



## **Factors in Career Programs Video Series Video 3: Human & Social Services**

In this video we hear from Dr. Lubna Somjee and Marsha Sebros about their work in human and social services. Somjee is a licensed psychologist and executive coach in the Hudson Valley and Sebros is a nutrition educator for Cornell Cooperative Extension of Ulster County.

### **Students Will Be Able To**

- Define “transferable skills” and demonstrate knowledge by providing examples.
- Communicate their skills by crafting draft resumes.
- Practice delivering constructive feedback by critiquing their partner’s resume.

### **Lesson (55 minutes; grades 6+)**

To begin the lesson, ask students whether they know what “transferable skills” are; allow for several responses. Afterward, define the term and ask for examples. After a brief discussion, tell students to listen for examples of transferable skills in the video.

Introduce the video and review the remaining key vocabulary word(s) with your students.

View the Hudson Valley Career Program Video Series video with your students.

Following the video, ask for volunteers to define “transferable skills.” Once students properly define the term, ask for examples of transferable skills from the video. Discuss the skills cited (document writing; report writing) and other examples, and their importance.

Afterward, ask students to consider their own skills and how they can best reflect them on a resume. Navigate students to resume templates in Google Docs or Word, and revisit the resume portion of the video (19:00). Following along, have students tailor the templates with their individual information,

### **What You’ll Need** Hudson Valley Career Program Video Series

[Video 3](#)

Projector or screen-sharing platform

Computer and internet connection

**Key Vocabulary**  
Human Services; Social Services; transferable skills (see page 2)

### **Time**

5 minutes

2 minutes

28 minutes

5 minutes

10 minutes

crafting draft resumes. (Resume headings in templates may need to be edited to reflect the example in the video.)

Once students have created draft resumes, pair them with a partner and have them review each other's resume. Encourage them to provide useful feedback and helpful suggestions that will help improve their partner's work.

5 minutes

### Lesson Extender

In the video, the host notes the importance of verbs in job descriptions on resumes. As a class, brainstorm action words that can help students improve their drafts. Some examples might include:

- Achieved
- Coordinated
- Organized
- Analyzed
- Demonstrated
- Created
- Designed
- Promoted
- Investigated
- Reviewed

Using these and examples from the class, have students edit their resumes to include action work that enhance their experience.

### Resources from Video

The video references several websites where students can find free resume and cover letter templates, including:

- Google Docs
- [Microsoft Office](#)
- [Canva](#)

### Key Vocabulary

**Human Services** – A field of study with the objective of meeting human needs through an applied knowledge base, focusing on prevention as well as remediation of problems, and maintaining a commitment to improving the overall quality of life of service populations.

**Social Services** – A range of public services provided by the government, private, profit and non-profit organizations. These public services aim to create more effective organizations, build stronger communities, and promote equality and opportunity.

**Transferable skills** – Qualities that can be transferred from one job to another.

Funding provided by  
**THE ACCELERATOR**  
POWERED BY THE ORANGE COUNTY IDA

through



a component fund through  
the Community Foundation  
of Orange and Sullivan.