**RECOMMENDED RUN OF SHOW – CAREER EXPLORATION**

| **PROGRAM ELEMENT** | **TIME** |
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| **Event Kick-Off**  *Opening*  The teacher will introduce and welcome the HCA guests. | 2 minutes |
| **Career****Exploration**  *Introductions*  Introduce yourself to the group. Use these starter questions to help the students get to know you a bit more.  · What is your name? Where are your located? What is your role at HCA?  · Share a personal anecdote - (i.e. Why do you think mental wellness education is important? or What is your favorite coping strategy to incorporate during a stressful day?)    **Conversation**  *Sample questions for conversation. HCA can moderate this as a panel discussion with team members in different careers OR consider bringing HR to speak to the different career paths that exist within a large healthcare system.*  · How did you get started in your career?  · What makes you the happiest about your job?  · When you look back on your career, can you talk a bit about the path you took to get to where you are today? Were you always in this industry or this department?  · What’s one habit that you think has been helpful in growing as a professional?  · Are you in the career/job you thought you would be in when you were in high school?  · Tell us a bit about your day-to-day responsibilities at your job.    If high schoolers\*:  · What are your top 3 tips for being successful in college? (ie schedule/routine, network, show up, try new things, etc)  · What are some life skills that you wish you knew more about during your freshman year of college? (ie budgeting, networking, time management)  · Did you participate in an internship in college? If so, what was the number one thing you learned from that internship? | 20 minutes |
| **Student Q&A**  *Student Q&A*  Leave time for students to ask questions! Students can either submit questions ahead of time or we can open the floor to students to ask questions in real time. | 8-10 minutes |
| **Concluding Remarks/Farewell**  Be sure to thank the students and teachers for participating in the event. | 1 minute |