

Career Education 6-9: Recommended Resources for the Renewed Curricula



*A list of professional materials available for borrowing
from the Stewart Resources Centre – April 2013*



The STF Stewart Resources Centre – CHECK US OUT!

In order to serve you better, we have compiled the following list of resources that directly address some of your professional needs. We hope you find this publication helpful, and we would be pleased to hear from you if you would like us to continue producing more specialized resource lists, or if you have suggestions on how we can improve our service to you. We want to serve you better!

We make it easy for you to use the Stewart Resources Centre:

- For rural schools, we mail our resources directly to you and provide a postage-paid mailing label for you to use to mail the resources back to us. (Audio-visual resources are excluded from the Canada Post library mailing rate, so you will need to pay postage to return these items.)
- For schools in Saskatoon, your resources arrive at your school through the weekly inter-school mail delivery. Materials may also be returned to us using this courier system.
- You don't need to know the exact titles for resources you need. Provide a topic and an approximate grade level at which you would like to use the materials, and we will do the rest!
- We are accessible 24 hours a day through the STF website: www.stf.sk.ca You may search our catalog online or e-mail us your resource requests at: src@stf.sk.ca
- Call us! STF members may call the Stewart Resources Centre toll-free at 1-800-667-7762, ext. 6323, or we can be reached at 373-1660, ext. 6323 for local calls.
- Visit us in person! We are open 8:30 a.m. to 5:00 p.m. from Monday to Friday.



CAREER EDUCATION GRADE 6

371.26 N155

Beat stress! The exam handbook / Naik, Anita.

St. Catharines, ON: Crabtree, 2009.

Subjects: Test anxiety. Test-taking skills. Study skills.

Summary: This book focuses on physical and mental exam preparation, while integrating coping and planning strategies. It is useful for students who have trouble preparing for exams and coping with the stress.

331.702 H117

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Subjects: Career development. Career education. Vocational guidance.

Summary: This resource provides specific guidelines that list competencies considered important to develop throughout one's life. The competencies cover the areas of personal management, learning and work exploration, and life/work building. Indicators that describe more specific outcomes in terms of knowledge, skills, and attitudes are also provided.

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Subjects: Career education. Vocational guidance.

Summary: This comprehensive resource has been tailored specifically to Saskatchewan's career education curricula for Grades 6 to 9. The student resource offers Saskatchewan content and photographs, plus profiles of current or former residents.

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Chicken soup for the teen soul : real-life stories by real teens / Canfield, Jack L. (Ed.).

Deerfield Beach, FL: Health Communications, 2007.

Subjects: Teenagers – Conduct of life. Interpersonal relations in adolescence. Teenagers – Biography.

Summary: This book is comprised of nearly 100 stories by teens about conflict, stress, families, challenges, relationships, and personal victories. These stories could stimulate lively class discussions on a variety of topics pertinent to adolescents.

331.702 M647

Disgusting jobs / Miller, Connie Colwell.

Mankato, MN: Capstone Press, 2007.

Subjects: Occupations – Juvenile literature.

Summary: This book briefly describes some of the less desirable duties of exterminators, pedicurists, cosmetic surgeons, highway workers, morticians, and others. This resource clearly makes the point that not everyone is suitable for all jobs.

- Annotations have been excerpted from book descriptions provided by the publishers and from bibliographies distributed by the Saskatchewan Ministry of Education.

155.518 H667

Fighting invisible tigers : a stress management guide for teens (3rd ed.) / Hipp, Earl.

Minneapolis, MN: Free Spirit Publishing, 2008.

Subjects: Youth – Life skills guides. Stress in youth.

Summary: This book provides information on building life skills, managing stress, and generally gaining more control over one's life. It offers insightful advice on numerous topics such as becoming physically active, eating healthy, being assertive, building supportive relationships, taking charge of one's life, managing time, taking risks, making responsible decisions, and thinking positively.

Green-Collar Careers Series

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Subjects: Sustainable design – Vocational guidance – Juvenile literature.

Summary: This book covers the ways that planning, designing, and building energy-efficient facilities to live, work, and play can complement the Earth's ecosystems. Included are careers such as a roofer and a framer.

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Subjects: Green movement – Vocational guidance – Juvenile literature. Organic farming – Vocational guidance – Juvenile literature. Natural foods industry – Vocational guidance – Juvenile literature.

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Subjects: Career development – Canada. Career education – Canada. Vocational guidance – Canada. Indians of North America – Education – Canada. Indians of North America – Employment – Canada.
Summary: Booklet 1 encourages students to tell their life stories, self-reflect positively, and connect personal discoveries to the worlds of school and work.

