

Exploring Careers

Presented by School Counselors of Carlmont High School

Pre-Assessment

Put bit.ly here



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



Students, drag the icon!



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

Preschool Teacher

Loves working in front
of computers

Software Engineer

Loves solving mysteries

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”



← Back

Welcome Student!



Login to Naviance

CONTINUE WITH SINGLE SIGN ON

OR

Email

For example navigator@naviance.com

Password

Type password

☐ Remember me [Forgot your password?](#)

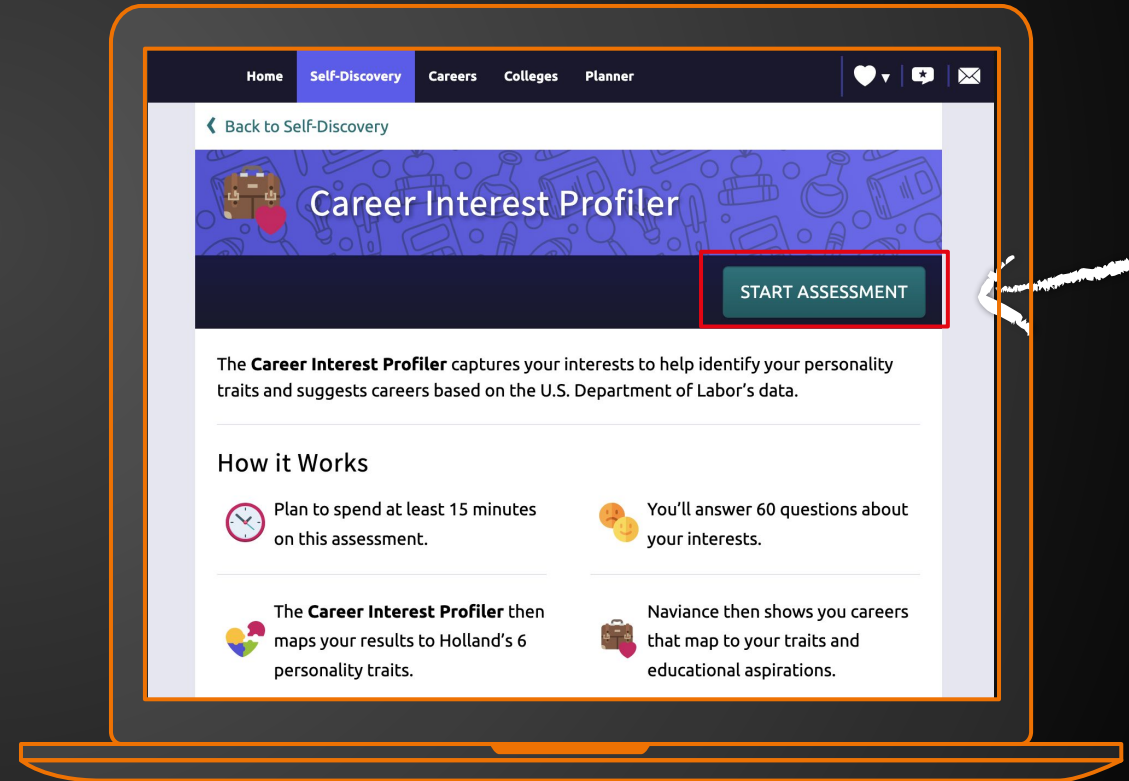
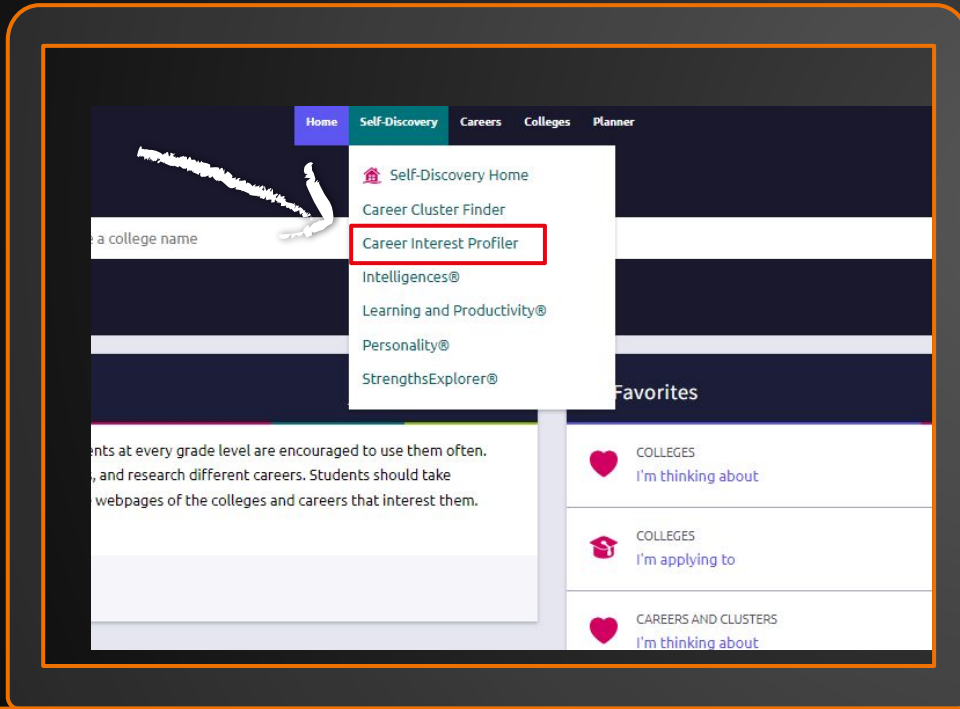
CONTINUE

