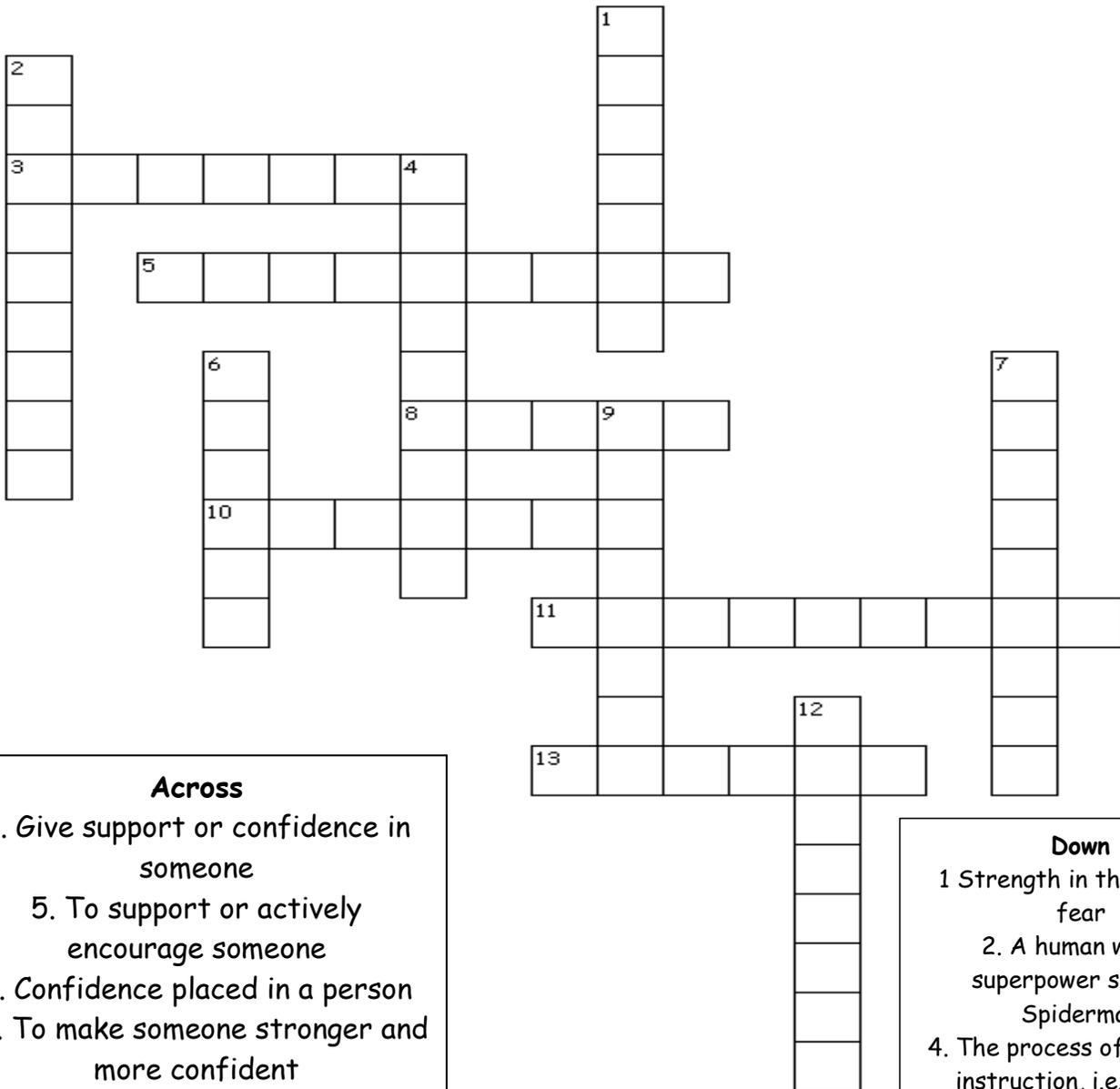
Choice  
Invest  
Knowledge  
Promote

Education  
Enlighten  
Accredit  
Empower

E N L I G H T E N N A G E A N  
T G T R U S T S O K C A C M C  
S G A N H T C I T S C V I O N  
U P N R E O T R O R R B O R D  
U W T I U A A Z J E E D H X L  
Z Q R R C O O M R G D N C C E  
G V A U N F C E R D I V G J Q  
M G D R R G G N R E T B J T O  
E E T O M O R P E L W D U C H  
S R G K U T O B H W F O M X T  
J I K Q X Z A K B O D R P S C  
E P M N N T I B X N B J E M K  
O R E H R E P U S K W V H M E  
U R I K E E B T X E N R H N Y  
Z V T X G X B R C I A Z L R A

