Exploring Careers

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Pre-Assessment

https://bit.ly/chs10thfall23pretest

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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

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Why does career exploration matter?

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It's important to plan for various careers

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

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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

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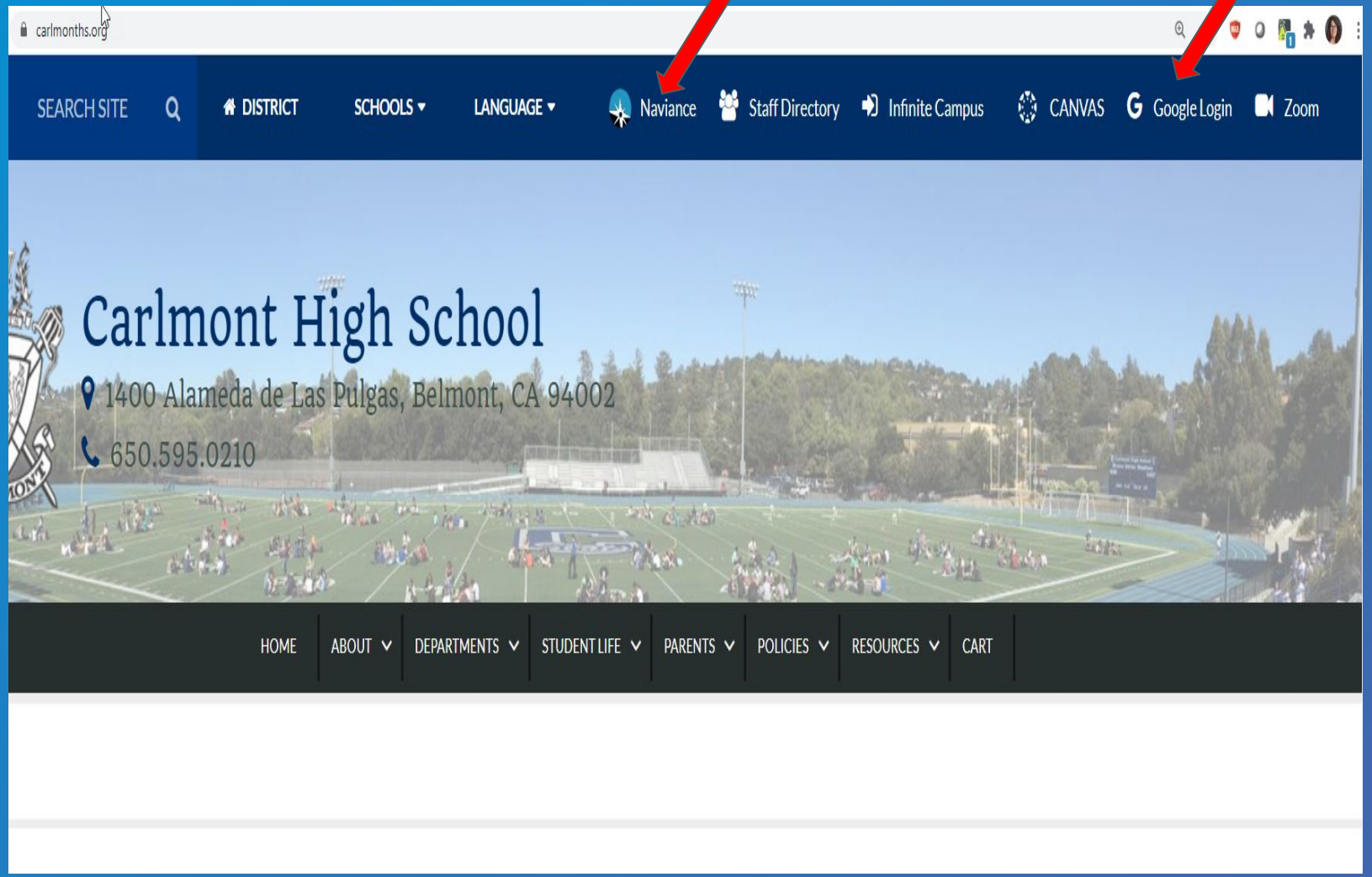
Naviance – Career Interest Profiler



