

The CCMR Soda Shop

Explore. Sample. Mix. Discover.



YOUR FUTURE DOESN'T
COME WITH A SINGLE RECIPE.

Mix the right ingredients—interests, experiences, skills, and opportunities—to create a path that's uniquely yours.



FREE CLASSROOM RESOURCE



Inkwell & Friends

PUBLISHING

Where Imagination Takes Root and Magic Blossoms.



The CCMR Soda Shop

Explore. Sample. Mix. Discover.

A FUN, INTERACTIVE
ACTIVITY EXPLORING
COLLEGE, CAREER &
MILITARY READINESS

FREE CLASSROOM RESOURCE
GRADES 8–10

TEACHER OVERVIEW



GRADE RANGE:

8–10 (easily adapted for 6–12)



TIME:

1–2 class periods



MATERIALS:

- The CCMR Soda Shop Menu
- Build Your Own Readiness Recipe
- Writing utensils
- Optional: computer or device for research



PURPOSE:

Students explore college, career, and military readiness opportunities and create a personalized “soda” that represents the experiences, skills, and goals that can help prepare them for life after high school.

LEARNING OBJECTIVES: Students will...

- ★ Explore a variety of college, career, and military pathways.
- ★ Identify experiences, opportunities, and skills that support readiness.
- ★ Connect personal interests to possible future pathways.
- ★ Create a “CCMR Soda” that represents their unique mix of ingredients for success.
- ★ Reflect on how choices today can help shape their tomorrow.

BACKGROUND & TEACHER NOTES

College, career, and military readiness (CCMR) is about preparing students for the future they choose—whatever that future may look like. There is no single path, and no one “right” recipe for success. This activity invites students to explore options, sample ideas, and mix the ingredients that matter most to them.

⇒ The heart of this lesson: ⇐

THERE IS NO SINGLE RECIPE FOR READINESS.

Different ingredients. Different amounts.
Different blends. All can lead to a meaningful future.



*Curiosity is the first ingredient.
DREAMS are the secret flavor.
YOU are the chef.*

Use this lesson as an introduction to readiness planning, a connection to career exploration, or a meaningful end-of-unit reflection.

Differentiation Ideas:

- Provide sentence starters or example recipes for support.
- Allow students to work in pairs or small groups.
- Encourage students to focus on 3–5 ingredients to avoid overwhelm.



Teacher Tip:

Revisit this activity at different points during the year. Students' interests and goals may change—and that's a good thing!



Cross-Curricular Connections:

ELA (writing, speaking), Career Exploration, Advisory, Life Skills, Social Studies



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GRADES 8–10

THE LESSON



OBJECTIVE

Students will explore a variety of college, career, and military pathways and identify experiences, skills, and opportunities that help prepare them for their future. Students will create a personalized “CCMR Soda” that represents their unique mix of ingredients for success and explain the reasoning behind their choices.



MATERIALS NEEDED

- ★ The CCMR Soda Shop Menu
- ★ Build Your Own Readiness Recipe worksheet
- ★ Career Cluster Exploration sheet
- ★ Writing utensils
- ★ Highlighters or colored pencils
- ★ Scissors and glue (optional for decorating)
- ★ Computer or device with internet access (optional for research)
- ★ Chart paper or whiteboard
- ★ Sticky notes (optional)
- ★ Exit Ticket (included in this resource)



*There is no single recipe for readiness.
Different ingredients. Different amounts.
Different blends. All can lead to a meaningful future.*



ESSENTIAL QUESTION

What ingredients—experiences, skills, and opportunities—do I need to mix today to build the future I want tomorrow?



OPENING

(approx. 10 minutes)

1. HOOK (2–3 minutes)

Show a picture of a “dirty soda” or a fun drink.
Ask: What makes a drink your favorite? Why do people mix different flavors and ingredients?

- Allow a few responses.

2. INTRODUCE THE CONCEPT (3–4 minutes)

Explain that, just like a great drink, a strong future is built by mixing the right ingredients.

- There is no single recipe for success.
- Different people need different ingredients.
- What matters is exploring, sampling, and mixing what works for you.

3. OVERVIEW (3–4 minutes)

Share the plan for the lesson:
Students will explore college, career, and military readiness opportunities, then create their own CCMR Soda to represent their mix. They will explain their choices and reflect on how those ingredients shape their future.