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Subjects: Graphic novels. High school dropouts. Native peoples – Education.

Summary: This graphic novel portrays a First Nations teenager who is thinking about dropping out of school. He visits his cousin who helps him to understand the relevancy of what he is learning in school by demonstrating how he uses science, math, English language arts, and arts education to be successful at playing video games.

371.425 B279

The make it real game : facilitator's kit : grades 5/6 / Barry, Bill.

St. John's, NF: Real Game, Inc., 1999.

Subjects: Career education. Career development. Vocational guidance. Youth – Life skills guides.

Summary: With a theme of connecting with local and global communities, this resource suggests that students assume adult roles, design simulated towns and businesses, and participate in business ventures.

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Subjects: Teenagers – Life skills guides. Interpersonal relations in adolescence. Choice (Psychology). Adolescent psychology.

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Knowing Ourselves and Others. Separate lessons for Grades 6-7 students and Grades 8-9 students are included for each area.

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Summary: This kit contains a wealth of career development information of interest to students. In addition to the inclusion of resources such as the *Blueprint for Life/Work Designs*, there are pamphlets and brochures from various provincial and federal agencies outlining educational opportunities, employability skills, entrepreneurship, and job search skills.

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Subjects: Etiquette for children and teenagers.

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155.518 F791

Too stressed to think? : A teen guide to staying sane when life makes you crazy / Fox, Annie.

Kirschner, Ruth.

Minneapolis, MN: Free Spirit, 2005.

Subjects: Stress in adolescence. Stress management for teenagers.

Summary: This book is packed with practical information and stress-lessening tools teens can use every day for reducing or stopping the stress and making decisions that won't leave a teen lamenting,

“What was I thinking?” Throughout, quotes from real teens remind readers that they’re not alone - that stress affects everyone, but it doesn’t have to ruin your life.

CAREER EDUCATION GRADE 8

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Summary: This kit contains a wealth of career development information of interest to students. In addition to the inclusion of resources such as the *Blueprint for Life/Work Designs*, there are pamphlets and brochures from various provincial and federal agencies outlining educational opportunities, employability skills, entrepreneurship, and job search skills.

331.702 B225

Smart options. Facilitator's guide and student's resource book / Baran, Dan. Cranston-Baran, Phillippa.

S.I.: Baran & Baran, 2000.

Subjects: Vocational guidance. Career education. Multiple intelligences.

Summary: *Smart Options* introduces Howard Gardner's theory of multiple intelligences and applies the theory to life and career exploration. The student resource book offers young people an opportunity to understand their personal multiple intelligences and to use that knowledge to explore various career options. A facilitator's guide provides four sample lessons to guide the usage of the student resource.

155.518 F791

Too stressed to think? : A teen guide to staying sane when life makes you crazy / Fox, Annie. Kirschner, Ruth.

Minneapolis, MN: Free Spirit, 2005.

Subjects: Stress in adolescence. Stress management for teenagers.

Summary: This book is packed with practical information and stress-lessening tools teens can use every day for reducing or stopping the stress and making decisions that won't leave a teen lamenting, "What was I thinking?" Throughout, quotes from real teens remind readers that they're not alone - that stress affects everyone, but it doesn't have to ruin your life.

650.1 W926

Workplace basics : essential skills for success [DVD] / Feldheim, Alexis.

Plainview, NY: Sunburst Visual Media, 2006.

Subjects: Career education. School-to-work transition. Success in business.

Summary: Using vignettes and short quizzes, this DVD highlights the connection between success in the workplace and basic skills such as reading, writing, math comprehension, and computer literacy. It also emphasizes the importance of personal qualities such as integrity, self-confidence, creativity, and independence.

CAREER EDUCATION GRADE 9

502.3 S951

All in a day's work : careers using science (2nd ed.) / Sullivan, Megan.

Arlington, VA: NSTA Press, 2008.

Subjects: Science – Vocational guidance.

Summary: Through personal interviews, this book offers a glimpse into 33 careers in which science is used. For each career, the resource provides educational requirements, a list of related careers, and web resources for further information.

371.425 B279 OVERSIZE

The be real game : facilitator's kit : high school edition grades 9/10 / Barry, Bill. Wade, Mike.

Hammond, Vicky.

St. John's, NF: Real Game Inc., 2000.

Subjects: Career education. Career development. Vocational guidance. Youth – Life skills guides.

