

# Career Exploration

**Purpose:** To introduce the many career pathways students can take that relate to their interests.

**Objectives:** This workshop will enable you to:

- assess your career interests
- explore careers

**Benefits:** Participation in this workshop will help you to:

- begin planning your educational pathway

**Supplies:** Some supplies are optional or can be substituted for other materials

- Computer lab, if available
- Cardstock or poster boards
- Markers
- Magazines
- “Career Exploration” worksheet
- “Pathway Interest Activity” worksheet
- “Career Interest Results” worksheet

## **Part 1 (20 min): Introduction to the Workshop**

1. Introduce yourself.
2. Review the “Purpose, Objectives and Benefits” (POB).
3. You will need to have cardstock/poster boards, markers and many magazines.
4. Tell the participants to create a collage that represents their thoughts and dreams for the future. Tell them to visualize where they will be in 15 years (job/career, home, car) as they create the board.
5. Ask a couple of the participants to share their collages. Tell the participants to keep their boards in mind as they go through the workshop. Explain that pursuing higher education will allow them to have greater opportunities and resources.
6. Ask the participants to stand up if they agree with the following statements (read one statement at a time):
  - “Students can increase their future income by 16% for each year they stay in school.”
  - “Less than 33% of American employers believe that recent high school graduates are prepared to hold jobs in their businesses.”While the participants are standing ask them to acknowledge each other.
7. Explain to the participants that having a realistic view on life after high school is important when making decisions about their high school education.
8. Follow the appropriate “with computer lab access” or “without computer lab access” path.

## ***With Computer Lab Access:***

### **Part 2 (35 min): California Colleges Assessments**

1. Distribute the “Career Exploration” worksheet.
2. Complete the worksheet with the participants step-by-step. Read the question/statement out loud and have the participants answer the question on the worksheet.

- Sign in on the internet
  - Go to [www.californiacolleges.edu](http://www.californiacolleges.edu)
  - Click on “Create an Account”
  - Follow the steps to create an account.
  - Write down your log in and password, somewhere safe. (You may ask that your participant write the information on a list for you to keep.)
  - After creating the account log in.
  - Click on “Careers” at the top on the menu bar.
  - Under “Interests” click on “Career Key Survey.”
  - Complete the survey.
  - What are your results?
  - Click the “Student Career Matching Assistant.”
  - Complete the form.
  - Click on “View Matching Careers.”
3. Ask the participants to select two careers to explore and complete the bottom portion of the “Career Exploration” worksheet.
  4. Remind the participants that they can always go back onto California Colleges and complete the remainder of the surveys on their own time.

**Part 3 (5 min): Workshop Debrief**

1. Relevant Questions:
  - What careers did the assessment connect with you? Do you think you would like to go into those career paths?
  - What do you feel was the most important thing you learned from today’s workshop?
2. Remind the participants that this workshop was intended to help them assess their career interests and begin planning their educational pathway.
3. Have a quick Q&A.
4. Thank you!

***Without Computer Lab Access:***

**Part 2 (35 min): Pathway Interest Activity**

1. Distribute the “Pathway Interest Activity” worksheet.
2. Have the participants complete the “Pathway Interest Activity” worksheet. Do not show the participants how to score it until they are done answering the questions. Here is a sample statement that you may use to introduce activity:
  - This activity is not a test. It is simply a way to help you decide your likes and dislikes concerning different types of careers. When reading each item, answer the question, ‘Would I like to...?’ and insert the item. For example, on item #1, answer the question, ‘Would I like to raise cattle or horses?’ Circle ‘Y’ if you answer yes, or ‘N’ if you answer no. Do not consider whether you think an item reflects traditional male or female work tasks, but only whether you feel you would find it interesting. Be honest with yourself because this will help you make the best career plans for your future. Work down the page in columns answering the questions in order of 1 through 64.” (“Pathways to the World of Careers” Lesson 5)
3. When the participants have completed the worksheet ask them to score the activity. Scoring Directions:

