

# Career Exploration Exercise

## *“Making the Right Choices”*

### Instructions for completing the Interest Profiler using *Choices* software

- 1) Go to [www.bridges.com/ct](http://www.bridges.com/ct)
- 2) In the sign-in area, click on “Site Id” and enter the following information:  
**Site ID: 0110687**  
**Password: capitalcc**
- 3) Click on the box labeled “Choices Planner.”
- 4) On the far right under “**Your Portfolio**”, click on “**Create a portfolio.**”  
**Portfolio name:** Your banner number with the @ symbol  
**Password:** 4-16 characters and cannot be the same as your portfolio name.  
**Email: use your student college email not your personal email. This will be helpful if you need to retrieve/reset your password if you ever forget it.**
- 5) Click on “Interest Profiler.”

**Click on “Start Answering Questions.”**

#### **About the assessment:**

- You will respond to 60 questions that represent important interest areas by clicking on: Like, Not Sure, Dislike
- Answer all the questions honestly. This is merely a tool to help **you** learn more about yourself and possible career choices
- This is NOT a test – there are no wrong answers

#### **6) Printing or saving your results:**

If you need more time to complete your assessment, save your results and complete your assessment on your own. Remember to use your portfolio name and password. Bring your results to the next class.

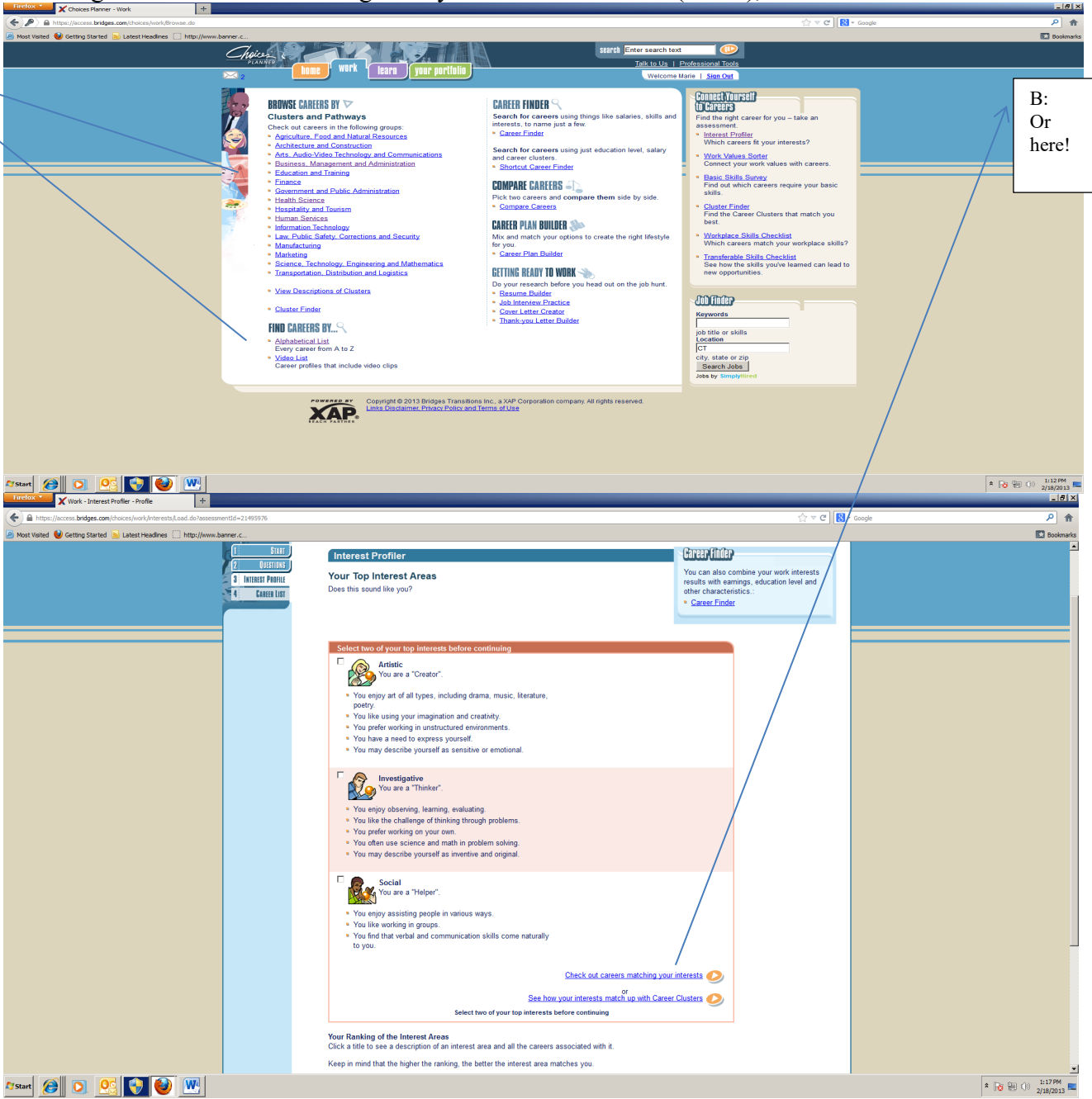
If you finish your assessment, send your results to the printer by clicking on “print this” at the top right of the page. Be sure to check off “Your Interests Areas” as well as “Careers Matching Your Interests.”