Step 1: Go to the Carlmont website www.carlmonths.org

Step 2: Log into your Google SEQ Account

Step 3: Go back to the Carlmont Web Site

Step 4: Click on the Naviance tab

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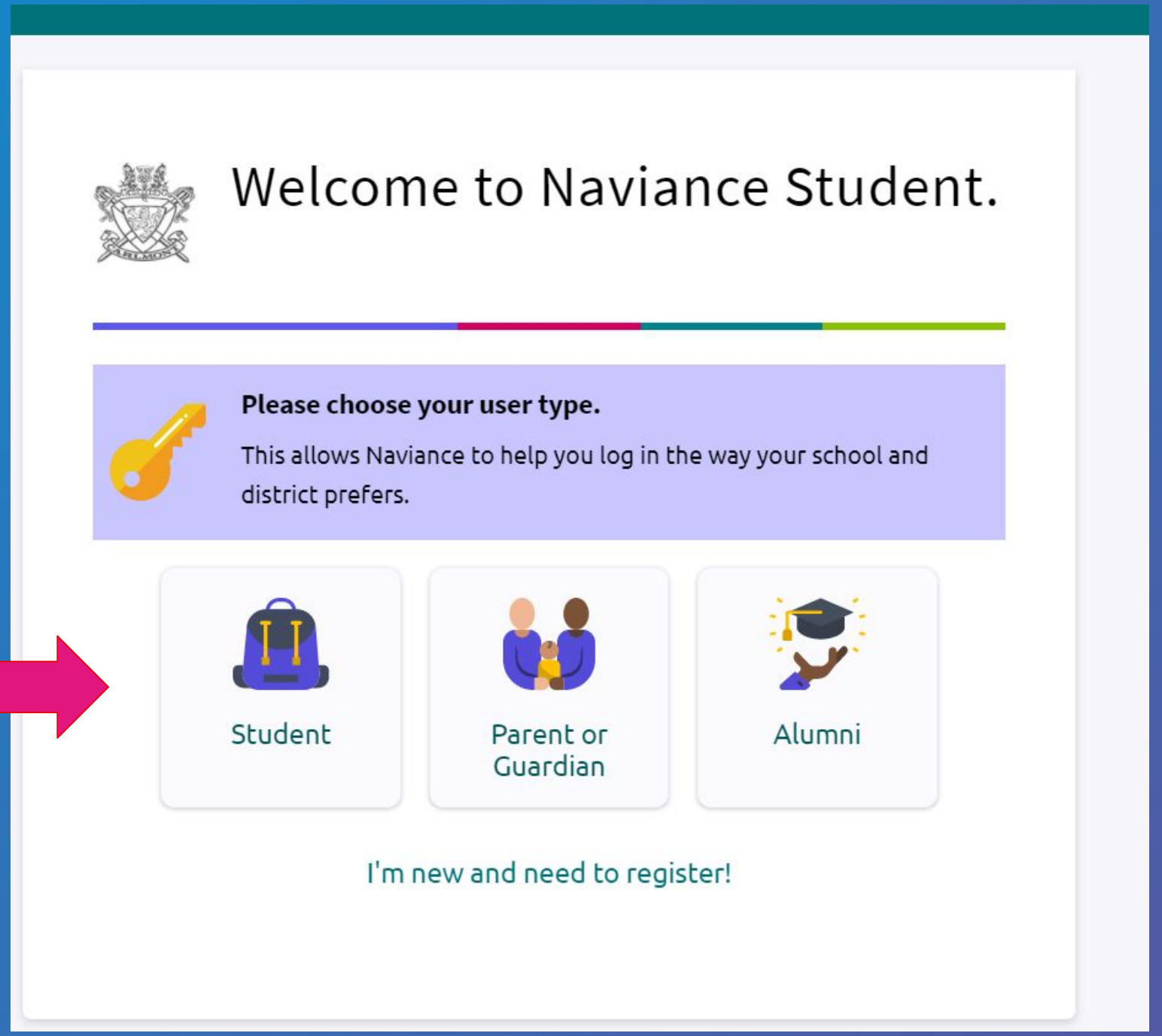
Click on Student