- Instruct the students to count the number of “Y’s” circled in each row going across the page and write the total in the ‘score’ column on the right. For example, on the first line, they would look at items numbered #1, #17, #33, and #49 and put the total of “Y’s” circled on the line ‘A.’ The A through H scores designations are repeated; students will need to add the two ‘As,’ ‘Bs’, etc., together and record the grand totals at the bottom of the page. The letter(s) with the highest number(s) represent the pathway(s) with the highest interest(s). Refer to the Career Interest Results handout.” (“Pathways to the World of Careers” Lesson 5)
4. Distribute the “Career Interest Results” worksheet.
  5. Have the participants complete the “Career Interest Results” worksheet.  
“Instruct the students to transfer the scores at the bottom of the interest activity to the appropriate column in the interest results, that is, the total for ‘A’ goes in the column ‘A,’ Agriculture, and the same for columns ‘B’ through ‘H.’” (“Pathways to the World of Careers” Lesson 5)
  6. Review/read the definitions of each pathway and link them to high school courses that they may find interesting.
  7. The participants will probably want to share their pathways. In order to encourage communication and further investigation of their pathways, have the participants break up into groups according to their same pathway interest.
  8. Tell them to create a list of famous people that work(ed) in the participant’s assigned pathway.
  9. Instruct participants to pick a person to share their list with the rest of the group.
  10. Tell the participants about [www.californiacolleges.edu](http://www.californiacolleges.edu). and the various career interest assessments they can take, and the many careers they could explore. Encourage them to create an account.

**Part 3 (5 min): Workshop Debrief**

1. Ask the participants for volunteers to answer the following questions:
  - What careers did the assessment connect with you? Do you think you would like to go into those career paths?
  - What do you feel was the most important thing you learned from today’s workshop?
2. Remind the participants that this workshop was intended to help them assess their career interests and begin planning their educational pathway.
3. Have a quick Q&A.
4. Thank you!

# Career Exploration

Follow the directions below.

## Creating an Account:

1. Sign in on the internet
2. Go to [www.californiacolleges.edu](http://www.californiacolleges.edu)
3. Click on "Create an Account"
4. Follow the steps to create an account.
5. Write down your log in and password, somewhere safe.

## After creating the account log in.

1. Click on "Careers" at the top on the menu bar.
2. Under "Interests" click on "Career Key Survey."
3. Complete the survey.
4. What are your results?

## Student Career Matching Assistant

1. Click the "Student Career Matching Assistant."
2. Complete the form.
3. Click on "View Matching Careers."

Select two Careers to explore and complete the bottom portion of this sheet.

### *#1 Career Name:*

What is the minimum education level for this career?

What is the salary for this career?

Do you find this career interesting? Why?

### *#2 Career Name:*

What is the minimum education level for this career?

What is the salary for this career?

Do you find this career interesting? Why?