TEACHER TIP

Reassure students that this activity is about exploring possibilities, not making permanent decisions. Their “recipe” can change as they learn and grow.





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GRADES 8-10

LESSON FLOW

Estimated Time: 60–70 minutes
(can be adjusted for shorter or longer class periods)



WORK TIME – PART 1

(approx. 25 minutes)

- EXPLORE THE MENU (10 minutes)**
Distribute The CCMR Soda Shop Menu. Students read through the “ingredients” and make notes on ones that interest them or that they already have.
- CAREER CLUSTER EXPLORATION (10 minutes)**
Students complete the Career Cluster Exploration sheet.
 - Choose 2–3 clusters that spark your interest.
 - List careers in those clusters.
 - What skills are needed?
 - What education or training might be required?
- RESEARCH (5 minutes)**
Students use devices (if available) to learn more about one opportunity or career from their list.
 - What did you discover?
 - What surprised you?



WORK TIME – PART 2

(approx. 15–20 minutes)

- BUILD YOUR CCMR SODA (15–20 minutes)**
Students complete the Build Your Own Readiness Recipe worksheet.
 - Choose a base.
 - Select 4–6 ingredients that will help you on your path.
 - Explain why each ingredient matters.
 - Give your soda a name!
 - Add a fun design.

MY CCMR SODA

Name: _____

Ingredients:

- ★ Base: My Goals
- ★ AP Courses
- ★ Dual Enrollment
- ★ Internship
- ★ SAT Prep
- ★ Leadership
- ★ Family Support

Garnish: Curiosity



CLOSING

(approx. 10 minutes)

- SHARE & REFLECT (5–7 minutes)**
Invite a few students to share their sodas and one ingredient they chose. Celebrate the variety!
- CLASS DISCUSSION (3 minutes)**
Ask: How do different ingredients help you get where you want to go? What might you want to add later?
- EXIT TICKET (2 minutes)**
Students complete the Exit Ticket: One ingredient I’m taking with me from today is _____ because _____.



EXTENSION IDEAS



RESEARCH DEEPER

Investigate a career of interest and create a one-page fact sheet.



INTERVIEW SOMEONE

Interview a professional working in a career cluster that interests you.



COLLEGE & ACADEMICS

Explore AP, IB, dual enrollment, or honors courses available at your school.



MILITARY PATHWAYS

Research military branches, ROTC, service academies, or enlistment options.



WORK-BASED LEARNING

Look into internships, apprenticeships, job shadowing, or volunteer opportunities.



FUTURE READY

Choose one ingredient to develop further and set a goal to take action this semester.



The CCMR Soda Shop

EXPLORE. SAMPLE. MIX. DISCOVER.



STUDENT PAGE

THE READINESS INGREDIENTS MENU

Just like a great soda, there isn't one perfect recipe for everyone.
Explore the ingredients below and circle the ones that interest you!



BASES

Start with a strong foundation.

- ☐ High School Courses (Core Classes)
- ☐ Honors / Advanced Courses
- ☐ Dual Enrollment / Dual Credit
- ☐ AP (Advanced Placement) Courses
- ☐ IB (International Baccalaureate)
- ☐ Study Skills & Time Management
- ☐ Academic Goals

Solid. Strong. Essential.



FLAVORS

Add knowledge & opportunities
that match your interests.

- ☐ Career Cluster Exploration
- ☐ College Visits / Campus Tours
- ☐ SAT or ACT Preparation
- ☐ Honors Programs
- ☐ Online Courses
- ☐ Study Abroad / Cultural Experiences
- ☐ Financial Aid & Scholarships
- ☐ Personal Projects

Explore. Learn. Expand.



MIX-INS

Mix in experiences
that build skills.

- ☐ Internship
- ☐ Job Shadowing
- ☐ Work Experience
- ☐ Apprenticeship
- ☐ Industry Certification
- ☐ Competitions / Clubs
- ☐ Volunteer Service
- ☐ Leadership Roles

Hands-On. Real-World. Powerful.



BOOSTERS

Give your future
an extra boost.