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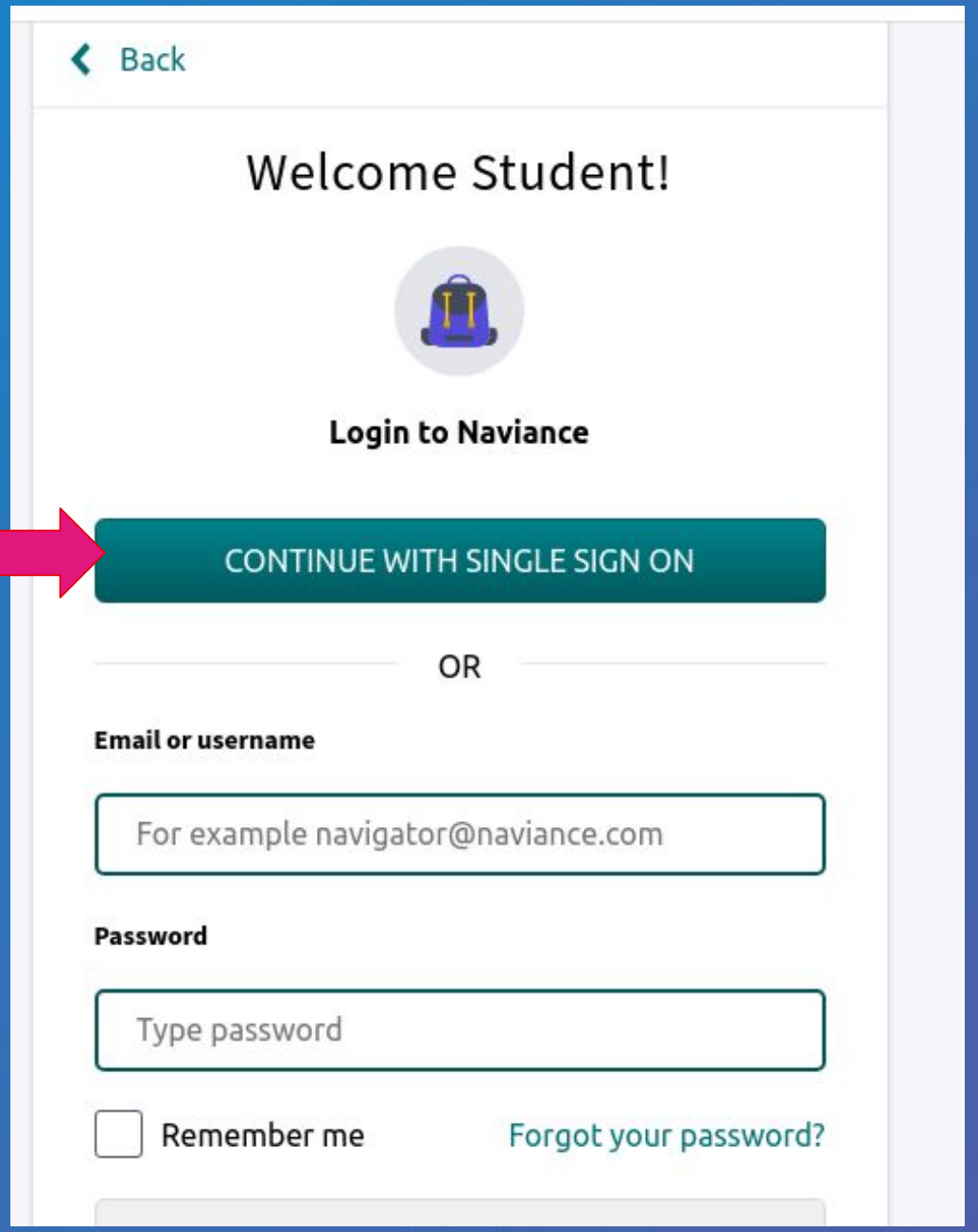
Click on “Continue with Single Sign on”