[Need additional help?](#)
[I'm new and need to register!](#)

Naviance – Career Interest Profiler

Log in to Naviance:

- Hover over “Self Discovery” then select “Career Interest Profiler”
- Select “Start Assessment”

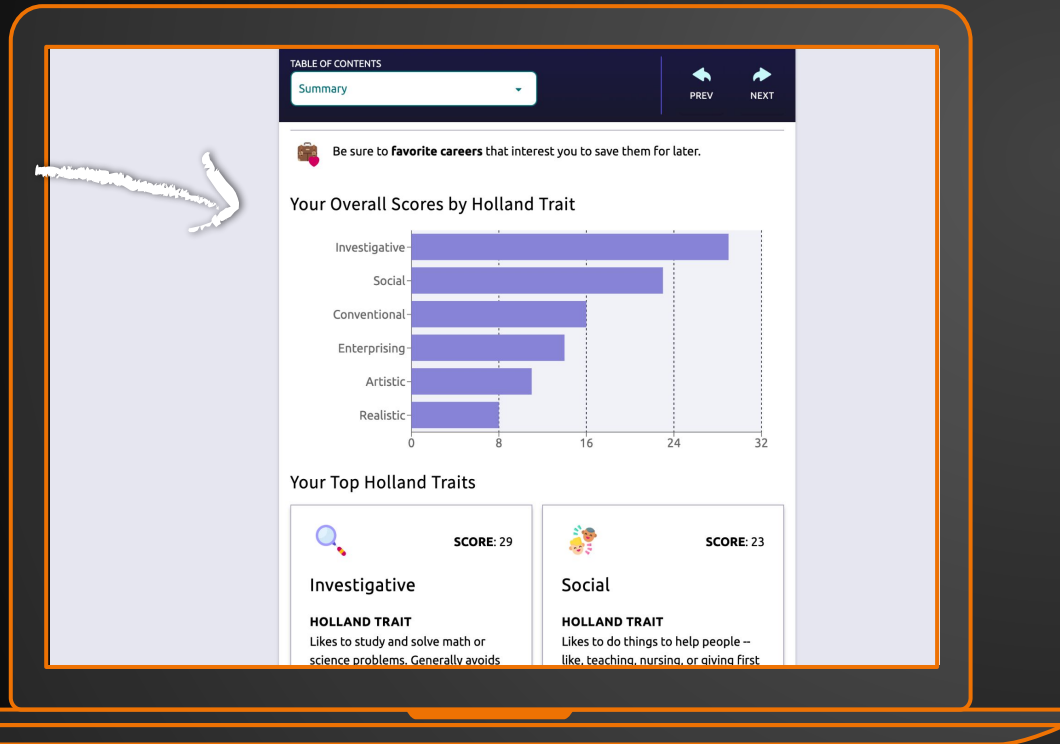


Complete the assessment then follow along on the worksheet

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 [woodsideshs.org](https://www.woodsideshs.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?**

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



Students, drag the icons!