- ☐ Communication
- ☐ Teamwork / Collaboration
- ☐ Problem Solving
- ☐ Critical Thinking
- ☐ Adaptability / Flexibility
- ☐ Perseverance / Grit
- ☐ Financial Literacy
- ☐ Digital Literacy

Skills today. Success tomorrow.



SUPPORT CREW

Great sodas have great support!

- ☐ Family
- ☐ Teachers
- ☐ School Counselors
- ☐ Mentors
- ☐ Coaches
- ☐ Friends
- ☐ Community Organizations
- ☐ Faith / Spiritual Community

You don't have to go it alone.



THE EXTRAS

The special touches
that make you, YOU!

- ☐ Curiosity
- ☐ Creativity
- ☐ Confidence
- ☐ Willingness to Try Something New
- ☐ Asking for Help
- ☐ Positive Attitude
- ☐ Passions & Hobbies
- ☐ Dreams & Big Goals

The secret ingredients!



MY NOTES: Write any other ingredients (experiences, skills, or opportunities) that are important to you.



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STUDENT PAGE

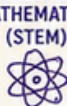
CAREER CLUSTER EXPLORATION

There are 14 National Career Clusters. Explore them below!
Choose 2-3 that interest you most and learn more about the careers, skills, and education or training connected to each one.

Remember:

A cluster is an area to explore, not a decision you have to make right now—or ever! Your interests can change, and that's OK.

THE 14 NATIONAL CAREER CLUSTERS

1. AGRICULTURE, FOOD & NATURAL RESOURCES  Feed, fuel, and sustain our world.	2. ARCHITECTURE & CONSTRUCTION  Design, build, and improve the spaces where we live and work.	3. ARTS, A/V TECHNOLOGY & COMMUNICATIONS  Create, communicate, and inspire through media and the arts.	4. BUSINESS MANAGEMENT & ADMINISTRATION  Plan, organize, and lead businesses and organizations.	5. EDUCATION & TRAINING  Teach, train, and support lifelong learning.	6. FINANCE  Manage money, invest, and keep economies moving.	7. GOVERNMENT & PUBLIC ADMINISTRATION  Serve communities, create policies, and make a difference.
8. HEALTH SCIENCE  Improve lives through healthcare, research, and wellness.	9. HOSPITALITY & TOURISM  Create experiences and help people explore the world.	10. HUMAN SERVICES  Support people and strengthen families and communities.	11. INFORMATION TECHNOLOGY  Design, build, and protect technology and information systems.	12. MANUFACTURING  Design, produce, and improve the products we use every day.	13. MARKETING, SALES & SERVICE  Connect products and services with the people who need them.	14. SCIENCE, TECHNOLOGY, ENGINEERING & MATHEMATICS (STEM)  Solve problems and shape the future through innovation.

★ CHOOSE 2-3 CLUSTERS TO EXPLORE: #1 _____ #2 _____ #3 _____

MY CHOSEN CLUSTER #1:

- ★ Careers I'd Like to Learn About:
• _____
• _____
- 📋 Important Skills in This Cluster:
• _____
• _____
- 🎓 Education or Training Needed:
• _____
• _____
- 🔍 Something I Want to Investigate:
• _____

MY CHOSEN CLUSTER #2:

- ★ Careers I'd Like to Learn About:
• _____
• _____
- 📋 Important Skills in This Cluster:
• _____
• _____
- 🎓 Education or Training Needed:
• _____
• _____
- 🔍 Something I Want to Investigate:
• _____

MY CHOSEN CLUSTER #3:

- ★ Careers I'd Like to Learn About:
• _____
• _____
- 📋 Important Skills in This Cluster:
• _____
• _____
- 🎓 Education or Training Needed:
• _____
• _____
- 🔍 Something I Want to Investigate:
• _____



MILITARY PATHWAYS

There are many ways to serve:

- Active Duty
- National Guard / Reserves
- ROTC Programs
- Military Enlistment
- Service Academies

What interests you most about a military pathway?



FUTURE CAREERS

Think about the future! New careers are always emerging.

Name one career that doesn't exist yet—but might in the future!

What problems might it help solve or what might it do?



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STUDENT PAGE

BUILD YOUR OWN READINESS RECIPE

You are the soda chef! Use the ingredients from the menu and what you've learned to create a recipe that represents you and your future.