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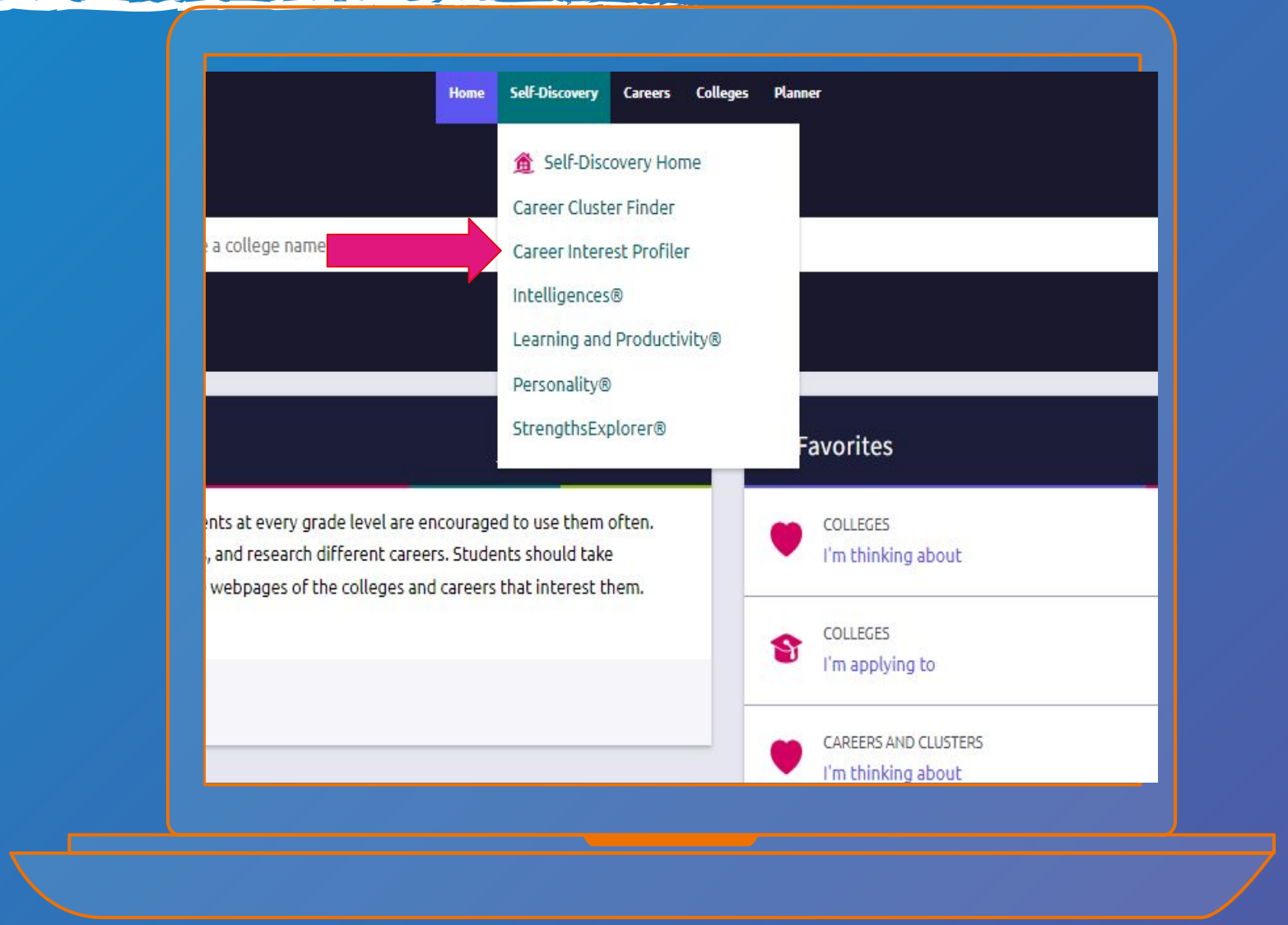
Naviance – Career Interest Profiler

Log in to Naviance:

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



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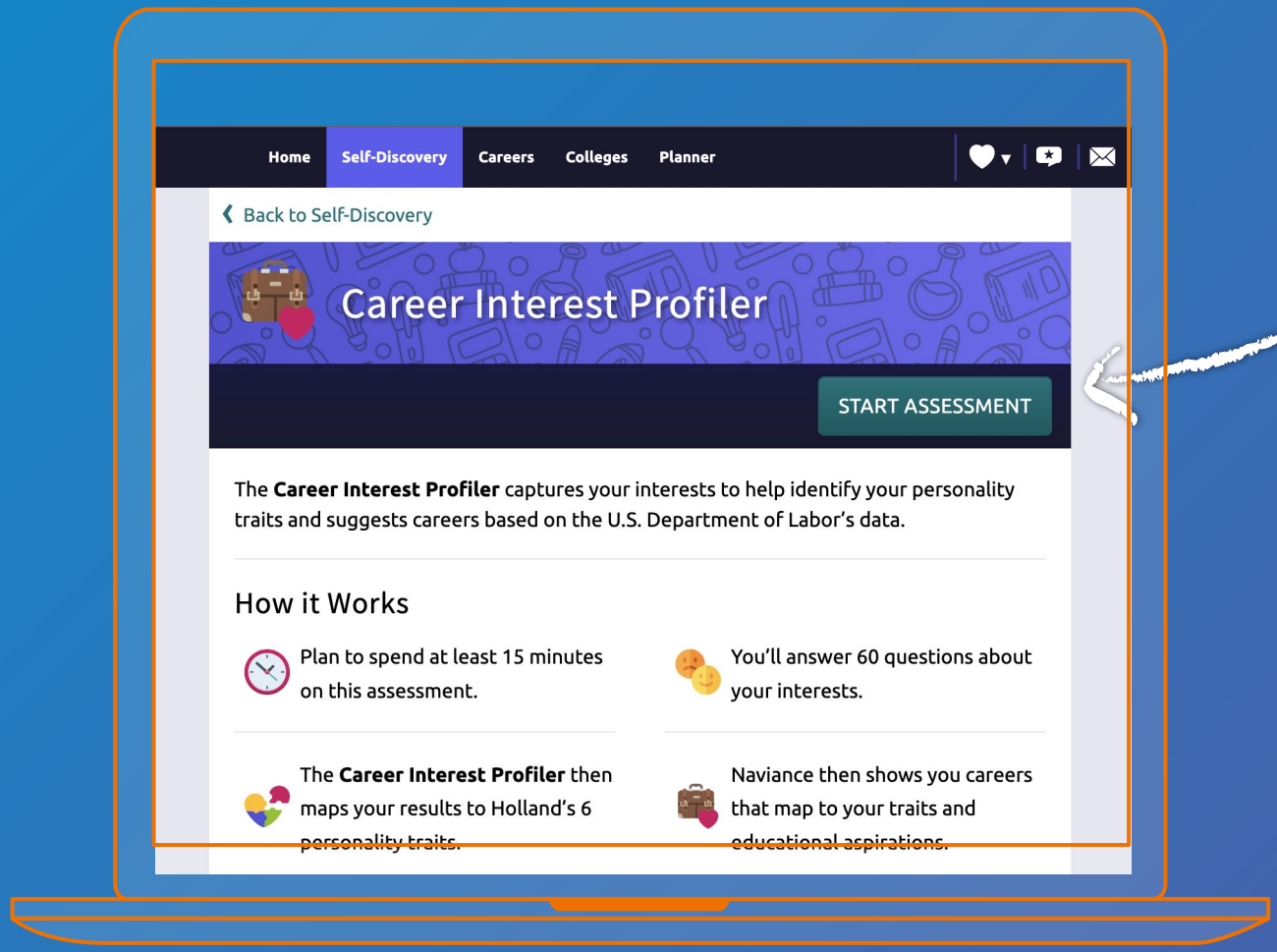
Naviance – Career Interest Profiler

Log in to Naviance:

- Start Assessment



Complete the assessment then follow along on the worksheet

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Holland Codes

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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!

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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 carlmonths.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

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?

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

a. Click to enter each tile > Click on the **Wages** tab at the top of this page
b. Scroll down to find the wages in the various California counties. Find one or more of the following:
    i. San Francisco - Oakland - Hayward
    ii. San Mateo - Redwood City - South San Francisco
    iii. San Jose - Sunnyvale - Santa Clara

Choice #2 - Education

a. Click to enter each tile and stay on the **Overview** tab
b. Scroll down to **At a Glance** and notice the level of education needed (ie: high school, 2 year college, 4 year college, etc.). Your options can either be:
c. Record this on the tracking table on the handout.
d. Scroll to the bottom and find **Related Majors**. Also record two related majors associated with this career.

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Choose between researching wages and education level. Do both if you finish early!

Digging Deep into Three Careers

Step 1: Find your three careers and favorite them.

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:**

a. Record this on the tracking table below
b. Scroll to the bottom and find **Related Majors**.

Name of Career	**Wages**		**Education**	
	Mean Wage in County	Highest Wage in my county	Education Level Required	Related majors

