

SELF ASSESSMENT

My Current Career Cluster Interests

1. _____ 2. _____ 3. _____

Occupations/Pathways I am considering as a Future Career from my Top 3 Career Cluster Interests

1. _____ 2. _____ 3. _____

HIGH SCHOOL OPPORTUNITIES

Possible Courses That I Will Need To Take in High School Related to my Cluster/Occupations

Possible School Clubs I Could Join that Relate to my Future Career

1. _____ 2. _____ 3. _____

COMMUNITY OPPORTUNITIES

Possible Community Organizations that I Could Join or Volunteer that Relate to my Future Career

1. _____ 2. _____ 3. _____

Possible People or Businesses I could talk to about my Future Career

1. _____ 2. _____ 3. _____

Can these people or places help you attain a part time job or work release position related to your Future Career?

____ YES ____ NO ____ UNSURE

POST SECONDARY PLANS

My Current Post-Secondary Plans are ___ 4 Year College ___ 2 Year Community College ___ Technical School ___ Military
___ Apprenticeship ___ Certification Program ___ On the Job Training ___ Not Sure

Possible Majors or Training Programs I Would Like to Pursue

1. _____ 2. _____ 3. _____

Possible Colleges or Training Facilities that offer the Major/Training Program I am Interested in Pursuing

1. _____ 2. _____ 3. _____

Certifications/AP & Dual Enrollment Courses Offered in my High School OR in my Community Related to My Future Career

Certification/Course _____	College/Training Facility _____
Certification/Course _____	College/Training Facility _____
Certification/Course _____	College/Training Facility _____

Possible Job Shadows Related to My Future Career:

Occupation _____	Company _____
Occupation _____	Company _____

MY GOALS

Things I Need to do to Prepare me for My Future Career:

1. _____	Projected Completion Date _____	Completed Date _____
2. _____	Projected Completion Date _____	Completed Date _____
3. _____	Projected Completion Date _____	Completed Date _____

WHAT ARE MY INTERESTS/HOBBIES?

Things that make you happy, that you can spend hours doing.

HOW DO INTERESTS/HOBBIES RELATE TO MY CAREER?

If you think about it, you already use your interests/hobbies to make decisions. Who to hang out with, what you do in your spare time, or what bands you listen to. When you're doing something you enjoy, it's easier to pay attention and feel motivated. It's the same when it comes to your career.

That doesn't mean that because you like painting, you'll one day be an artist. Instead, try to think about your interests in a wider way. They can help open up a whole set of jobs which might be right for you. Your love of painting could lead to lots of careers which involve creative thinking: product designer, comic-book artist, programmer, museum curator, advertiser or teacher.

- Individual Sports (Marathon Running, Yoga) - You're fit and you enjoy challenges.
- Team Sports (Football, Basketball, Cheerleading) - You excel at teamwork and have leadership skills.
- Extreme Sports (Motocross) - A risk taker (bad for desk jobs).
- Tech Hobbies (Computing, Blogging, Gaming) - Tech savvy and introverted (not great for social jobs).
- Puzzles (Crosswords) - You're an analytical thinker with problem-solving skills.
- Games (Chess, Trivia) - You're an intelligent strategist.
- Social Hobbies (Mentoring, Volunteering, Boy/Girl Scouts) - You communicate well and connect with others.
- Collector (Coins,Rocks,Books) – Critical thinker and Decision Maker
- Outdoors (Traveling,Fishing,Hiking, 4H Club) – enjoys adventure and flexible schedule (bad for desk jobs)
- Art / Music (Playing, Listening, Acting) – You are a communicator. You may enjoy working with others or alone.

ASSESSING YOUR SKILLS

You probably take for granted the many skills you use every day to survive and get along. These skills are adaptive or self-management skills because they allow you to adapt or adjust to a variety of situations. Some of them could be considered part of your basic personality. Such skills that are valued by employers include getting to work on time, honesty, enthusiasm, and getting along with others.

- Time Management – Arrives to school on time, completes homework on time.
- Patience – Looks after younger brother or sister.
- Compassion – helps take care of Grandma or Grandpa. Takes care of the family pet.
- Teamwork – helps parents or family cook dinner or plant a garden. Participates on an athletic team.
- Constant Learner – enjoys reading books.
- Organized – your bedroom or locker is clean and orderly.
- Adapts to Nature - Hunts, Fishes, Hikes, Bikes, Camps
- Money Management – part time job, saving allowance towards a goal, participate in fundraiser
- Creative – enjoys art (paint, draw, etc.), creative writing and poetry, design and creates flyers

RESOURCES for Goal Setting

- Community Organizations
- Local Businesses
- Key Business Leaders
- Local Colleges
- High School Course Offerings
- High School Dual Enrollment, Certification, Apprenticeship Options
- High School Club List
- SAT, ACT and ASVAB Test Dates & Locations
- Military Descriptions & Recruiter Contacts
- PHEAA
- Summer Programs/Camps
- Student Leadership and Mentoring Opportunities
- Annual Events for volunteer opportunities related to career choices
- Part Time Job Openings

Goal Examples

- Explore Careers - Contact one person related to your career interest. Ask them about the career path and advice.
- Expand upon your hobbies (Culinary = Cook a meal for a group of friends using new techniques or unique foods you found online, Volunteer to help prepare the Christmas Day Happenings Meal. Running = help with a 5K fundraiser in the community)
- Volunteer for a set amount of time at a place related to your career path (Ex: Veterinarian= volunteer at Humane Society 2 hours a week for 4 weeks. Nursing = volunteer at nursing home every weekend.)
- Participate in a summer workshop, class or camp related to your career interest (Ex: PSU and UPB Summer Camps, Governor's School, Conservation District summer projects)
- Schedule a job shadow with someone working in the career field you are interested in.
- Take a Certification Class related to your career interest. (Ex: healthcare= take an EMT class)
- Going to college? Research SAT Test dates and locations. Select one and register online.
- Registered for the SAT? Take an SAT Prep Test or Prep Class offered at your high school or online.
- Going into the Military? Schedule a meeting with a military recruiter to explore options. Take the ASVAB and review results with Recruiter.
- Want to be a Teacher? Tutor an elementary or middle school student in a subject you enjoy. Babysit for younger children.
- Get a part time job for a company with jobs related to your career interest.
- Heading into the Workforce? Find a Pre-Apprenticeship or Work Release Opportunity with a local company.