# Super Crossword

Word Bank		
Superhero	Choice	Education
Encourage	Invest	Enlighten
Trust	Knowledge	Accredit
Courage	Promote	Empower
Strength		



- Across**
- 3. Give support or confidence in someone
  - 5. To support or actively encourage someone
  - 8. Confidence placed in a person
  - 10. To make someone stronger and more confident
  - 11. To give someone greater knowledge about a subject
  - 13. Making a decision

- Down**
- 1 Strength in the face of fear
  - 2. A human with a superpower such as Spiderman
  - 4. The process of receiving instruction, i.e. School
  - 6. Provide someone with a particular quality
  - 7. Skills acquired by a person through experience or education
  - 9. A state of being strong
  - 12. To give someone credit

# Super Style

How you dress in the work place is not only a reflection on your employer but also on you! Cross out the styles that are inappropriate to wear to work.

<p><b>Doctor</b> Collared Shirt Slacks Non-slip shoes <b>OR</b> Flannel Shirt Shorts Flip Flops</p>	<p><b>Lawyer</b> Tank Top Skirt Boots <b>OR</b> Suit Dockers</p>	<p><b>Teacher</b> Knee Length Dress Flats <b>OR</b> Tank Top Mini Skirt Flip Flops</p>
<p><b>Factory Worker</b> Collared Shirt Jeans Boots <b>OR</b> Polo Shorts Flip Flops</p>	<p><b>Retail Associate</b> Polo Shorts Sneakers <b>OR</b> Blouse Khakis Sperry's</p>	<p><b>Police Officer</b> Button down shirt Black Slacks Dockers <b>OR</b> T-Shirt Jeans Sneakers</p>
<p><b>Secretary</b> Tube Top Mini Skirt Flip Flops <b>OR</b> Blouse Pencil Skirt Pumps</p>	<p><b>Engineer</b> Button Down Shirt Khakis Sperry's <b>OR</b> T-shirt Jeans Flip Flops</p>	<p><b>Graphic Designer</b> Polo Shorts Sandals <b>OR</b> Polo Khakis Sperry's</p>
<p><b>Waitress</b> Button Down Shirt Black Slacks Non-slip Shoes <b>OR</b> T-Shirt Shorts Flip Flops</p>	<p><b>Manager</b> Suit Dockers <b>OR</b> Flannel Shirt Jeans Sneakers</p>	<p><b>Quality Control</b> Polo Slacks Dockers <b>OR</b> T-Shirt Jeans Flip Flops</p>

## Create Your Own Comic Strip

Using the prompt below please create your own comic strip by drawing stick figures, or symbols. Feel free to add frames on additional pages.

**Prompt: What have you done that has made you feel empowered?**


# Conducting an Interview

## Meet Your Workplace Host

To find out more about your parent's job, you should conduct an interview. Think about the reporters you have observed interviewing on the evening news and ask your parent the following questions. Space is provided for you to construct additional questions of your own. Make sure your questions are spoken clearly and make eye contact with your parent. Relax and smile.

### Introductory Questions ("Getting to Know You")

1. What is your job title?

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2. What are your responsibilities?

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3. How do you help this company/business meet its goals?

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4. What is a typical day like for you?

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5. What do you like the most about your job?

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6. Why did you select this type of work?

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7. How much education do you need for this job?

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8. Do you need more job training after you have completed your education?

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# Company Technology and Benefits

## The Technology

Companies today use a variety of cutting-edge technologies.

How many computers does this workplace have?

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What software programs did you observe?

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What other equipment do employees use at their desks besides computers?

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What other technology does the workplace use to make its product or deliver its services?

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## The Benefits

To hire the best people possible, many employers offer more than a salary or hourly wage.

Does this workplace offer any of the following extra benefits?

Health Care Plan	YES	NO
Dental Plan	YES	NO
Retirement Plan	YES	NO
Disability Insurance	YES	NO
Reimbursement for more Education	YES	NO
Advanced Training for Job Skills	YES	NO
Other Services (such as dry cleaning, childcare)	YES	NO

# Personal Action Plan

Name: \_\_\_\_\_

## Personal Goal

You have already discovered that doing well in education takes some work. List two things you can do immediately to help achieve your education goals (for example, completing all your assignments and bringing up your grades).

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## Skills

As you observed on the job site, every job requires a minimum set of skills. Write three specific skills that you will need in the future (for example, a musician will require the ability to read music, a computer programmer will need advanced computer training and a business person will require proficiency in math). Then decided how you will obtain or strengthen that skill.