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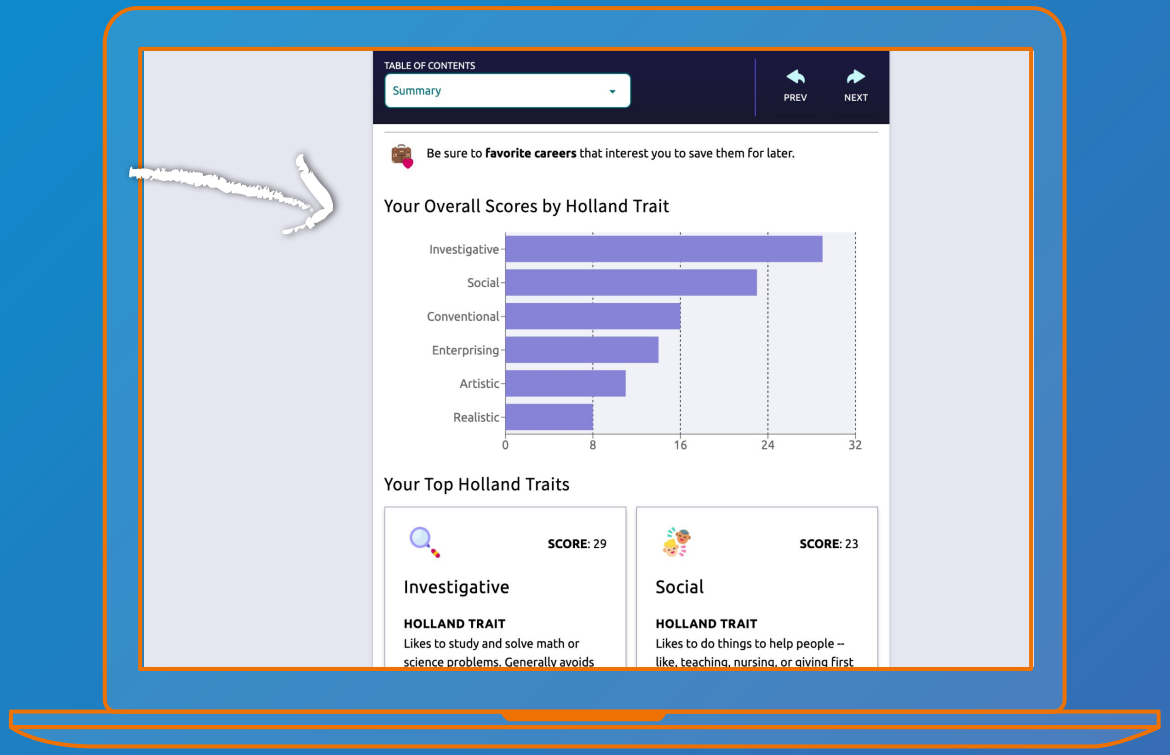
Naviance – Career Interest Profiler

Interpreting Results:

- Scroll down to "Your Overall Scores by Holland Trait," the horizontal bar graph



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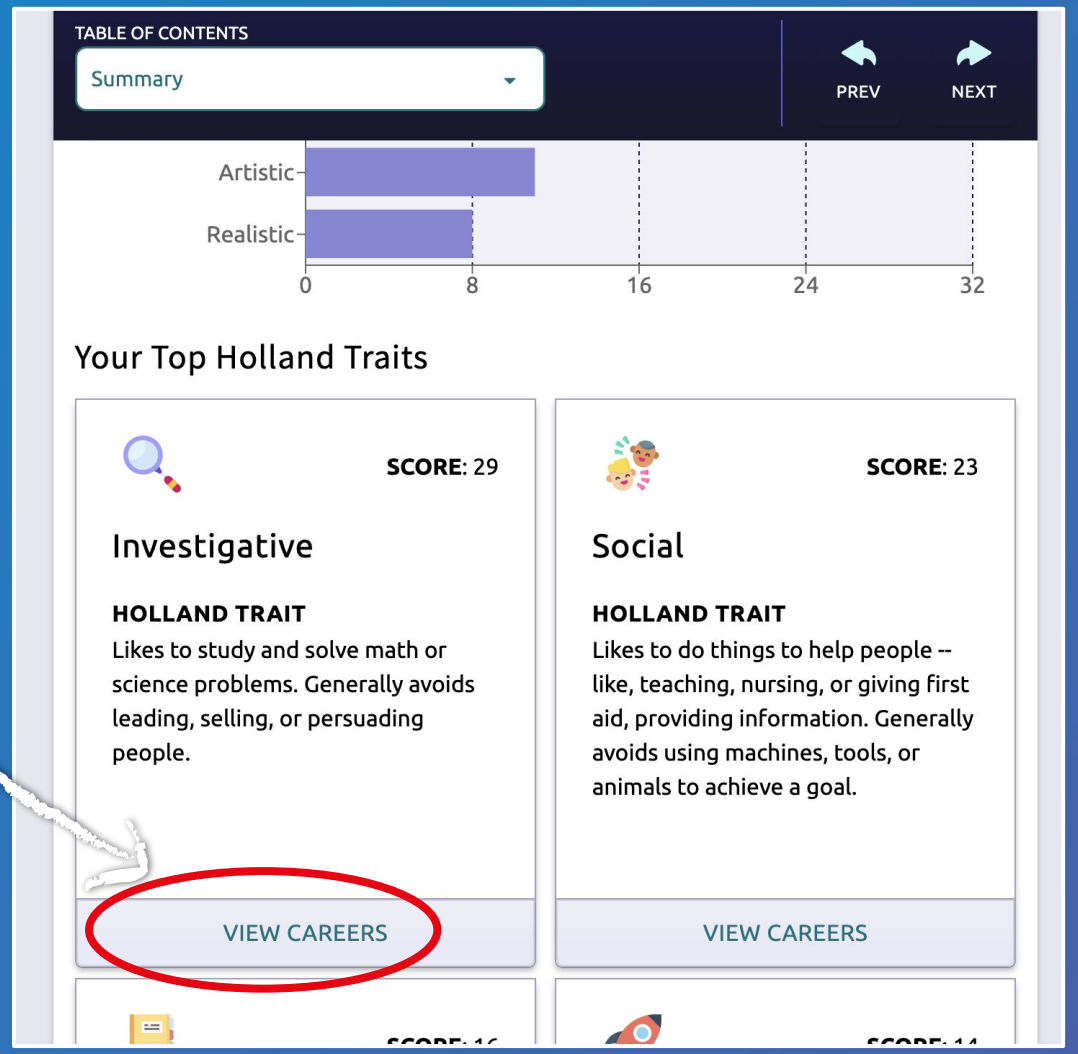
Find your highest-scoring Holland Trait > View Careers