SODA NAME: _____

MY BASE

What is the strong foundation of your recipe?

CHOOSE YOUR BASE:

- ☐ Knowledge & Education
- ☐ Skills & Habits
- ☐ Experiences
- ☐ People & Support
- ☐ Values & Character
- ☐ Other: _____



MY INGREDIENTS

List 4-6 ingredients (experiences, skills, opportunities, etc.) you added to your recipe.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

MY GARNISH

What special touch (extra quality or personal strength) makes your recipe uniquely YOU?

GARNISH IDEAS:

- ★ Curiosity
- ★ Creativity
- ★ Confidence
- ★ Perseverance
- ★ Kindness
- ★ Leadership
- ★ Resilience
- ★ Other: _____

MY RECIPE STORY

Why did you choose these ingredients, and how could they help you build the future you want?

ONE INGREDIENT I DON'T HAVE YET—BUT WANT TO ADD

How will I get it?



★ THANKS FOR BEING HERE TODAY! ★

Take a moment to reflect on what you learned
and the future you're building.

★ ONE INGREDIENT I'M TAKING WITH ME FROM TODAY IS...

because... _____

★ ONE OPPORTUNITY / PATHWAY I WANT TO
LEARN MORE ABOUT IS... _____

★ ONE ACTION I COULD TAKE THIS YEAR IS... _____

★ YOU DON'T HAVE TO HAVE ALL THE INGREDIENTS YET.
KEEP EXPLORING, KEEP LEARNING, AND KEEP MIXING!

Your future is your recipe. YOU ARE THE CHEF!



★ THANKS FOR BEING HERE TODAY! ★

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SODA SHOP MENU: BUILD YOUR FUTURE!

Every great soda starts with a strong base and the right mix of ingredients.

Choose what inspires you and create your own recipe for success!



BASES

Start with a strong foundation.

- ★ High School Courses (Core Classes)
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- ★ Competitions / Clubs
- ★ Volunteer Service
- ★ Leadership Roles



BOOSTERS

Give your future an extra boost.

- ★ Communication
- ★ Teamwork / Collaboration
- ★ Problem Solving
- ★ Critical Thinking
- ★ Adaptability / Flexibility
- ★ Perseverance / Grit
- ★ Financial Literacy
- ★ Digital Literacy



SUPPORT CREW

Great sodas have great support!

- ★ Family
- ★ Teachers
- ★ School Counselors
- ★ Mentors
- ★ Coaches
- ★ Friends
- ★ Community Organizations
- ★ Faith / Spiritual Community



THE EXTRAS

The special touches that make you, YOU!

- ★ Curiosity
- ★ Creativity
- ★ Confidence
- ★ Willingness to Try Something New
- ★ Asking for Help
- ★ Positive Attitude
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MILITARY PATHWAYS

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What interests you most about a military pathway?



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What problems might it help solve or what might it do?

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DIFFERENT INGREDIENTS. DIFFERENT AMOUNTS. DIFFERENT BLENDS.

⇒ All can lead to a meaningful future. ⇐

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FREE CLASSROOM RESOURCE
GRADES 8-10

TEACHER RESOURCE & CREDITS

Thank you for using The CCMR Soda Shop! We hope this resource sparks curiosity, builds confidence, and helps students mix the right ingredients for a bright future.



ABOUT THIS RESOURCE

The CCMR Soda Shop is a ready-to-use, interactive lesson designed for grades 8-10 (easily adapted for grades 6-12). It helps students explore college, career, and military readiness through engaging activities and reflection.



PERFECT FOR

- ★ Advisory / Homeroom
- ★ College & Career Readiness Classes
- ★ Counseling Lessons
- ★ Career Exploration Units
- ★ Transition & Planning Activities



PERMISSION TO USE

This resource is FREE for educational use. Teachers and schools may print and reproduce this resource for use with their students.

Please do not resell or redistribute this resource commercially.

Thank you for respecting the work that makes this resource possible!



WE'D LOVE TO HEAR FROM YOU!

We'd love to see how you're using The CCMR Soda Shop in your classroom! Share your ideas, feedback, and photos (where allowed) with us.



teachers@inkwellandfriends.com



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SCAN TO VISIT

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