

#10517

CAREER EXPLORATION AND PLANNING: WHAT WILL I DO WITH MY LIFE?

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Grade Level: 9-13+

25 Minutes

5 Instructional Graphics



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Instructor's Guide

CAREER EXPLORATION AND PLANNING *WHAT WILL I DO WITH MY LIFE?*

Overview:

This video helps the viewer look at ways to explore career fields to learn more about the options for employment. It tells how to assess interests, skills and abilities, and suggests ways to use the *Occupational Outlook Handbook* and the *O*NET Guide* to match up with the right career. Then it shows how to begin planning for the career you want...what education or training is needed, any licensing or certification. Suggests job shadowing, internships, volunteering, and part-time jobs to learn more about a career field.

Contents:

- ◆ ***Self-Assessment*** - Assessing skills, abilities, interests, likes/dislikes; what you want/don't want to do; personality; assessment tools available.
- ◆ ***Career Exploration*** - Ways and means: Resources to discover job and career options.
- ◆ ***Planning Your Career*** - Matching yourself to occupations, education/training needed, steps to take to get there.



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ACTIVITY 1: ASSESS YOURSELF!
What Do You Want To Do?

Directions: Think about what you like/don't like to do, things that interest you, what you are good at, and your strong personality traits. List these below to use during the career exploration process.

LIKES _____ DISLIKES _____

INTERESTS _____

SKILLS/ABILITIES _____


PERSONALITY TRAITS _____

Use the Internet to explore personality tests and self-assessment tools. Try www.keirseych.com. Ask other people who know you what THEY think would be a good career field for you.



ACTIVITY 2: DREAM - THINK "OUTSIDE THE BOX!"

Directions: Challenge yourself! Think about what you would do if you could do/be anything you want. Think "outside the box" - this means DREAM, stretch your mind and your imagination. Write a creative paragraph about some of the possibilities.

 **ACTIVITY 3: EXPLORING CAREERS**

Directions: Use the Internet, the *O*NET Guide*, and/or the *Occupational Outlook Handbook*, the classified ads of the newspaper (or even the *Yellow Pages* of the telephone directory) to explore job and career possibilities.

1. Which jobs interest you most? _____
2. Which career field(s) would you like to know more about?

3. What “career clusters” seem to match your skills, abilities, and personality from Activity 1? _____
4. Select one career field and explore it further. Learn about the job outlook for the future, education and training needed, high school courses to take, potential income, and other related occupations.

Internet sites: www.onetcenter.org
www.oalj.dol.gov/libdot.htm
www.bls.gov/oco/

 **ACTIVITY 4: INFORMATIONAL INTERVIEW**

Directions: Select one of the occupations in which you have an interest. Conduct an INFORMATIONAL INTERVIEW with someone in that field. List below the questions you will ask.

 **ACTIVITY 5: WHAT WILL I DO WITH MY LIFE?
CHART THE COURSE!**

CAREER GOAL: _____

EDUCATION/TRAINING REQUIRED: _____

**POSSIBILITIES FOR
ON-THE-JOB TRAINING:** _____

APPRENTICESHIP: _____

INTERNSHIP: _____

MENTOR: _____
(someone in a position to give advice regarding plans)

Answer Key:

Activities 1, 2, 3 and 5 will have individual student responses. There are no right or wrong answers, but should reflect students' honest thoughts and evaluations of themselves.

Activity 4: Informational Interview questions will be individual, depending up the field, but could include:

1. What is the work environment for this job?
2. What are the main duties and responsibilities of someone in this job?
3. What type of dress is required?
4. What training and education is required? Does it require a college degree, license or certification?
5. What are opportunities for advancement?

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