From this list, choose 3 careers in which you are most interested.



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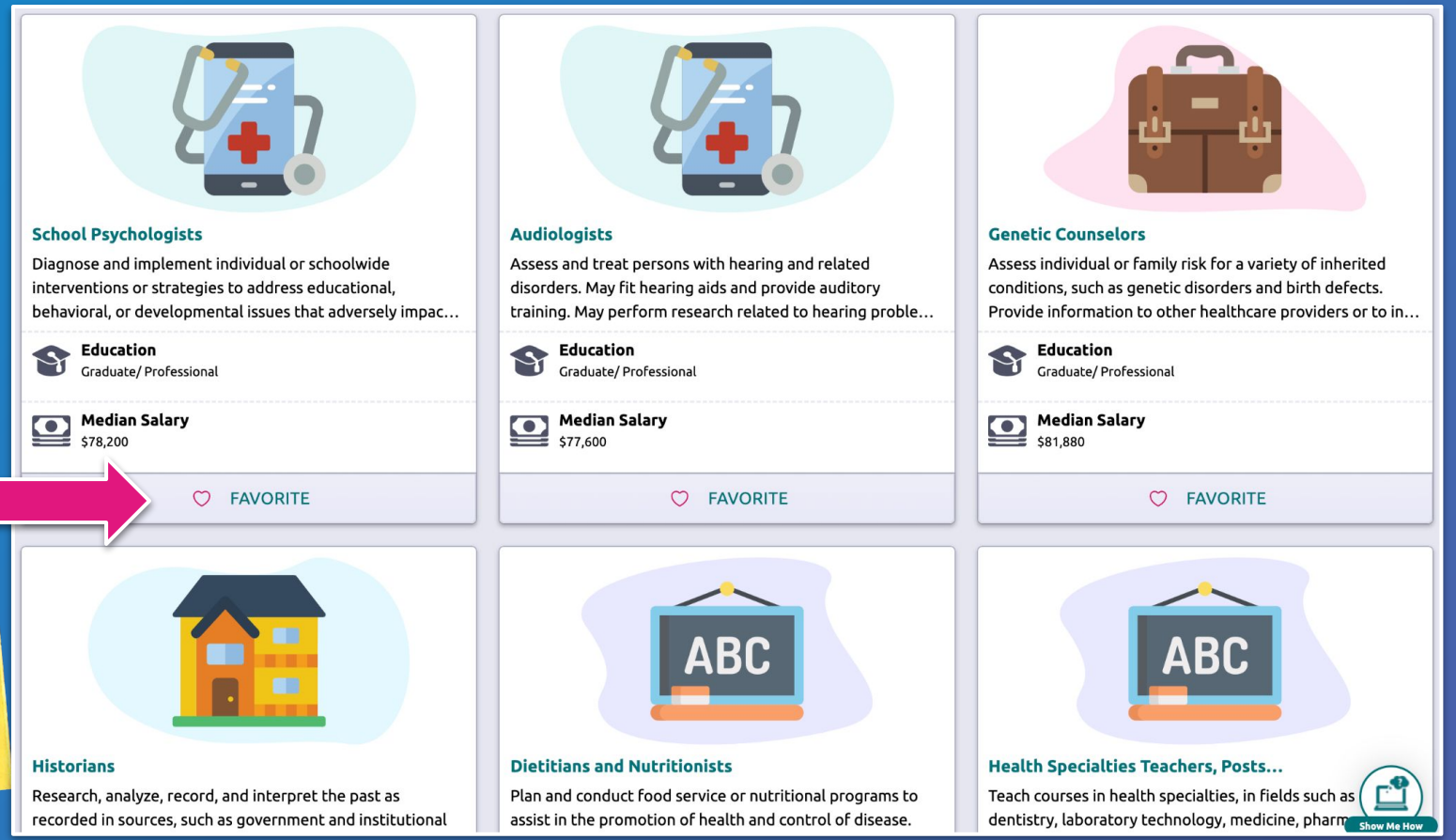
When you find an interesting career, mark it as your “favorite” by clicking on the heart.