## Skills Needed

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**Ways I can obtain or improve this skill are:**

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## Keeping Your Commitment

In the world of work, when goals are set, employees are accountable for meeting them. Keep this Personal Action Plan and check it in six months. Ask yourself, "How am I are doing?" and then adjust your goals or set new ones to meet your plans for the future.

## A-Z Career List

Listed below are several careers for each letter of the alphabet. Circle at least three careers you would like to have. If time permits, have your child research some of these careers on the Internet. Use the attached sheet to provide a brief description. Be prepared to discuss them with the group.

### A

Actuary  
Aerospace Engineer  
Anesthesiologist  
Audiologist

### B

Biochemist  
Botanist  
Broadcast Technician  
Budget Analyst

### C

Cardiovascular Technician  
Cartographer  
Cartoonist  
Computer Software Engineer  
Crime Lab Analyst  
Cytotechnologist

### D

Dentist  
Desktop Publisher  
Detective (Police)  
Dietitian/Nutritionist

### E

Ecologist  
Economist  
Editor  
Engineer

### F

Financial Planner  
Firefighter  
Foreign Service Officer

### G

Geneticist  
Geophysicist  
Gerontologist  
Graphic Artist (Software)

### H

Horticulturist  
Human Resources Manager  
Hydrologist

### I

Industrial Engineer  
Information Systems Manager  
Internist  
Interpreter

### J

Job Analyst  
Judge

### L

Laser Technician  
Librarian  
Lobbyist

### M

Marine Architect  
Market Research Analyst  
Meteorologist  
Molecular Biologist

### N

Nuclear Engineer  
Nurse Anesthetist

### O

Occupational Therapist  
Operations Research Analyst  
Optician

Osteopathic

### P

Physicians  
Pathologist  
Pharmacist  
Physiologist  
Podiatrist  
Prosthetic/Orthotics

### Q

Quality Control  
Quality Assurance Inspector

### R

Radiologist  
Range Manager  
Recreational Therapist  
Respiratory Therapist

### S

Sonographer  
Speech-Language Pathologist  
Sports Physician  
Statistician

### T

Technical Writer  
Toxicologist  
Traffic Manager

### U

Umpire/Referee  
Urban Planner

### V

Veterinarian  
Video/Film Editor

### W

Web Site Developer  
Wildlife Biologist  
Writer/Author

### X

X-ray Inspector  
X-ray Tester

### Z

Zoologist

## A-Z Career Search

1. Select an occupation to work with from the A-Z Career List.
  2. Write the occupation title here:
- 

3. Gather the following information on this career.

- Work Tasks:
  
- Related Occupations:
  
- Training/Education:
  
- Qualities:
  
- Salary and Outlook:
  
- Likes/Dislikes:

4. Would you consider this occupation for your future? Why or why not?  
Use the back of this page if you need more room to write.

# **Directions for Completing the Take Our Daughters And Sons To Work Day® Assignment**

Please use the forms (Take Our Daughters and Sons to Work® Day Activity Log and the Post-Take Our Daughter And Sons To Work Day Evaluation Form) to document the activities that you participated in on Take Our Daughters And Sons To Work® Day. Include the time, activity and the adult who supervised you while involved in the activity. A sample has been completed for you.



# Take Our Daughters And Sons To Work Day® Evaluation Form

Your Name \_\_\_\_\_ Date \_\_\_\_\_

Name of Company \_\_\_\_\_

Fill in the blanks. Share your answers at home with your family.

1. This is the most unusual or surprising thing I saw:

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2. One job I saw was:

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3. The job helps people because:

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4. The following school work will help in doing this job:

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5. This is an example of an important work habit:

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6. This is an example of a team project I learned about at the work-site visit:

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7. Of all the jobs I saw, I think I would be best at:

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# Take Our Daughters And Sons To Work Day® Program Form

Let us know what you think about the Take Our Daughters And Sons To Work® program and you may appear on our Web site. Please answer the following questions and mail this form to the address below.

1. What did you learn on Take Our Daughters And Sons To Work Day?
2. Finish this sentence: I love Take Our Daughters And Sons To Work Day because...
3. What did you learn about your parent/sponsor?
4. Finish these sentences:  
My future work...  
  
My future family...  
  
My future community...
5. What do you think it would be like to work and take care of a family?
6. What company or organization did you attend and what did you learn about the workplace?

Full Name \_\_\_\_\_  
Parent/Sponsor Name \_\_\_\_\_  
Parent/Sponsor Phone Number \_\_\_\_\_  
E-mail Address \_\_\_\_\_

Email To: [todastw@mindspring.com](mailto:todastw@mindspring.com)