## Pathways to the World of Careers

### PATHWAY INTEREST ACTIVITY


ANSWER THE QUESTION, "WOULD I LIKE TO...?" CIRCLE Y=YES OR N=NO

							SCORE
1. Raise cattle or horses	Y N	17. Maintain hiking trails	Y N	33. Take care of sick animals	Y N	49. Examine fish for health problems	Y N A ____
2. Dance and sing on stage	Y N	18. Draw pictures for a book	Y N	34. Plan the layout of an art show	Y N	50. Write music for a movie	Y N B ____
3. Advise people on spending money	Y N	19. Prepare tax reports	Y N	35. Buy and sell land for a company	Y N	51. Type information into a computer	Y N C ____
4. Measure the size of the sun	Y N	20. Collect information about the weather	Y N	36. Measure the level of dirt in the air	Y N	52. Find a safe way to move chemicals	Y N D ____
5. Use a needle to draw blood from patients	Y N	21. Test skin for diseases	Y N	37. Look at germs with a microscope	Y N	53. Provide medicine to sick people	Y N E ____
6. Lead group activities for children	Y N	22. Make travel plans for other people	Y N	38. Wash and cut hair for customers	Y N	54. Assist airplane passengers	Y N F ____
7. Repair an airplane engine	Y N	23. Drive a large tractor	Y N	39. Connect wires in a computer	Y N	55. Use machine parts to make a car	Y N G ____
8. Enforce laws for hunting and fishing	Y N	24. Help people with legal problems	Y N	40. Put out house fires	Y N	56. Protect people from crime	Y N H ____
9. Trim trees to help them grow	Y N	25. Try new ways of growing flowers	Y N	41. Put in sprinklers to water a field	Y N	57. Measure how light helps plants grow	Y N A ____
10. Take pictures for a magazine	Y N	26. Write a story for a newspaper	Y N	42. Direct actors in a video	Y N	58. Report news on the radio	Y N B ____
11. Keep a list of supplies for a warehouse	Y N	27. Make an employee work schedule	Y N	43. Help Customers over the telephone	Y N	59. Sell products to other countries	Y N C ____
12. Draw plans to build a highway	Y N	28. Build a better car engine	Y N	44. Design a dam to stop a river from flooding	Y N	60. Make a plane that flies in space	Y N D ____
13. Care for a person in a wheelchair	Y N	29. Help a person in a car accident	Y N	45. Help someone to use an injured arm	Y N	61. Put a cast on a person's broken leg	Y N E ____
14. Design clothing	Y N	30. Prepare food in a restaurant	Y N	46. Show people how to eat healthy foods	Y N	62. Design furniture for office buildings	Y N F ____
15. Print and bind pages for a magazine	Y N	31. Connect pipes for a hot water system	Y N	47. Fix a large air conditioning unit	Y N	63. Follow written plans to build a house	Y N G ____
16. Collect funds for a community park	Y N	32. Help people find jobs	Y N	48. Teach students in a classroom	Y N	64. Help people with family problems	Y N H ____

**Total:**      A \_\_\_\_      B \_\_\_\_      C \_\_\_\_      D \_\_\_\_      E \_\_\_\_      F \_\_\_\_      G \_\_\_\_      H \_\_\_\_

# Pathways to the World of Careers

## Pathway Interest Results

A		AGRICULTURE		PUBLIC & HUMAN SERVICES	<input type="radio"/>	<p>Careers can be found working in agricultural equipment repair, plant and crop development, agricultural sales, animal care, forestry and landscaping  <b>*Courses:</b> lab science, plant science, animal science, horticulture, forestry, diesel engines and agribusiness</p>
B		ARTS, MEDIA & ENTERTAINMENT			<input type="radio"/>	<p>Careers can be found in television, journalism, acting, modeling, music, athletics, dance, photography, animation and film production.  <b>*Courses:</b> drama, music, art, photography, sports, forensics/debate, newspaper, yearbook and dance</p>
C		BUSINESS			<input type="radio"/>	<p>Careers can be found in accounting, sales, management, computer operating, advertising, and finance.  <b>*Courses:</b> Business, accounting, marketing, economics and computers</p>
D		ENGINEERING TECHNOLOGY			<input type="radio"/>	<p>Careers can be found in researching and designing roads, buildings, computers, fuels, chemicals, machines, cars and airplanes.  <b>*Courses:</b> advanced math, advanced science, electronics, drafting computers</p>
E		HEALTH CAREERS			<input type="radio"/>	<p>Careers can be found in medicinal and dental services, vision care services, patient care, medical office, research and testing, therapy and disease prevention.  <b>*Courses:</b> life science, health, medical terminology, First Aid/ CPR, anatomy and physiology</p>
F		HOME ECONOMICS CAREERS & TECHNOLOGY			<input type="radio"/>	<p>Careers can be found in fashion and interior decorating, food services, nutrition and dietetics, tourism, recreation, retail sales and child development.  <b>*Courses:</b> home economics, food and nutrition, fashion design, interior design, retail sales and child development</p>
G		INDUSTRIAL & TECHNOLOGY			<input type="radio"/>	<p>Careers can be found in aviation, construction, drafting, electronics, auto technology, graphics and printing, manufacturing and transportation.  <b>*Courses:</b> electronics, automotive, graphics, manufacturing, construction, computers and drafting</p>
H					<input type="radio"/>	<p>Careers can be found in law enforcement, public safety, legal services, military services, social work, education and counseling.  <b>*Courses:</b> criminology, teacher education, child development, fire science, psychology and human behavior</p>

*\*courses in addition to required classes in English, math, social science, science, physical education and humanities*