Summary: Through role playing, written exercises, research projects, structured game activities, and interaction with classmates, teachers, parents, and community members, this program provides a positive and supportive environment for grades 9 and 10 students to explore the emerging world of work. The game leads them to an understanding of the breadth of their options and opportunities, the implications of their choices, and the importance of education and planning.

371.26 N155

Beat stress! The exam handbook / Naik, Anita.

St. Catharines, ON: Crabtree, 2009.

Subjects: Test anxiety. Test-taking skills. Study skills.

Summary: This book focuses on physical and mental exam preparation, while integrating coping and planning strategies. It is useful for students who have trouble preparing for exams and coping with the stress.

331.702 H117

Blueprint for life/work designs (Rev. ed.) / Haché, Lorraine.

Memramcook, NB, National Life/Work Centre, 2000.

Subjects: Career development. Career education. Vocational guidance.

Summary: This resource provides specific guidelines that list competencies considered important to develop throughout one's life. The competencies cover the areas of personal management, learning and work exploration, and life/work building. Indicators that describe more specific outcomes in terms of knowledge, skills, and attitudes are also provided.

331.702 B786

Career assessment : finding a career that fits [DVD]

Jacksonville Beach, FL: Linx Educational Publishing, 2005.

Subjects: Career education. Vocational guidance. Vocational interests – Testing. Occupational aptitude tests.

Summary: This program is designed to help viewers assess their aptitudes and interests, work style, skills, talents, abilities, likes & dislikes to determine which career fields are best for them. It identifies websites to use for career assessment tests.

Career Skills Library

650.1 C271

Communication skills (3rd ed.)

New York, NY: Ferguson, 2009.

Subjects: Business communication. Commercial correspondence. Public speaking.

Summary: Each volume in this series focuses on personal and professional skills that contribute to success in any career. Each book includes case studies, exercises, and lists of additional resources.

650.1 C271

Leadership skills (3rd ed.)

New York, NY: Ferguson, 2009.

Subjects: Leadership. Management. Teams in the workplace.

Summary: Each volume in this series focuses on personal and professional skills that contribute to success in any career. Each book includes case studies, exercises, and lists of additional resources.

650.1 C271

Learning the ropes (3rd ed.)

New York, NY: Ferguson, 2009.

Subjects: Vocational guidance. Work. Job satisfaction.

Summary: Each volume in this series focuses on personal and professional skills that contribute to success in any career. Each book includes case studies, exercises, and lists of additional resources.

650.1 C271

Organization skills (3rd ed.)

New York, NY: Ferguson, 2009.

Subjects: Time management. Scheduling.

Summary: Each volume in this series focuses on personal and professional skills that contribute to success in any career. Each book includes case studies, exercises, and lists of additional resources.

650.1 C271

Problem solving (3rd ed.)

New York, NY: Ferguson, 2009.

Subjects: Vocational guidance. Career development. High school graduates – Employment. Problem solving.

Summary: Each volume in this series focuses on personal and professional skills that contribute to success in any career. Each book includes case studies, exercises, and lists of additional resources.

650.1 C271

Professional ethics and etiquette (3rd ed.)

New York, NY: Ferguson, 2009.

Subjects: Business ethics. Business etiquette.

Summary: Each volume in this series focuses on personal and professional skills that contribute to success in any career. Each book includes case studies, exercises, and lists of additional resources.

650.1 C271

Research and information management (3rd ed.)

New York, NY: Ferguson, 2009.

Subjects: Information retrieval. Research – Methodology. Business report writing.

Summary: Each volume in this series focuses on personal and professional skills that contribute to success in any career. Each book includes case studies, exercises, and lists of additional resources.

650.1 C271

Teamwork skills (3rd ed.)

New York, NY: Ferguson, 2009.

Subjects: Teams in the workplace. Vocational guidance.

Summary: Each volume in this series focuses on personal and professional skills that contribute to success in any career. Each book includes case studies, exercises, and lists of additional resources.

331.702 C272

Careers : exploring the world of work [DVD] / Feldheim, Alexis.

Hawthorne, NY: Sunburst Visual Media, 2006.

Subjects: Personality and occupation. Vocational guidance. Occupations – Study and teaching. Career development.

Summary: This DVD uses the Holland Hexagon to help students explore their personality types. A commentator describes the traits of thinkers, doers, creators, helpers, persuaders, and organizers. Interviews with workers help the students to see how certain types of personalities correlate with certain careers.

