

## Metier Curriculum Overview

Student engagement is often identified as a challenge in middle school. Yet, attempts to increase engagement are typically approached from the educator instructional perspective instead of considering how students might play an active role in determining how they best engage with content, people, and the learning environment.

Metier uses experiential learning and lifestyle design built around flow<sup>1</sup>. What is flow? When you are in a state of flow, you are fully engaged in what you are doing in the present without interest, concern, or worry about what is happening around you. It is the most efficient, happy, and imaginative version of you!

In Metier, students are guided through two distinct phases of exploration and application: core and career. Metier is designed as a progressive learning experience and uses age-appropriate vocabulary, games, and activities.

Students receive a high-quality personal journal to guide them through exploration and collect relevant data for use by students, counselors, advisors or caregivers including notes, written reflections, sketches, and rankings!



### Core Exploration

*Who are you at your core? Which activities best align to your core ingredients?*

In core exploration, Metier empowers students to discover their innate gifts and to draw connections between themselves and opportunities they may not have thought about before. Exploration of personal attributes using hands-on or game-based activities, students reflect on their learning experiences and score themselves on a student-friendly scale to create their own personal attributes profile. Students are encouraged to consider clubs, activities, service learning, and careers that might showcase their unique selves.

### Career Exploration

*Which career clusters best fit your core? What might be your recipe for finding vocational happiness?*

Why does flow matter when it comes to careers? In positive psychology, flow is an optimal state of consciousness wherein you feel and perform your best. Those with the most flow in their lives score the highest in ratings of well-being and life satisfaction!

Students sample 16 Career Clusters<sup>®</sup> plus military, over 14 individualized and flexible units, to determine which one(s) make them come alive. In career exploration, there is intentional time built in to include business and industry speakers, career/college field trips, and view high school coursework as a path versus a means to an end.

By exploring Career Clusters<sup>®</sup>, fields and occupations, and engaging in hands-on, game-based career activities, students reflect on their learning experiences and score themselves on a student-friendly scale to create their potential Metier: the job and life they love and that loves them back!

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## Core Exploration

The core exploration includes six unique innate gifts as categories for exploration and awareness. Students learn about each category through game-based play, simulations, or other hands-on activities to find natural connections, identify opportunities for growth, and to better understand themselves and one another.

Categories					
Multiple Intelligences <sup>2</sup>	Flow	Love Languages <sup>3</sup>	Play Personalities <sup>4</sup>	Virtues	Purpose
Body Smart	Crowd Pleaser	Acts of Service	Joker	Courage	Kintsugi
People Smart		Gift Giving	Kinesthete		Gratitude
Self-Smart	Deep Thinker		Explorer	Justice	
Numbers Smart		Quality Time			Competitor
Music Smart	Flow Go-er		Director	Moderation	
Nature Smart		Safe Touch			Collector
Spatial Smart	Hard Charger	Words of Affirmation	Artist-Creator	Wisdom	Values
Word Smart			Storyteller		

### Learning objectives

Students will be able to:

- Describe each core category.
- Describe all core category ingredients.
- Select their top scoring core ingredients.
- Justify their core scores to others.
- Design and complete four passion recipe projects (inquiry-based)

### Data collection

Students score each core ingredient using a 4-star Likert scale to effectively compare and rank their top attributes

- Flow: how quickly did time move (1 = slow; to 4 = fast)
- Feeling: how was your energy affected (1 = draining; to 4 = energizing)
- Fun: how much enjoyment (1 = no fun, to 4 = tons of fun)

### Passion Recipe Projects (see page 4)

Students develop inquiry focused Passion Recipe Projects to showcase the core ingredients they are drawn to most and how their personal attributes are well-suited for activities, clubs, and volunteering opportunities.

- Passion Recipe Project 1: Multiple Intelligences + Flow
- Passion Recipe Project 2: Multiple Intelligences + Love
- Passion Recipe Project 3: Play + Virtues
- Passion Recipe Project 4: Play + Purpose

<sup>2</sup> Gardner, H. (2006). Multiple intelligences: New horizons (Rev. ed.). Basic Books. Used with permission.

<sup>3</sup> Chapman, G.D. (n.d.). The 5 love languages. <https://www.5lovelanguages.com> Used with permission.

