

Exploring Careers

Pre-Assessment

<https://bit.ly/chs10thfall23pretest>



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 does career exploration matter?

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

Starting with your personalities...

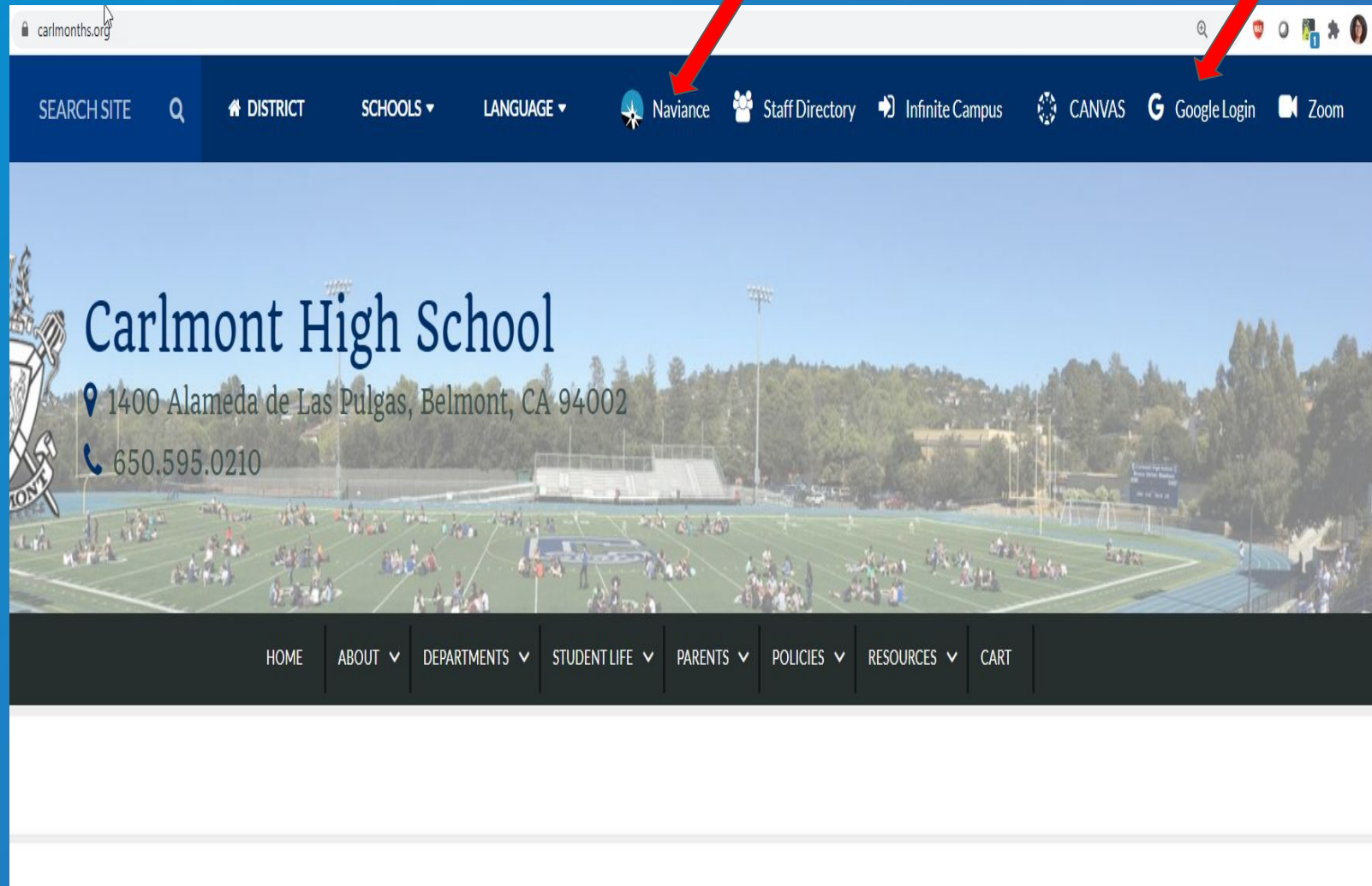
Loves helping kids → Preschool Teacher

Loves working in front of computers → Software Engineer

Loves solving mysteries → Cancer Researcher

...can help you find careers you'd ENJOY

Naviance – Career Interest Profiler



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

Step 2: Log into your Google SEQ Account

Step 3: Go back to the Carlmonth Web Site

Step 4: Click on the Naviance tab



Welcome to Naviance Student.