371.425 C271

Careers for life : my career pathways / Huntington, Bev.

Toronto, ON: Nelson Education, 2010.

Subjects: Career education. Vocational guidance.

Summary: This comprehensive resource has been tailored specifically to Saskatchewan's career education curricula for Grades 6 to 9. The student resource offers Saskatchewan content and photographs, plus profiles of current or former residents.

158.12 C533

Chicken soup for the teen soul : real-life stories by real teens / Canfield, Jack L. (Ed.).

Deerfield Beach, FL: Health Communications, 2007.

Subjects: Teenagers – Conduct of life. Interpersonal relations in adolescence. Teenagers – Biography.

Summary: This book is comprised of nearly 100 stories by teens about conflict, stress, families, challenges, relationships, and personal victories. These stories could stimulate lively class discussions on a variety of topics pertinent to adolescents.

Digital Career Building Series

778.53 S454

Career building through digital moviemaking / Segall, Miriam.

New York, NY: Rosen Publishing 2008.

Subjects: Digital cinematography – Vocational guidance. Motion pictures – Production and direction.

Summary: This book analyzes the opportunities in digital moviemaking for both casual hobbyists and those hoping to make a living by working in the field. It offers strategies for getting involved in the business, and detailed, practical advice for learning the necessary skills, marketing oneself and one's product, making contacts, and building a viable career.

775.023 D633

Career building through digital photography / Doble, Rick.

New York, NY: Rosen Publishing 2008.

Subjects: Photography – Vocational guidance. Photography – Digital techniques.

Summary: This book explores the success of digital photography and how teen readers can expand their skills as a foundation to a career in digital photography.

070.57973 S271

Career building through podcasting / Sawyer, Sarah.

New York, NY: Rosen Publishing, 2008.

Subjects: Podcasting – Vocational guidance. Telecommunication – Vocational guidance.

Broadcasting – Vocational guidance.

Summary: A wide range of career opportunities are emerging in this new technology-sound engineer, information technology specialist, podcast provider and distributor, podcast licensor, talent agent, storage manager, etc. Podcasting is breathing new life into the old forms of broadcasting and creating new, exciting ways to record, produce, deliver, preserve, and enjoy media content.

650.13 G599

Career building through social networking / Goetchius, Alex.

New York, NY: Rosen Publishing, 2008.

Subjects: Social networks. Career development. Online social networks. Business networks.

Summary: This book traces the history of social networks on the Internet, and explains how they have become a great way to find other people, connect with them, and exchange ideas and share thoughts. The internet has become a launching pad for careers in new industries and readers explore ways to build on their existing digital skills while thinking about how they can be applied to future careers.

155.518 H667

Fighting invisible tigers : a stress management guide for teens (3rd ed.) / Hipp, Earl.

Minneapolis, MN: Free Spirit Publishing, 2008.

Subjects: Youth – Life skills guides. Stress in youth.

Summary: This book provides information on building life skills, managing stress, and generally gaining more control over one's life. It offers insightful advice on numerous topics such as becoming physically active, eating healthy, being assertive, building supportive relationships, taking charge of one's life, managing time, taking risks, making responsible decisions, and thinking positively.

650.14 F494

Finding the perfect job : how to succeed in the job hunt [DVD]

Mount Kisco, NY: Human Relations Media, 2006.

Subjects: Job hunting. Vocational guidance.

Summary: Viewers follow a real-life college graduate as she navigates the ups and downs of hunting for her dream position, seeing firsthand what it takes to succeed in their own searches - skills they will need for everything from a summer job hunt to landing the first "big break" in their dream careers.

155.5 F565

Five life strategies for successful teens [DVD]

Mount Kisco, NY: Human Relations Media, 2005.

Subjects: Success in adolescence. Self-actualization (Psychology). Teenagers – Conduct of life.

Summary: Through interviews with young people who have succeeded in their careers despite numerous obstacles, this uplifting program encourages students to identify their dreams and goals and then develop an action plan so that they can realize them. The strategies suggested to assist students follow: set goals, be disciplined, communicate, get organized, and take positive risks.

650.14 G394

Get a job! : interviews and resumes [DVD]

Plainview, NY: Sunburst Visual Media, 2006.

Subjects: Job hunting. Employment interviewing. Resumes (Employment).

Summary: Give students a leg up on their next interview with this first-hand look at the dos and don'ts of interviewing. Covers: preparation, first impressions, selling yourself, interview etiquette, resumes and interview follow-up.

