



## Supporting Student Identity

# Genogram Lesson Plan and Sample

---

A lesson plan to help students map out a genogram that focuses on their family's education, career choices, and values. A sample of a student's genogram is also included as a reference.

## Genogram Lesson Plan and Sample

### Goal

To help students understand the influence that their family's education, career choices, and values can have on their postsecondary and career decisions.

### Objective

Students will learn how to map out a genogram that focuses on their family's education, career choices, and values.

### Materials

- 1 sheet of white paper and pencil per student
- Optional Homework handout

### Time

45 minutes

### Instructions

The Counselor will discuss the following:

- Different family structures
  - Education levels
  - Family values
  - Postsecondary and career decisions
1. The Counselor starts by discussing how our families can affect our college and career decisions. We might not notice how a family member can have either a positive or negative effect on our decisions. We may even be influenced by the jobs our family members have, as well as their attitudes towards work and education.
  2. The Counselor explains how to draw a genogram and will draw their own genogram as an example. The Counselor will also give the students a sample genogram for their records.
  3. The Counselor distributes sheets of paper and pencils.

4. Students will begin to create their own family and career genogram. It can include the education and/or career choices of their parents, guardians, siblings, aunts, uncles, and grandparents. The Counselor should encourage students to go back as far as they can, to great-grandparents or further if possible. Students should focus on those individuals that are emotionally closest to them. If students do not know someone's name or job right now, they can leave that space blank. Students may also complete genograms later with their families' assistance.
5. The Counselor allows time for students to complete their genograms and assists students as needed.
6. The Counselor holds a group discussion about what the students notice in the genograms about their family structure, values, patterns of education, and career decisions.

### Sample Group Discussion Questions

1. Do you notice a pattern of family structure?
2. Did your parents finish high school?
3. Did your parents finish college?
4. Do you notice a pattern of level of education?
5. What are some barriers that your parents or relatives faced that prevented them from graduating from high school or college?
6. What are some of your relatives' jobs or careers?
7. Do you notice a pattern of careers?
8. Do you know why your parents choose the job or career they have?
9. Do you think that you are more likely to pursue a career that someone in your family already has? Is it because those are the careers you know most about? Why or why not?
10. Are there any careers that your family wishes you would pursue? Do you want to pursue those careers? What is their reasoning for this? How does it make you feel?
11. What are some barriers that your parents or relatives faced that prevented them from getting the job or career they wanted?
12. Think about your parents' attitudes/values towards education for a minute. Write them down on the back of your genogram.
13. Do you notice a pattern among the family values listed?
14. Do you think that, generally speaking, children are influenced by their parents to go to college? Or not to go to college? Why or why not? Is this good or bad?
15. Do you see yourself graduating from college? Why or why not?
16. Do you know what career you would like to have?

**Optional Homework**

If needed, complete your genogram with your family to obtain more of their background information.

The second part of your assignment is to interview one person in your family about his/her job history and how he/she decided on a career.

Student Name: \_\_\_\_\_

Division: \_\_\_\_\_

Date: \_\_\_\_\_

**Family Member Interview Questions**

1. What grade level did you complete?
2. Did you want to graduate from high school?
3. Did you want to go to college? Why or why not?
4. Did you graduate from college and what did you study? Why?
5. Were there any barriers or responsibilities that prevented you from graduating from high school and/or college? Explain.
6. What career did you want to have? Why?
7. Do you feel that you accomplished your educational goals? Explain.
8. Did you feel that you accomplished your career goals? Explain.
9. Are you happy with your job/career? Why or why not?
10. What do you wish for me?

## Genogram Lesson Plan and Sample