Please choose your user type.

This allows Naviance to help you log in the way your school and district prefers.



Student



Parent or
Guardian



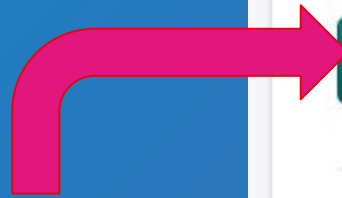
Alumni

I'm new and need to register!

Click on Student




Click on
“Continue
with Single
Sign on”



← Back

Welcome Student!



Login to Naviance

CONTINUE WITH SINGLE SIGN ON

OR

Email or username

For example navigator@naviance.com

Password

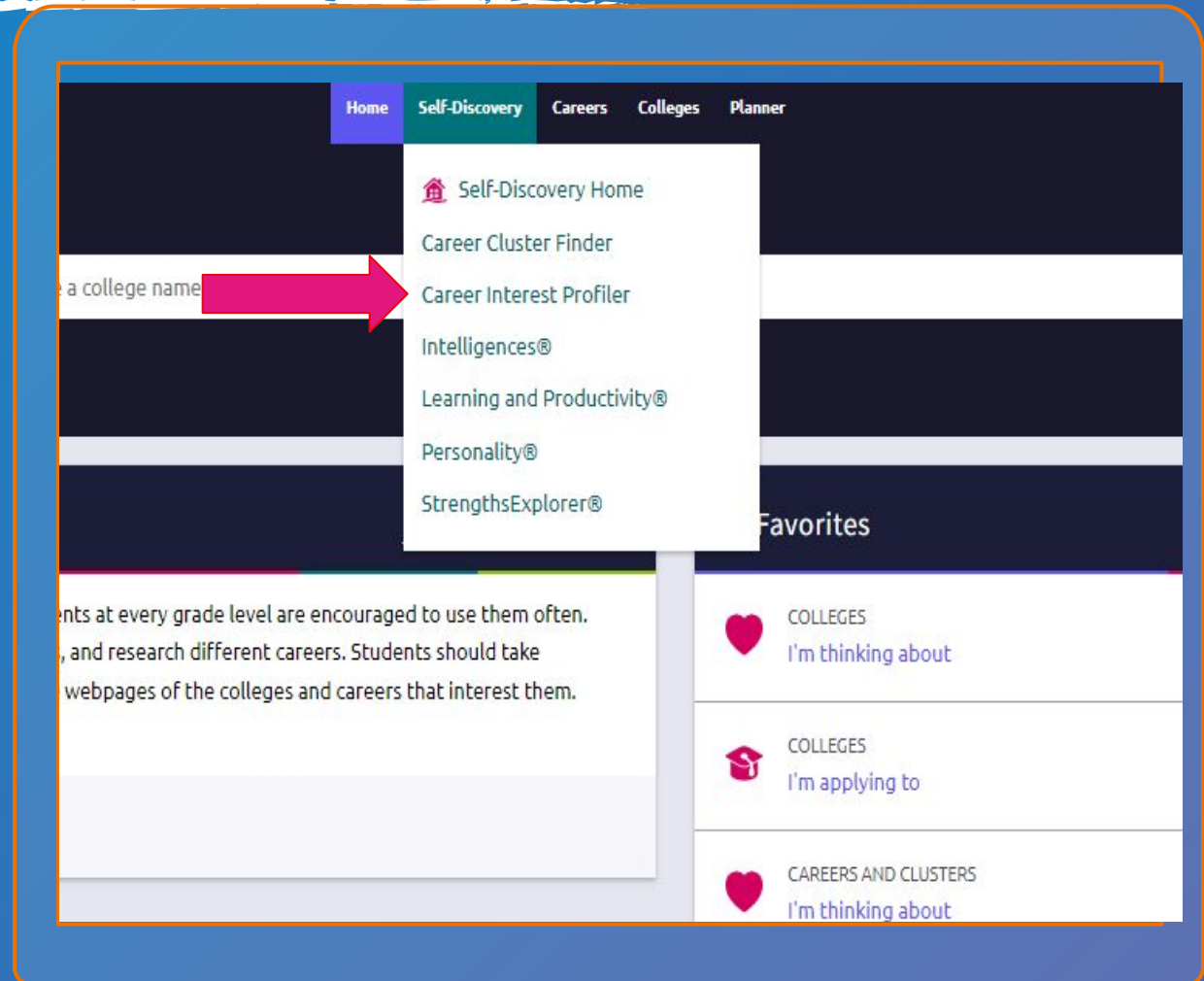
Type password

Remember me [Forgot your password?](#)

Naviance – Career Interest Profiler

Log in to Naviance:

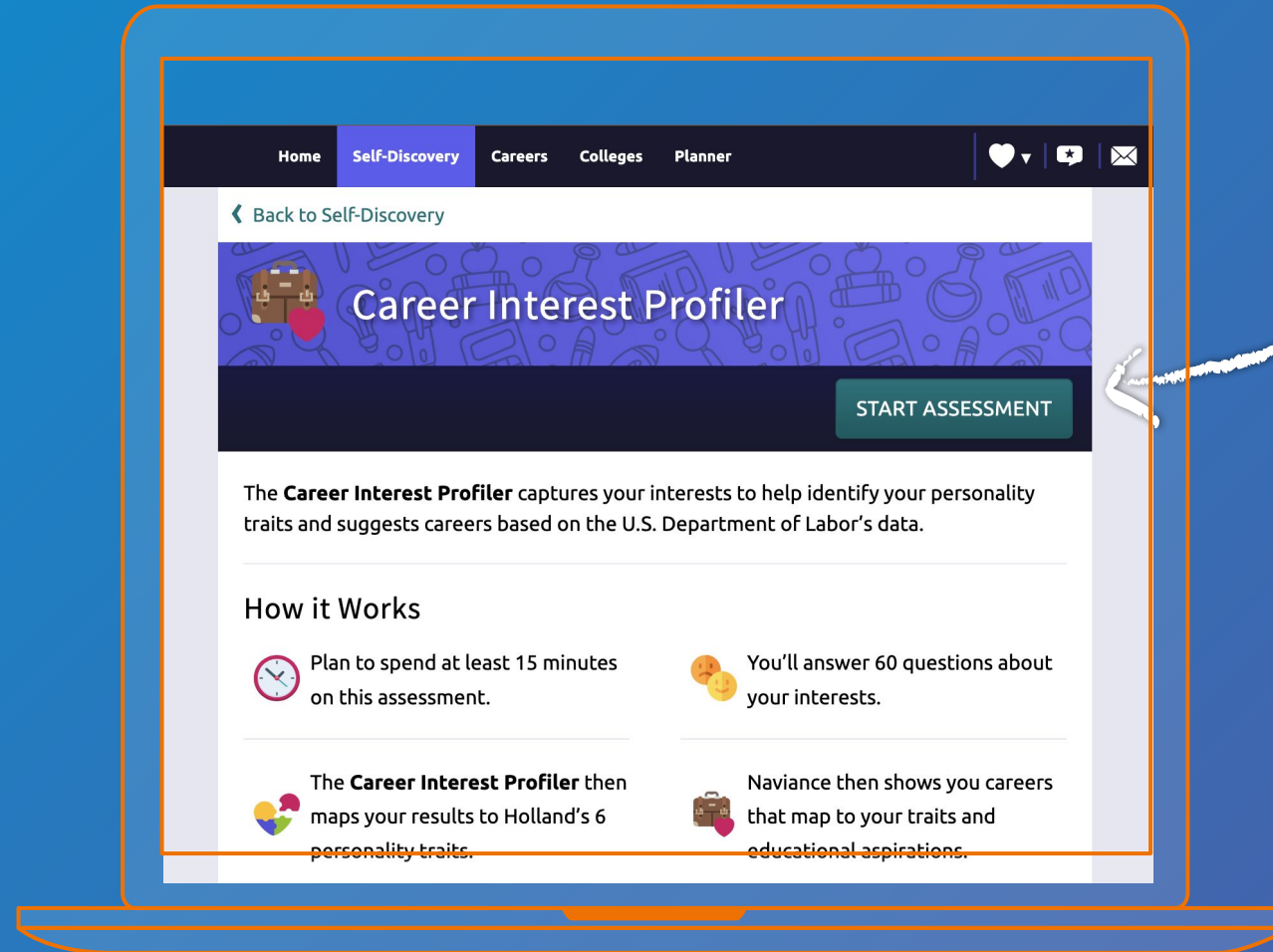
- Hover over “Self Discovery” then select “Career Interest Profiler”