331.702 M131

Guiding circles : an Aboriginal guide to finding career paths. Booklet 1, understanding yourself / McCormick, Rod. Amundson, Norm. Poehnell, Gray.

Saskatoon, SK: Aboriginal Human Resource Development Council of Canada, 2006.

Subjects: Career development – Canada. Career education – Canada. Vocational guidance – Canada. Indians of North America – Education – Canada. Indians of North America – Employment – Canada.

Summary: Booklet 1 encourages students to tell their life stories, self-reflect positively, and connect personal discoveries to the worlds of school and work.

331.702 M131

Guiding circles : an Aboriginal guide to finding career paths. Booklet 2, finding new possibilities / McCormick, Rod. Amundson, Norm. Poehnell, Gray.

Saskatoon, SK: Aboriginal Human Resource Development Council of Canada, 2006.

Subjects: Career development – Canada. Career education – Canada. Vocational guidance – Canada. Indians of North America – Education – Canada. Indians of North America – Employment – Canada.

Summary: Booklet 2 helps individuals use what they discovered in Booklet 1's self-assessment process to explore career alternatives and effective career decisions. The use of storytelling and creativity to chart meaningful career paths is infused through this workbook as well. It inspires people to build their career vision, one step at a time, breaking long-term goals into smaller weekly or monthly steps.

363.70023 I89

It's your environment : make it your career : facilitator's kit

Calgary, AB: Environmental Careers Organization, n.d.

Contents: 1 DVD, 1 book, 1 sheet, and 5 posters.

Subjects: Environmental sciences – Vocational guidance. Environmentalists – Vocational guidance. Conservationists – Vocational guidance.

Summary: The booklet offers activities for career exploration in the environmental field. The DVD entitled "Explore careers with the experts" highlights environmental careers and supports the activities in the booklet. Access to a website allows educators to download and personalize the activities to suit teaching and learning styles.

361.70681 R161

Making change : tips from an underage overachiever / Rajan, Bilal.

Victoria, BC: Orca Books, 2008.

Subjects: Fund raising – Juvenile literature. Humanitarianism – Juvenile literature.

Summary: Written by a Canadian teenager, the two sections of this book focus on fundraising for a cause and eight principles for reaching personal potential. The section on reaching personal potential suggests many practical exercises for students to explore change and growth.

155.518 R663

Making smart choices about relationships / Robinson, Matthew.

New York, NY: Rosen Publishing, 2008.

Subjects: Teenagers – Life skills guides. Interpersonal relations in adolescence. Choice (Psychology). Adolescent psychology.

Summary: This book discusses various types of relationships; offers suggestions for making positive relationship choices at school, in organized activities, and in social life; and addresses the consequences and benefits of people's choices.

TMC E110.23

Ready for work : the middle years : building work-readiness skills / Pillay, Margaret.

Saskatoon, SK: Saskatchewan Teachers' Federation, 2008.

Subjects: Career development. Career education. Vocational guidance.

Summary: Built to reflect the competencies outlined in *Blueprint for Life/Work Designs*, this resource is divided into three major areas: Identifying My Skills, Understanding the World of Work, and Knowing Ourselves and Others. Separate lessons for Grades 6-7 students and Grades 8-9 students are included for each area.

331.702 R382 OVERSIZE

Relevance : career options for the future, 2010 [kit]

Prince Albert, SK: Relevance Magazine, 2010.

Contents: 21 magazines.

Subjects: Career education. Vocational guidance.

Summary: This journal, published yearly, offers students valuable information about careers that are available in Saskatchewan. It features tips on choosing a career, profiles of Saskatchewan workers who are involved in exciting careers, and a job chart that includes job descriptions, number employed, average income, training and education routes, and prospects for the near future.

158.10835 H759

A teen's game plan for life / Holtz, Lou.

Notre Dame, IN: Sorin Books, 2002.

Subjects: Success in adolescence. Teenagers – Conduct of life.

Summary: The highly successful Notre Dame football coach, Lou Holtz, provides a game plan for today's teenagers to deal with the many choices and decisions they must make that have adult consequences.

650.1 W926

Workplace basics : essential skills for success [DVD] / Feldheim, Alexis.

Plainview, NY: Sunburst Visual Media, 2006.

Subjects: Career education. School-to-work transition. Success in business.

Summary: Using vignettes and short quizzes, this DVD highlights the connection between success in the workplace and basic skills such as reading, writing, math comprehension, and computer literacy. It also emphasizes the importance of personal qualities such as integrity, self-confidence, creativity, and independence.



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