



# I KNOW I CAN

## TIPS FOR VOLUNTEERS

Here are some helpful tips for volunteers during the classroom visit.  
Visit: <https://acpe.alaska.gov/IKnowICan> for 5-minute Training Video & Tips.

### Introduction (5 – 10 minutes)

- ✚ Name
- ✚ Where you grew up (school, community, places you've lived)
- ✚ What you wanted to be when you were in 2<sup>nd</sup> grade (if you had careers in mind)
- ✚ Where you went to college(s)/career training center(s)
- ✚ What type of degree(s)/credential(s) you obtained
- ✚ Ask: what comes after high school, discuss different options; who knows a college student
- ✚ When sharing, ask the students to questions to engage them

### Reading the Book (10 – 15 minutes)

- ✚ Enforce the classroom rules (rules set by teachers & usually posted) during the activity
- ✚ Take turns or having one person read the story
- ✚ Ask children what the mouse says throughout the book: "I KNOW I CAN"
- ✚ Point out the characters or highlight the important aspects of book, such as, choosing careers or interests by the different characters

### Discussion throughout the story (10 – 15 minutes)

- ✚ Ask what they think about Riley's choices (good vs bad choices); ask what they should do
- ✚ Ask how Riley and friends may feel at times (lonely, sad, having fun); encourage self-reflection
- ✚ Ask how it feels when a friend motivates/encourages (the mouse); encourage self-reflection
- ✚ Discuss the actions characters are taking and how it benefits them/how they feel
- ✚ Ask students to describe pollution; identify what they see in the book; who picks berries
- ✚ Finally, ask how the students can relate to the story/careers or educational goals

### During the final activity (10 – 15 minutes)

- ✚ Encourage them to begin drawing what they would like be when they grow up
- ✚ Talk with students about their individual drawings, help sound out words, support, & encourage
- ✚ Ask them how they would reach their personal goals; what are they learning to help prepare
- ✚ Remind them good grades, reading, writing and math will prepare them for their dreams
- ✚ Ask the teacher if it's ok to hand out the book at the end of the program, or if he/she would prefer to hand them out at the end of the school day.

### Closing (3 – 5 minutes)

- ✚ Remind them that it's okay to make adjustments along the way in reaching their goals
- ✚ If there is time, ask students to present their career dreams to the class
- ✚ Depending on the teacher's preference, either hand out the books with the teacher, or show the children that you're leaving books with the teacher so that everyone will receive their own book at the end of the day.
- ✚ Thank them and close by saying, I KNOW YOU CAN!!! or invite them to say: I KNOW I CAN!