

Career Exploration Assignment

“The average American worker will have three careers and eight different jobs over a lifetime, multiple careers in environments of constant change.”

Candice Carpenter, author *Chapters*

This assignment may help students select an initial career pathway or at least begin to explore possible careers. For some of you this is your first step in this process; others of you may be returning to school to open up other career and life opportunities. Wherever you are in the process, this exercise will help you.

Developing a career plan helps relieve some of the anxiety we all face when making important life choices. Choosing an initial goal motivates students to complete both their educational and personal goals. Life is a series of choices and education and training are ways to create a better life. You are the only one that can choose to create a quality life for yourself.

Assignment Complete a 250 word typed essay based on the answers to the pre-write questions.

- Identify and list the things you like about your favorite occupation
- What is it about this specific career that is meaningful or important to you? (i.e. knowledge, skills, abilities, interests or work values)

Read about job titles/job families that appeal to you by going to O*Net <http://online.onetcenter.org/> (Click on Find Occupation or Job Families)

The following are additional strategies/resources and information to help you choose a career pathway and/or write your essay.

- Visit the BC Virtual Career Center <http://www2.bakersfieldcollege.edu/counseling/careercenter/>
- Read further information about your career choice on the Occupational Outlook Handbook (OOH) <http://www.bls.gov/oco/>
- What to do with a major in? <http://career.berkeley.edu/InfoLab/CareerFields.stm>
- Use the OOH Search A-Z/ index careers in alphabetical order (top right hand corner)
- **Informational interviewing:** http://www.quintcareers.com/informational_interviewing.html
- **Job Shadowing** <http://careernetwork.msu.edu/news/job-shadowing-a-day-in-the-life>
- **Internships** <http://www.internshipprograms.com/>
- Do a web search of professional associations in your career area