Naviance – Career Interest Profiler

Log in to Naviance:

- Start Assessment



Complete the assessment then follow along on the worksheet

Holland Codes



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!

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.

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:**

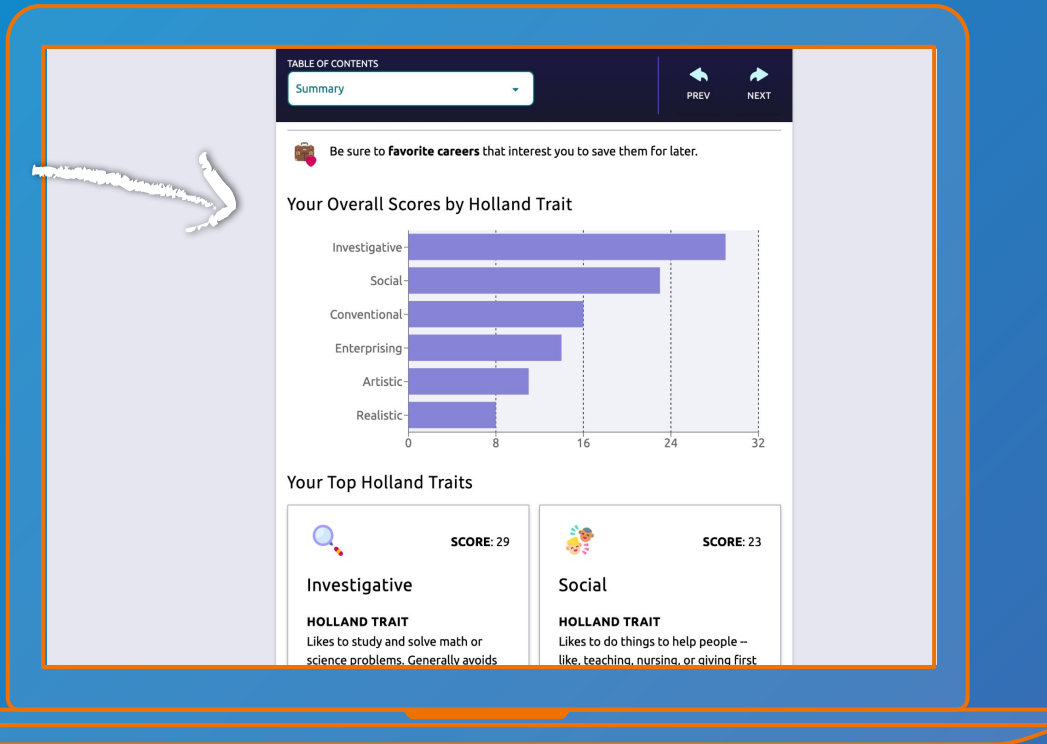
- a. Record this on the tracking table below
- b. Scroll to the bottom and find **Related Majors**.

