

LINX EDUCATIONAL INSTRUCTOR'S GUIDE

CAREER EXPLORATION & PLANNING WHAT WILL I DO WITH MY LIFE?

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.keirsey.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

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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 is no right or wrong answers, but should reflect students' honest thoughts and evaluations of themselves.

Activity 4:

Informational Interview questions will be individual, depending on the field, but 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?