



Career Foundations

A program by  Vermont
Afterschool

Vermont Afterschool's Career Foundations program helps afterschool and summer programs engage Vermont's middle school youth through work-readiness and career exploration opportunities with hands-on activities and in the community through real-world application.

- The curriculum consists of ten 45-60 minute activities to help youth identify personal interests and strengths, consider the life they want to lead, reflect on ways to contribute to society, grow their financial literacy, and develop their soft skills (such as communication and collaboration).
- Youth engage with the community through field trips and guest speakers, which are specific to each site depending on the businesses, partners, and professionals in their area.

Vermont Afterschool provides each participating site with a full curriculum serving and inclusive of all youth, 1:1 coaching, site visits, evaluation tools, and support in adapting the program to specific community opportunities.

WHAT TO EXPECT

- Youth will have a better understanding of their interests and how to create careers from those interests.
- Youth will increase their financial literacy skills to have better understanding of real-world costs and how to live successfully.
- Youth will further develop their social emotional skills and 21st Century transferable (soft) skills.
- Youth will be better prepared to successfully enter the workforce.
- Employers will identify this program as a helpful step for youth to gain work-readiness skills.
- Afterschool and summer sites will feel comfortable engaging with career exploration activities and the community and create opportunities for more youth.

CREATED BY



IN PARTNERSHIP WITH the Afterschool and Summer Learning Advisory Committee





Since 2023, Vermont Afterschool's Career Foundations program has made an impact throughout Vermont.

82%

of participating youth said they know more about the jobs in their communities as a result of this program.



82%

of participating youth said they know more about their interests and what they might want to do for a living when they are older as a result of the program.



77%

of participating youth want to get a job or training for a job as a result of the program.



Careers youth expressed interest in:

Manga creator, zookeeper, personal trainer, doctor, nurse, EMT, police officer, physical therapist, landscaper, chef, computer engineer, surgeon, detective, professional soccer, potter, child psychologist, and the military.



I liked that we talked about local jobs and heard people's stories, and that we got to see all of the different options we have.

—Youth participant



We have a responsibility to help support youth in their efforts to seek meaningful work and what they can expect from us as employers as a way to prepare.

—Erin Buck, Upper Valley Aquatic Center

Add Your Program to the Map.



Contact Vermont Afterschool (info@vermontafterschool.org) for more info and to register for **Career Foundations** today!

