

VJS FlexLessons Menu

We want students' and individuals' introduction to VirtualJobShadow.com to be streamlined and seamless, so we created a menu of curated FlexLessons Packages for you to choose from! Our goal is to get students and individuals engaged from the start so they can begin their career exploration and planning immediately!

The best part? When students and individuals log in to VirtualJobShadow.com, the assignments will already be waiting for them! You don't have to do a thing! To make it even easier, no matter the Package or *a la carte* choices made, we automatically pre-assign these three assignments: Introduction to VirtualJobShadow.com, Scavenger Hunt, and Career Trivia!

Curated FlexLessons Packages:

 Introduction Package (automatically assigned) 	o CTE Package	o TRIO Package	o Transition Planning and IEP Package
 Introduction to VirtualJobShadow.com Career Trivia Scavenger Hunt 	 Careers and YOUR Interests Work-Based Learning Understanding Problem Solving Soft and Hard Skills 	 Understanding Grit Understanding Growth Mindset 	 Introduction to Your Transition Plan - Part 1 Introduction to Your Transition Plan - Part 2 The Power of Self- Determination

o Middle School Package	o High School Package	o Pre-Employment Transition Services Package	o Workforce Development Package
Goal SettingUnderstanding PatienceSoft and Hard SkillsCollaboration	 My Plan Outline Initiative Understanding Failure Time Management Postsecondary Planning 	 Job Exploration and Career Awareness Work-Based Learning Postsecondary Planning Workplace Readiness Skills Self-Advocacy 	 Careers and YOUR Interests What to Expect in an Interview Qualities Employers Are Seeking Building Your Cover Letter Building Your Resume



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A La Carte Assignments Menu:

o Careers 101	o Soft Skills	o Social and Emotional
o Goal Setting o Careers and YOUR Interests o Job Exploration and Career Awareness o Postsecondary Planning o Career Trivia o Postsecondary Education o Qualities Employers Are Seeking o Technical Workplace Terminology o The STEM Career Cluster o Workplace Readiness Skills	 o Communication o Critical Thinking o Collaboration o Citizenship o Creative Thinking o Initiative o Time Management o Soft Hard Skills o Leadership o Self-Advocacy 	o Understanding Grit o Understanding Growth Mindset o Understanding Patience o Understanding Problem Solving o Understanding Failure o Understanding Flexibility o Self-Awareness and Empathy o The Power of Self-Determination o Handling Constructive Criticism

o Job Preparation	o Inclusive Practices	o Additional Titles
 o How To Fill Out A Job Application o What to Expect in an Interview o Building Your Cover Letter o Building Your Resume o Understanding the Importance of Your Resume o Preparing for an Informational Interview o What to Expect in an Interview o Personal Presentation Is Key to Making A Good First Impression o Job Seeking Skills: Resumes 	 Spotlight on Disabilities in the Workplace Spotlight on Diversity and Inclusion Introduction to Your Transition Plan - Part 1 Introduction to Your Transition Plan - Part 2 Working Through COVID -19 	 o Exploring Military Careers o Introduction to VirtualJobShadow.com o Scavenger Hunt o University of YouTube o University of Youtube: Criticaly Evaluating Your Sources o My Plan Outline