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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...

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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

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Post-Assessment

https://bit.ly/chs10thfall23posttest

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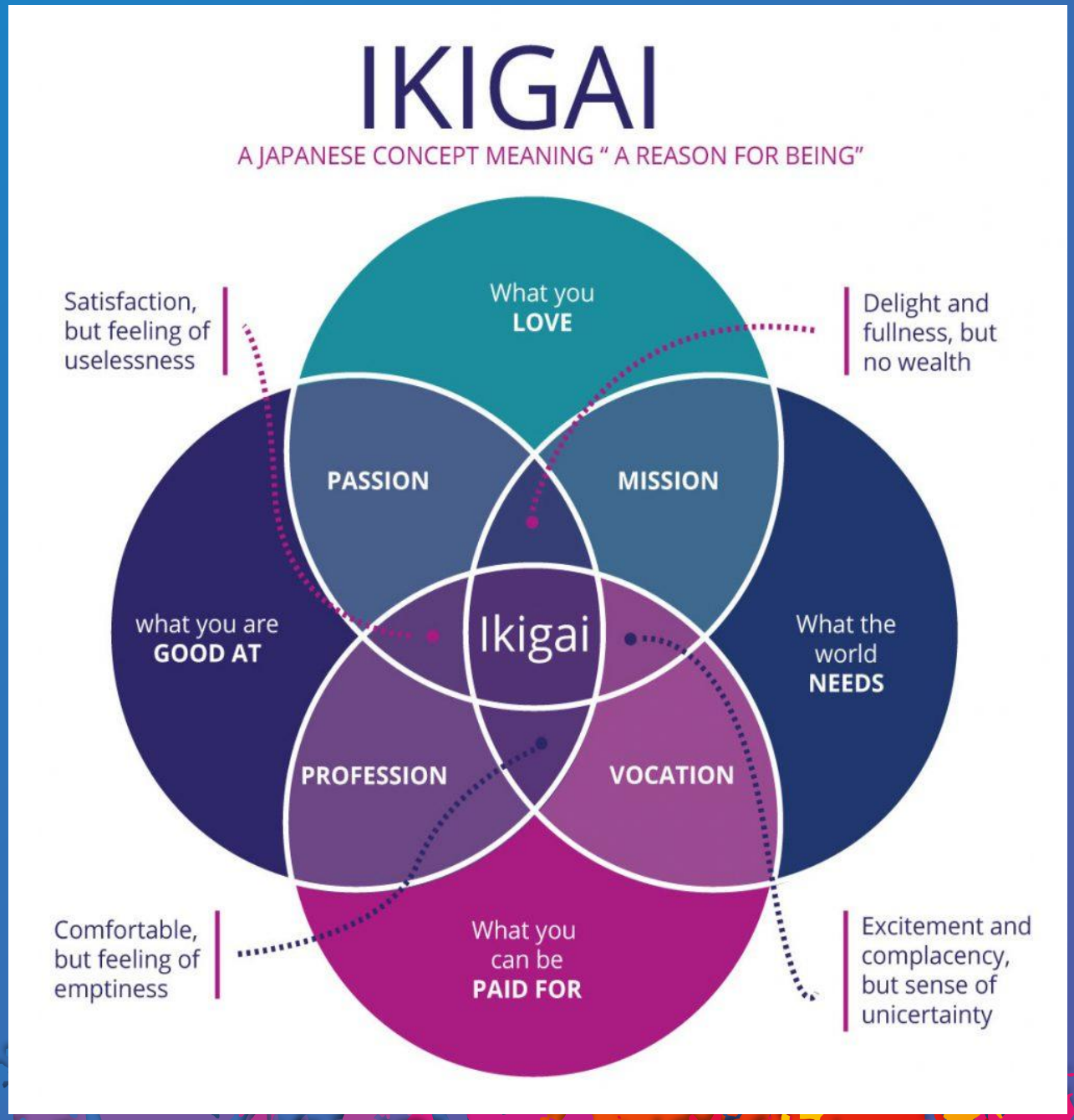
Consider IKIGAI

- 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?



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