<sup>4</sup> PLAY: HOW IT SHAPES THE BRAIN, OPENS THE IMAGINATION, AND INVIGORATES THE SOUL by Stuart Brown, M.D. with Christopher Vaughan, copyright © 2009 by Stuart Brown. Use by permission of Avery, an imprint of Penguin Publishing Group, a division.

## Career Exploration

The career exploration curriculum leverages the National Career Clusters® Framework<sup>5</sup> to guide students in exploring a variety of jobs and professions to determine at least three they might want to explore deeper in their community and high school coursework selection. The Framework was developed by the U.S. Department of Education to assist educators in designing and delivering quality Career Technical Education (CTE) curricula.

Career Clusters	
Business Management, Administration, & Marketing	Health Science & Human Services
Science, Technology, Engineering, & Mathematics	Architecture & Construction
Hospitality & Tourism	Education & Training
Finance & Information Technology	Arts, A/V Technology, & Communications
Manufacturing	Law, Public Safety, Corrections, & Security
Government & Public Administration	Agriculture, Food, & Natural Resources
Military	Transportation, Distribution, & Logistics

### Learning objectives

Students will be able to:

- Describe each Career Cluster.
- Justify their interest level for each Career Cluster to others.
- Rank their top three Career Clusters.
- Justify their top three Career Cluster rankings to others.
- Design and complete four passion recipe projects.

### Data collection

Students score each career cluster using a 4-star Likert scale under four categories before calculating a total score for each cluster.

- Flow: how quickly did time move (1 = slow, to 4 = fast)
- Fit: how does the cluster fit you at your core (1 = not a fit, to 4 = excellent fit)
- Feeling: how was your energy affected (1 = draining, to 4 = energizing)
- Fun: how much enjoyment (1 = no fun, to 4 = tons of fun)

### Passion Recipe Projects (see page 4)

Students develop inquiry focused Passion Recipe Projects to showcase the careers that interest them most and how their personal attributes are well-suited for that cluster, occupation, or career specialty.

- Passion Recipe Project 1: Play
- Passion Recipe Project 2: Values
- Passion Recipe Project 3: Emotion
- Passion Recipe Project 4: Strengths

<sup>5</sup> Advanced CTE. (2024). *National Career Clusters Framework*. <https://careertech.org/what-we-do/career-clusters/>

## Passion Recipe Projects

Students design inquiry-based projects four times throughout the core curriculum and four times throughout the career curriculum. By combining different Metier ingredients to develop a project that inspires them to become creative, analytical, and draw even deeper connections. Students get four choices for how they would like to format and showcase their final projects: writing, speaking, proving, or building.

### Core Passion Recipe examples

*Example 1. Bodily-kinesthetic (Multiple Intelligence) + crowd pleaser (Flow Profile) + acts of service (love language) + fishing (activity/career) + speak (format)*

Project Title: Fishing Safety Workshop

- I will teach a hands-on workshop to younger kids or community members about safe fishing techniques, proper handling of equipment, and respect for nature

*Example 2. Explorer (play personality) + self-control (virtues) + values (purpose) + interior design (activity/career)*

Project Title: Tiny Cabin for Big Choices

- I will design and build a model of a small cabin or outdoor retreat space that helps someone unplug, reflect, and reconnect with their values – including outdoor-indoor inspired décor and natural elements like viewing windows or quiet nature zones

### Career Passion Recipe examples

*Example 1. Marketing (Career Cluster) + Coloring Books (Play/Toy Item) + calming (emotion when coloring) + writing (format)*

Project Driving Question: How is branding used to create a feeling of calmness and ignite curiosity, moving customers to buy the product?

- I will write a series of letters to the editor about the connection between branding, emotion, and mental health.

*Example 2. Preschool Teacher (Occupation) + flexibility (Disposition) + proving (format)*

Project Driving Question: Where does flexibility show up every day for preschool teachers and how does this strength affect kids?

- I will interview preschool teachers in my district about having flexibility in their role and what they see as the effects on students when they do and don't feel flexible

## Curriculum Materials

All materials needed to implement Metier include games, student journals, instructional slide decks, student handouts, and teacher guide/manual. Educators can make copies of materials for personalization.

## Curriculum Costs

The cost for Metier varies based on the number of students, staff, and implementation model. For more information on costs, reach out to [Dr. Maggie Velasco, Director of Career and College Readiness](#) at Sourcewell.