# Choosing a Career to Explore

When choosing two careers for this assignment, discuss your *Interests Profiler* assessment and how it might factor into your career choices. Also, think about courses that you have found interesting in high school and/or in college and any other information about yourself that you think is relevant. You can choose two careers for this assignment by browsing “Careers by Clusters & Pathways,” “Alphabetical List” (See A) or “Careers Matching Your Interests” resulting from your Interests Profiler (See B),

A: You can pick a career from here!

B: Or here!



## Career Exploration Assignment (150 Points)

Please answer the following questions about the two careers that you decided to explore. Answers must be typed. You will be graded on effort and the level of detail given in your answers.

- 1) To receive full-credit, you must submit a printout of your Interests Profiler and the “What they Do” page for each of your two career choices. (5 points)
- 2) What are your top two interest areas (according to the results of your Interests Profiler)? What do these mean? Do the results of the Interests Profiler surprise you or confirm what you already knew about yourself? Explain. (10 points)
- 3) What **two** careers did you decide to explore for this assignment? List at least three tasks these careers require you to do. (10 points)
- 4) According to information found in *Choices*, What are some of the skills that are required in these careers?(10 points)
- 5) According to information found in *Choices*, what level of education and degree(s) are required in order to pursue these careers? (10 points)
- 6) How much money can you expect to earn if you were to pursue these careers? (10 points)
- 7) List two interesting facts about each of these careers that you found either on an association or related website? **List the websites where you found this information.** (10 points)
- 8) Use the attached worksheets to compare the two careers. (25 points each)

Career Choice #1:	
Name three reasons why you are interested in exploring this career.	1)  2)  3)
What are the advantages of pursuing this career?	1)  2)  3)
What are the potential obstacles to pursuing this career?	1)  2)  3)
What are three <b>specific</b> steps that you would have to take <b><u>in the next year</u></b> in order to pursue this career? Include a time period for each of the steps	1)  2)  3)

Career Choice #2:	
Name three reasons why you are interested in exploring this career.	1)  2)  3)
What are the advantages of pursuing this career?	1)  2)  3)
What are the potential obstacles to pursuing this career?	1)  2)  3)
What are three <b>specific</b> steps that you would have to take <b><u>in the next year</u></b> in order to pursue this career? Include a time period for each of the steps	1)  2)  3)

## ESSAY (35 points)

After learning about these two careers, which career choice are you more likely to commit to at this point? Which seems more compatible with who YOU are? Be VERY specific including discussing your interests, personality, values, goals, experiences, etc. Pretend you are convincing someone you know how this career would be right for you. This is worth 35 points, so please put a lot of thought of thought and effort into answering this question. This essay should be at least 1 page double spaced with a 12 point font, or about 250 words.

### **This is just one piece in a larger puzzle!**

The career that you choose to research for this assignment does not have to necessarily be the one that you actually pursue. Keep in mind that this is simply an exercise to get you thinking about possible career choice.

You should continue doing more research on possible career choices by making an appointment to see Linda Domenitz, Director of Career Planning and Placement, to continue using *Choices*, complete other assessments, make use of available resources, or simply to seek additional career counseling services. You can reach her at 906-5108 or stop by the Center her office in Room 209C.

#### **Other suggestions:**

- Job shadow/interview people in the career area that you are thinking of pursuing
- Speak to a counselor or faculty advisor
- Read articles about the career that you are interested in pursuing
- Browse through online career resources that are available on the CCC Library website:

<http://wwwold.ccc.commnet.edu/library/careers.HTM>