Exploring Careers

Presented by School Counselors of Carlmont High School
Pre-Assessment

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Goals for Today

01. Begin planning for various careers after high school
02. Learn more about yourself by completing a career inventory
03. Understand how personality traits influence career choices
04. Identify 3 possible careers that interest me
Why career exploration matters?
Drag your lightbulb to how you are feeling/thinking when you hear “we are going to begin planning for a career after high school”:

- I’m so excited and already have some ideas
- I’m on board, but not sure where to begin
- I’m nervous just thinking about it
If you’re nervous / visualization activity
Why it’s important to plan for various careers

- You just **don’t know** what you want to do right now
- 80% of students **change** their major at least once
- You might **hate** your job
- **Uncontrollable** factors – relocation (moving), health, family situation
Starting with your personalities...

- Loves helping kids → Preschool Teacher
- Loves working in front of computers → Software Engineer
- Loves solving mysteries → Cancer Researcher

...can help you find careers you’d ENJOY
Starting with your personalities...

- Loves helping kids
- Loves working in front of computers
- Loves solving mysteries

- Preschool Teacher
- Software Engineer
- Cancer Researcher

...can help give you a REASON for pursuing a career.
Naviance – Career Interest Profiler

connection.naviance.com/woodside

“Continue with Single Sign-On”
Naviance – Career Interest Profiler

Log in to Naviance:

• Hover over “Self Discovery” then select “Career Interest Profiler”

• Select “Start Assessment”

Complete the assessment then follow along on the worksheet
Naviance – Career Interest Profiler

Interpreting Results:

- Scroll down to “Your Overall Scores by Holland Trait”, the horizontal bar graph.

Name ___________________________ 10th Grade Fall School Counseling Lesson

Exploring Careers

Today, we will use Naviance to take a career inventory and understand how our personalities might influence career choices. You will log into your account by:

1. Visiting woodsidehs.org > Naviance (at the top, orange bar)
2. Select Student > Continue with Single Sign-On by clicking on the teal button
3. Hover over Self-Discovery at the top bar > Select Career Interest Profiler
4. Click the Start Assessment button at the top right corner

Naviance Career Interest Profiler reflection questions:

1. Scroll to “Your Overall Scores by Holland Trait,” which contains the horizontal bar graph. There are 6 Holland personality traits. According to the results, which are your top 3?

<table>
<thead>
<tr>
<th>Trait</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Investigative</td>
<td>29</td>
</tr>
<tr>
<td>Social</td>
<td>23</td>
</tr>
</tbody>
</table>

2. Scroll down to “Your Top Holland Traits,” and read the summary of what these Holland Traits mean. If you would like to learn more and have extra time, scroll down to “Complete Results” and read the detailed description of what each of the Holland Traits represents.

   Below, summarize what your top three Holland Traits suggest you like to do and/or what type of environment you would work best in.

   Trait #1:
   ____________________________
   ____________________________

   Trait #2:
   ____________________________
   ____________________________

   Trait #3:
   ____________________________
   ____________________________

3. Do you agree or disagree with your results? Why?

   ____________________________
   ____________________________
   ____________________________
xxx.com

“Continue with Single Sign-On”
Drag the 3 dots to your top 3 personality traits
Warm Up

Self-Discovery > Career Interest Profiler

Find your highest-scoring Holland Trait > View Careers

From this list, choose 2 careers you are most interested in. Write one career per post-it.
Find your highest-scoring Holland Trait > View Careers

From this list, choose 2 careers in which you are most interested. Write one career per post-it.
Walk to the poster that represents your top personality trait.

**Investigative**

Likes to study and solve math or science problems
Take a **silent** Gallery Walk to read:
1. Descriptions of other Holland Traits
2. Names of careers that others identified
Partner Talk

1. The personality trait I identified the most/least with was ____________ because...

2. I agree/disagree with my results because...

3. I didn’t know that ____________ is a career. It’s someone who does/helps/interacts with...
Let’s dig into 3 careers!

Based on your Holland Traits, choose three recommended careers and explain how they match.

Choose between researching wages and education level. Do both if you finish early!
What you can do NOW to explore career options

- Find **volunteer opportunities** that match your career interests
- Consider other parts of your **personality traits**
- Consult with family, friends, and trusted adults but remember: **YOU** are in the driver’s seat
Post-Assessment

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Agenda

20 min pretest/intro

20 min inventory (Career Interest Profiler)

30 min follow up/interpretation

10 min posttest/wrap up
Editable Icons
Consider IKIGAI

- What are you good at? What are your strengths?
- What do you love? What delights you?
- What does the world need? How can you serve or support others?
- What can you be paid for? And how and where do you want to live?