Guided Career Exploration for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Directions to **perform career self-assessment**: Use any of the following to resources to answer: -----

[Career One Stop Career Exploration](https://www.careeronestop.org/ExploreCareers/Assessments/self-assessments.aspx)

[Career Cluster Interest Survey](https://careerwise.minnstate.edu/careers/clusterAssessment)

[My Next Move](https://www.onetonline.org/help/onet/mynextmove)

Other: Please list name:

What I learned about myself (What are some words that describe me and what do I value?):

What do I think are my strongest skills and abilities?

What are things I like to do? (For example, I like working with my hands, I like working outdoors, I like working with other people)

What are things I do NOT enjoy doing? (See the examples above)

**Career Comparison Checklist**: Go to the Career Index Plus to find information to complete the following:

 List three career options that interest you and compare them on the next pages!

|  |  |  |  |
| --- | --- | --- | --- |
|  | Career Option #1Job title: | Career Option #2Job Title | Career Option #3Job title: |
| Employment outlook? For this information go to Career Index Plus, put in your zip code and the job title. An overview will come up with this information. What is typical salary level? Job growth or decline expected and what percentage?Are there job postings in my area? How many? |  |  |  |
| Main Duties: |  |  |  |
| Qualifications? What are they? Do you have them? How easily can you get them? |  |  |  |
| Abilities and Skills? What are they? Do you have them? Can you develop them? |  |  |  |
|  | Career Option #1 | Career Option #2 | Career Option #3 |
| Work Roles & Work Styles? Are the things you like to do a good match for this career? Why (or why not) is this a good match for you? For example, I like to work by myself, but I would have to work with others on a team in this career. |  |  |  |
| Values and Personal Preferences? How does this career compare to your values?  Does it require you to do things you would prefer not to do? |  |  |  |
| Work Environment? What is the physical environment of the work? What would be your ideal work environment? |  |  |  |
|  | Career Option #1 | Career Option #2 | Career Option #3 |
| Demands on the worker? Are there Physical demands? Mental demands? Emotional demands? |  |  |  |
| Pay and BenefitsWage, or Salary: Starting pay estimates in your areaAverage Income?Commissions?Benefits? (Paid time off, Medical, dental)Are these values important to me?  Do you plan to work full time? Is full time available? |  |  |  |
| What attracts me to this career? |  |  |  |
| After looking at this career path, is it a good match for me?Why or why not? |  |  |  |