Pear Deck Interactive Slide
Do not remove this bar

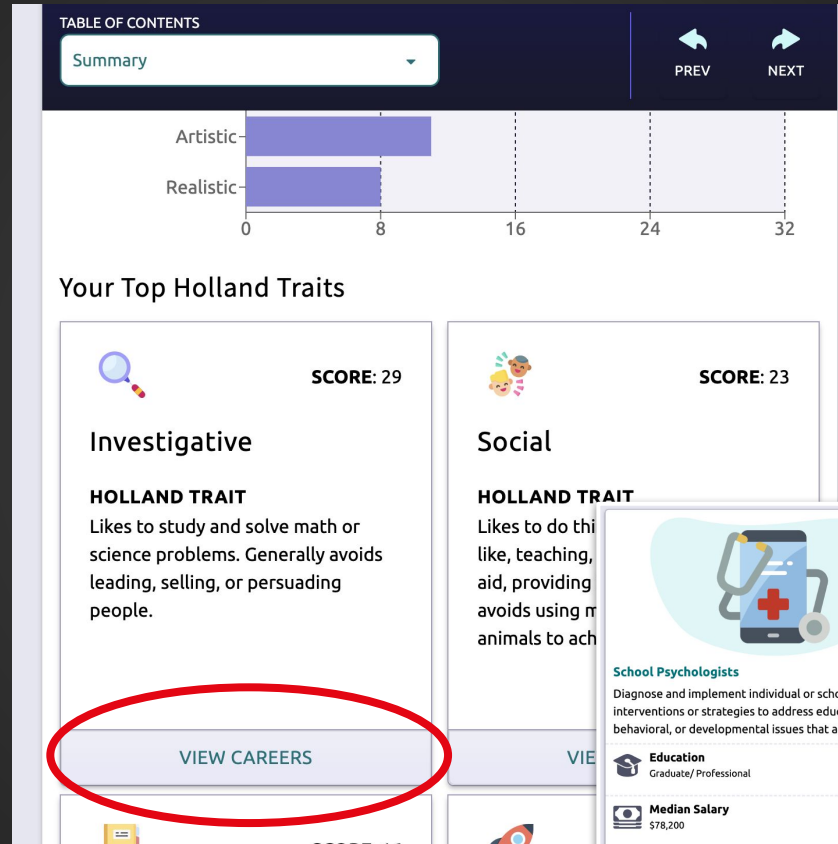
Warm Up

connection.naviance.com/xxxxx
Self-Discovery > Career Interest Profiler



Find your highest-scoring
Holland Trait > View
Careers

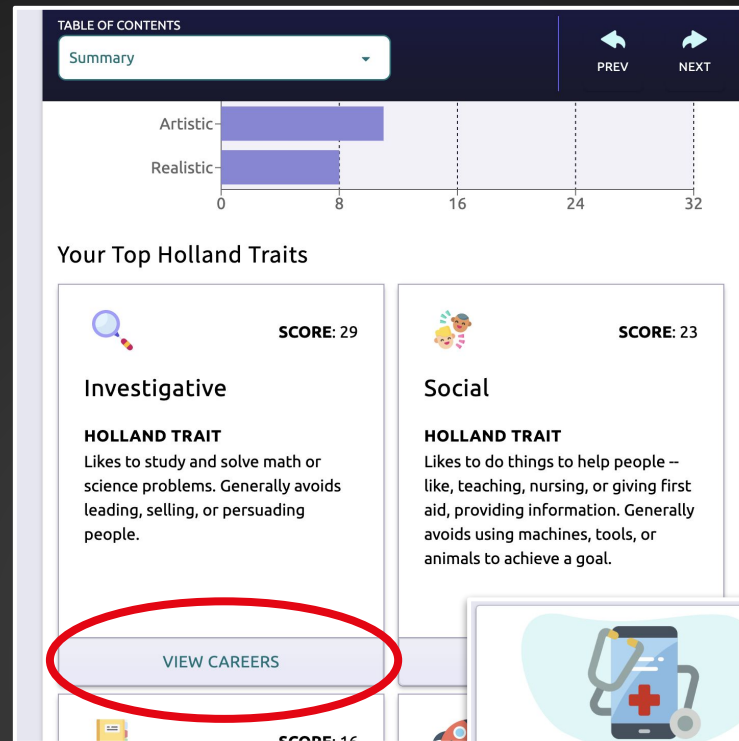
From this list, choose 2
careers you are most
interested in. Write one
career per post-it.



