**Career Exploration: Begin with the End in Mind!**

It’s time to start thinking about the future! Throughout your college and career journey, we’ll be having ongoing conversations about your goals and aspirations. It’s all designed to put you on the best path toward reaching those goals. To get started, use this workbook to start exploring your own interests and aspirations, and making connections between those interests and potential career paths!

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| **Step 1: Assess Yourself!** | | |
| **Why?** | **How?** | **Extra Credit!** |
| Before you start looking into career options, you should consider your strengths, areas for growth, personality traits, and interests! All of these will tell you more about what path(s) will lead to a happy, fulfilling career for you. | * **Assess your career interests:** Try this simple [Interest Assessment](http://www.ohe.state.mn.us/sPages/interestAssessment.cfm) orthe [Princeton Review Career Quiz](http://www.princetonreview.com/quiz/career-quiz) to get a general sense of what type of job you might like. * **Assess your values:** Try this [career values test](http://www.myplan.com/assess/values/pg1.php?sid=db3bcb2a2194434881c08324d08eddee) to see what is most important to you in a job. * **Assess your personality:** Try this [free personality test](http://www.humanmetrics.com/cgi-win/jtypes2.asp); you’ll have to match it to majors or careers you think would be a good fit! * **Assess your skills:** Take this [test](http://www.careerinfonet.org/skills/skills_list.aspx) to assess you already have and compare them to what you need for jobs you’re interested! | * Take the [MAPP Test](http://www.assessment.com/) – it requires signing up, but it’s free and very comprehensive! * If your high school uses Naviance, take a career assessment. * For more information on what careers might be a good fit for you, try the [Career Fitter Test.](https://www.careerfitter.com/free_test/careerbuilder) * Here’s an additional [personality test](http://psychcentral.com/quizzes/personality/start.php) to compare results. |
| **To Do:** | | |
| * Take at least one interest assessment * Take at least one values assessment * Take at least one strengths assessment * Take at least one personality assessment * Take at least one career aptitude assessment | | |
| **Reflection:** | | |
| * What did you **learn about yourself** through taking these assessments? Did anything surprise you? * What are your areas of **strength?** * What are your **values**? In other words, what are the **3-5 things that are most important to you**? * What did you learn that you think will have **an impact on the career path you choose** | | |

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| **Step 2: Explore Careers** | | |
| **Why?** | **How?** | **Extra Credit** |
| Now that you know more about yourself and what you’re interested in, it’s time to start looking at actual potential career paths and find out might be most exciting for you! This is where you get to connect your personality strengths, your values, and your interests to an actual job possibility. | The internet can be a powerful tool when searching for career opportunities.  Start at [learnhowtobecome.org](http://www.learnhowtobecome.org/). You can learn what it takes to become a chef, doctor, chemical engineer, teacher, and more!  Look up potential career paths here at [MyNextMove.org](http://www.mynextmove.org/)  **HINT: You should be looking for:**   * The nature of the work for a particular career (Outside? Exploratory? Solitary? In teams? At a desk? Urban? Rural?) * Education and/or training required (doctors require 10-15 years of education and training!) * Outlook for the future (is this a job sector that is growing?) * Potential salary and/or benefits | * Learn about wages and employment trends here at [CareerOneStop.org](http://www.careeronestop.org/ExploreCareers/explore-careers.aspx) * Search careers, salary information, and more at [iSeek.org](http://www.iseek.org/careers/careersSearch) |
| **To Do:** | | |
| * Use your assessment results to look up potential career paths. * Research the steps required for your career paths of interest and the earning ($$) potential for each career path * Research what sort of courses would be required for each potential career path and make sure that matches with your academic strengths. | | |
| **Reflection:** | | |
| * What two or three careers did you find that seem like the **best potential fit**? * Why are these potential careers good fits for you? (HINT: Think about your personality, values, and interests assessments you took!) * What **career or job did you learn about** that you didn’t know about before? | | |