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

Naviance – Career Interest Profiler

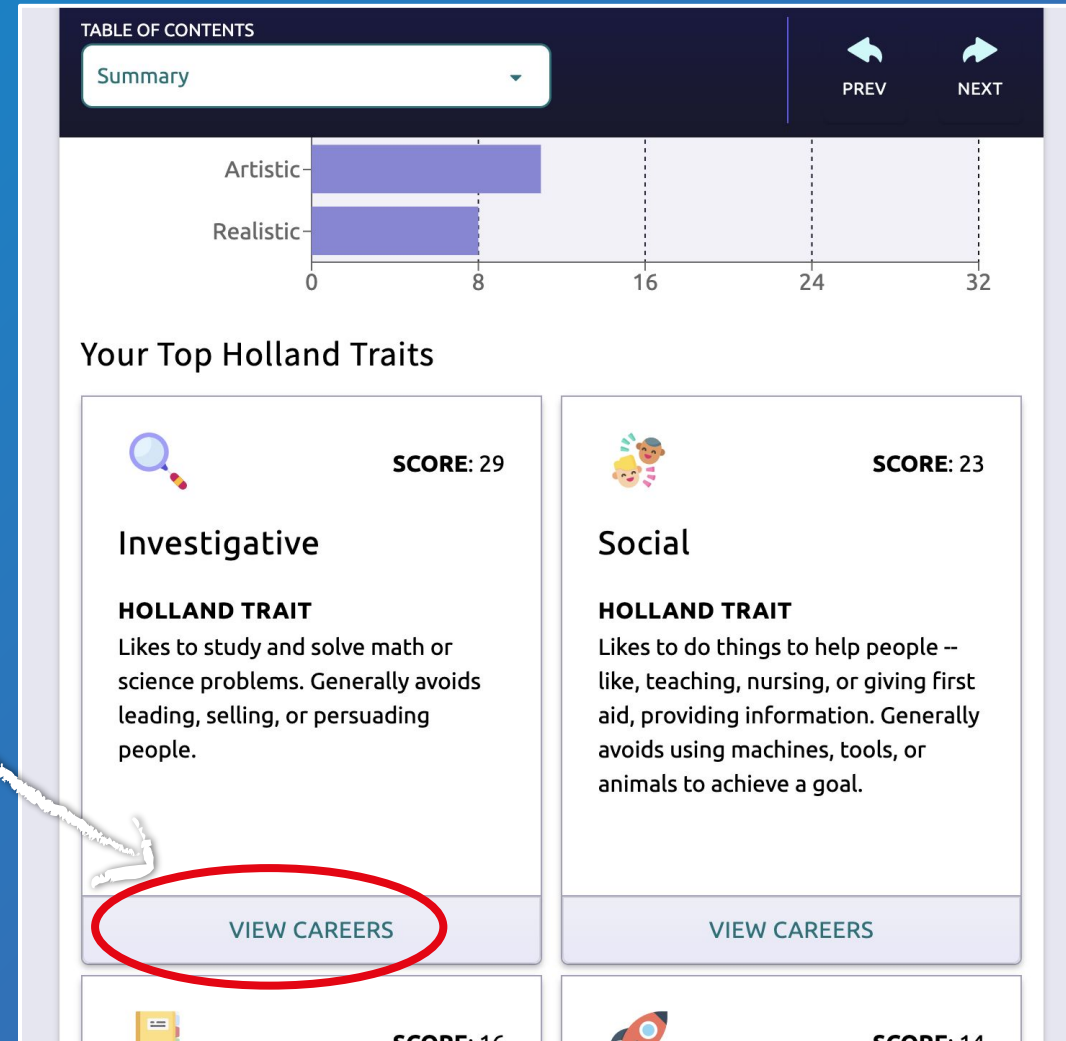
Interpreting Results:

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



Find your highest-scoring
Holland Trait > View
Careers

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



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



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



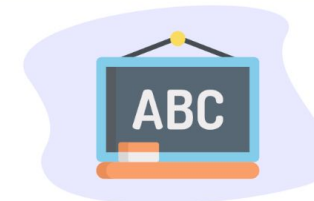
Historians

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



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...

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

<https://bit.ly/chs10thfall23posttest>



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?

IKIGAI

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"