<p>School Psychologists Diagnose and implement individual or schoolwide interventions or strategies to address educational, behavioral, or developmental issues that adversely impact learning.</p> <p>Education Graduate/Professional</p> <p>Median Salary \$78,200</p> <p>FAVORITE</p>	<p>Audiologists Assess and treat persons with hearing and related disorders. May fit hearing aids and provide auditory training. May perform research related to hearing problems.</p> <p>Education Graduate/Professional</p> <p>Median Salary \$77,600</p> <p>FAVORITE</p>	<p>Genetic Counselors Assess individual or family risk for a variety of inherited conditions, such as genetic disorders and birth defects. Provide information to other healthcare providers or to individuals.</p> <p>Education Graduate/Professional</p> <p>Median Salary \$81,880</p> <p>FAVORITE</p>
<p>Historians Research, analyze, record, and interpret the past as recorded in sources, such as government and institutional records.</p> <p>Education Graduate/Professional</p> <p>Median Salary \$78,200</p> <p>FAVORITE</p>	<p>Dietitians and Nutritionists Plan and conduct food service or nutritional programs to assist in the promotion of health and control of disease.</p> <p>Education Graduate/Professional</p> <p>Median Salary \$77,600</p> <p>FAVORITE</p>	<p>Health Specialties Teachers, Posts... Teach courses in health specialties, in fields such as dentistry, laboratory technology, medicine, pharmacy, or nursing.</p> <p>Education Graduate/Professional</p> <p>Median Salary \$81,880</p> <p>FAVORITE</p>

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.



School Psychologists

Diagnose and implement individual or schoolwide interventions or strategies to address educational, behavioral, or developmental issues that adversely impac...

Education
Graduate/ Professional

Median Salary
\$78,200

FAVORITE

Audiologists

Assess and treat persons with hearing and related disorders. May fit hearing aids and provide auditory training. May perform research related to hearing proble...

Education
Graduate/ Professional

Median Salary
\$77,600

FAVORITE

Genetic Counselors

Assess individual or family risk for a variety of inherited conditions, such as genetic disorders and birth defects. Provide information to other healthcare providers or to in...

Education
Graduate/ Professional

Median Salary
\$81,880

FAVORITE

Historians

Research, analyze, record, and interpret the past as recorded in sources, such as government and institutional

Dietitians and Nutritionists

Plan and conduct food service or nutritional programs to assist in the promotion of health and control of disease.

Health Specialties Teachers, Posts...

Teach courses in health specialties, in fields such as dentistry, laboratory technology, medicine, pharm...

Show Me How

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 this if you finish early!

Digging Deep into Three Careers

Step 1: Find your three careers and favorite them.

- Under "**Your Top Holland Traits**," click on the "**View Careers**" button.
- As you find a career you like, click the heart to "**Favorite**" the careers.
- If you do not like any of these, there is a "**Show More**" button at the bottom.

Three careers I favorited today are:

Step 2: Research the wages earned and/or the education level required to pursue these careers. To find the careers you favorited in one place, click the **white heart** located at the top Naviance menu bar > **Favorite Careers and Clusters**

Choice #1 - Wages

- Click to enter each tile > Click on the **Wages** tab at the top of this page
- Scroll down to find the wages in the various California counties. Find one or more of the following:
 - San Francisco - Oakland - Hayward
 - San Francisco - Redwood City - South San Francisco
 - San Jose - Sunnyvale - Santa Clara
- Fill out the tracking table on page 3 of this handout.

Choice #2 - Education

- Click to enter each tile and stay on the **Overview** tab
- Scroll down to **At a Glance** and notice the level of education needed. Your options can either be:
 - Some high school - NOTE: If your career falls in this category, we recommend you find another one, as we expect every student to graduate from high school
 - High School Diploma
 - 2 Year College - ~2-3 years
 - 4 Year College - ~4-5 years
 - Graduate / Professional
- Record this on the tracking table
- Scroll to the bottom and find **Related Careers** with this career.

Step 3: Connect your personality (Holland Traits) to your careers.

Some sample sentence starters are:

- Being a [career] matches my top Holland traits because...
- According to my Holland traits, I am drawn to this because...
- Based on my Holland personality type, I am drawn to this career. This means that I could be a successful...

Career	Wages		Education		How does this career match your Holland personality traits? <small>Write at least 2 sentences. See page 2, step 3 for sentence starters.</small>
	Median Wage in my county	Highest Wage in my county	Education Level Required	Two Related Majors	



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

Put bit.ly here



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?