***If you’re in college and ready to get started on your career, head to Step #4! If you’re in high school and just getting ready to figure out where you might want to go to college and major in, head to Step #3!***

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| **Step 3 (*for students still in high school*): Make the Connection to College!** | | |
| **Why?** | **How?** | **Extra Credit** |
| College is an exciting time. You’ll make new friends, learn new things about yourself, and have a lot of fun.  You’ll also be setting yourself up for your life after you graduate by choosing a major that suits you and makes you excited about school!  Here you’ll make the connection between your assessments, your career research, and your thoughts about where you want to go to college. | Think about the big job “clusters” that were recommended to you in your career/interest assessments, and use those to look at majors that fit those interests.  Try [College Board’s Big Future](https://bigfuture.collegeboard.org/majors-careers) – you can search by career or by major and find out more about what that major entails (like, what classes you’ll have to take!) and how to prepare NOW.  [I’m First](http://www.imfirst.org/colleges/) is a website that showcases colleges that work with first-generation college students. You can search by location, major, and more! | * Read this [New York Times article](http://www.nytimes.com/2015/08/02/education/edlife/four-steps-to-choosing-a-career-path.html?_r=0) on how to choose a college major * Check out the [Map of College Majors](http://www.act.org/majorsmap/) * [Read](https://www.careerkey.org/choose-a-college-major/personality-college-major-match.html#.Vo8W0PkrLIU) about why it’s important to choose a major that’s related to your personality! * Read Princeton Review’s [Guide to Choosing a College Major.](http://www.princetonreview.com/college-advice/choosing-college-majors) |
| **To Do:** | | |
| * Research what majors are out there. There’s a lot more to major in than Engineering or Biology! Have you heard of Anthropology? Sociology? Human Development? Chinese? Consider all of your options by exploring above. * Consider what subjects you did well in in high school, and what challenged you. Think about what classes you’d have to take with majors you’re interested in! | | |
| **Reflection:** | | |
| * What are **2-3 majors you discovered** that interested you, and that you’ve never considered before? * What is one college that intrigues you ***because* of a major** that they offer? * What did you **learn about yourself** and your college goals after this exercise? | | |

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| **Step 4: Get Ready!** | | |
| **Why?** | **How** | **Resources** |
| You’ll learn the most about what a job is ACTUALLY like by digging a little deeper and exploring the world and people around you in real life ☺ Take this opportunity to talk to people, build your network, and actually explore and learn what the day-to-day might look like in a particular job. | For this one, you can rely a little bit on the internet, but not totally! You’ll have to get out there are talk to people. Conduct informational interviews, explore job descriptions, and build your network!  **Visit the Career Center on your campus** to take advantage of lots of great resources and opportunities! | * Most campuses have a career center. Check it out – talk with a career advisor, learn more about job opportunities and interview skills…the list goes on. * Look at job descriptions in your key interest/career areas by checking out job search engines such as idealist.org, monster.com, indeed.com, careerbuilder.com * Use LinkedIn to [create a profile](https://www.linkedin.com/pulse/how-create-killer-linkedin-profile-get-you-noticed-bernard-marr) and connect with people in your network who might know someone in your career of interest. * Check out resources online [(like this one)](http://www.levo.com/articles/career-advice/10-intelligent-questions-to-ask-on-an-informational-interview#!) on how to conduct an informational interview. |
| **To Do:** | | |
| * Visit the career center on campus to learn more about what they offer and what you can take advantage of. * Create your LinkedIn Profile and connect with adults/mentors in your life * Browse job search websites to find and compare job descriptions (to learn more about what a particular job might actually look like day-to-day) * Schedule at least one informational interview with someone in a career of interest to you? | | |
| **Reflection:** | | |
| * What are 2-3 things you learned by visiting your campus’s career center? * What are 2-3 things did you learn about your careers of interest from looking at the job descriptions? * What did you learn in your informational interview(s) about your potential career of interest? For example, did you learn more about the pathway to get there? About the day-to-day experience of the job? * After this networking experience, what are 2-3 things you are taking away about the importance of building your network? | | |