

EXPLORATION INTERESTS, SKILLS, & VALUES

INTERESTS



Interest assessments usually ask you a series of questions about what you like and don't like to do.

Which interest assessment(s) did you take?

- [Career Force Interest Profiler](#)
- [MNCareers/Lifeplan Interest Assessment](#)
- [CareerWise Cluster Assessment](#)
- [Your Free Career Test](#)
- Other _____

Record the specific results from these assessments (top areas of interest, etc.).

Career Force Interest Profiler and/or MNCareers/Lifeplan Interest Assessment

RIASEC Score Components	Score CareerForce	Score MNCareers/ Lifeplan	Notes
R = Realistic			
I = Investigative			
A = Artistic			
S = Social			
E = Enterprising			
C = Conventional			

CareerWise Cluster Assessment

Rank	# of Matches	Career Cluster	Notes
1st			
2nd			
3rd			
4th			
5th			

Your Free Career Test

Results Code: _____ (record so you can return to your results)

Rank	Interest Level (%)	Careers Associated
1st		
2nd		
3rd		
4th		
5th		

REFLECTIONS: INTERESTS

What have you learned about your interests?



SKILLS

Your skills describe what you like to do and what you are good at. Being able to identify and describe your skills allows you to answer key questions such as: What am I good at? What do I already know how to do?

Which Career & Technical Education Courses have you taken thus far?

What skills have you learned through these courses or other life experiences?

Learn more about your skills by taking the [CareerOneStop Skills Matcher](#).

You'll rate your levels on 40 key workplace skills and discover careers that match your ratings.

What careers might match my skills?

Rank	Career	Annual Wages	Education	Outlook
1st				
2nd				
3rd				
4th				
5th				

*Click on **See Full List of Skills** on the left of your skills profile. List skills you rated highest in. Don't forget to download results so you can add them to your resume.

List additional skills you rated highest in ...

REFLECTIONS: SKILLS

What have you learned about your work skills?

What CTE courses or other experiences should you consider to gain more skills?



VALUES

Values are your beliefs about what is important or desirable. When your values line up with how you live and work, you tend to feel more satisfied and confident.

CareerOneStop Work Values Matcher My 6 Universal Work Values: Place how you rated for each of the work values, in order of most important to least important.

Rating	Score	Work Value	Notes
1st			
2nd			
3rd			
4th			
5th			
6th			

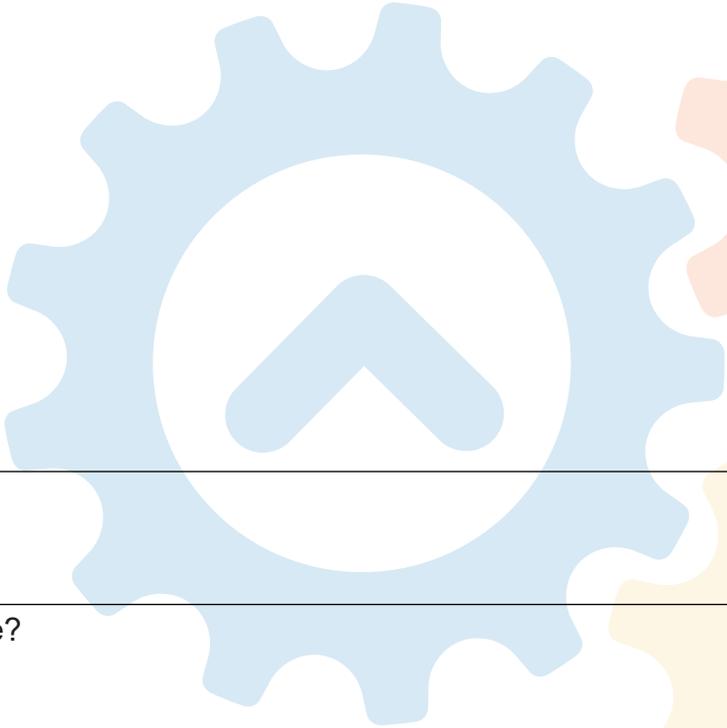
REFLECTIONS: VALUES

What have you learned about your work values?

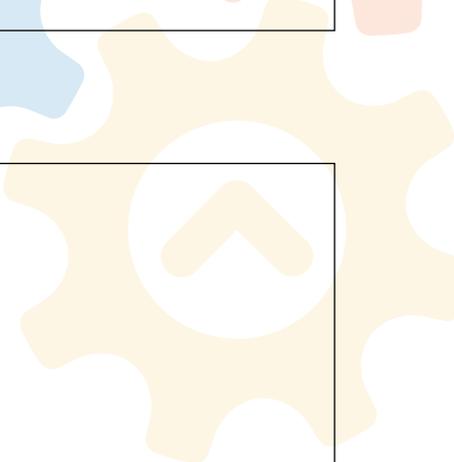
FINAL REFLECTIONS: INTERESTS, SKILLS AND VALUES

What am I MOST interested in?

What am I good at?



What is MOST important to me?





Match what you've learned about yourself with potential careers.

Based on previous answers, build a list of potential careers of interest.

Narrow to your top three using the six broad interest areas from the beginning of your journey: Realistic, Investigative, Artistic, Social, Enterprising, and Conventional.

Look back at your RIASEC scores from the beginning of your exploration. Select your top three categories. Search careers that may be of interest to you, using [CareerShip®: Match my career interests](#). Record results below.

RIASEC Category	Career	Summary	Wages	Keep on list? Y/N

Review your assessments for other careers that match what you have discovered about yourself. Record other careers you may wish to explore:

REFLECTIONS: CAREER MATCHES

Which top 3 careers would you like to explore further?



Research your top three careers of interest from the previous page using the resources below and in the “Explore Top Careers” link in the Roadmap. “CHECK” the resources you use, so you can track your results.

- [Career One Stop: Learn About Careers](#) - Use these tools and links to learn which occupations are in high demand in your area, pay good wages, and relate to your skills or training.
- [Career Wise: Research MN Careers & Industries](#) - Get details on specific careers and career pathways. Then find out which careers and industries will be in high demand in the future.
- The [Career and Education Explorer](#) lets you explore a wide range of occupations and related education. Find wages, demand, job opportunities, and more.
- [Know Before You Go](#): Easy to read labor market infographics to help you make informed decisions about a variety of career options.

Questions to find answers to ...

What do people do on the job in this career?

Career #1: _____

Career #2: _____

Career #3: _____

Is this career a good fit for your interests, skills, and abilities?

Career #1: _____

Career #2: _____

Career #3: _____

How much money do people earn in this career?

Career #1: _____

Career #2: _____

Career #3: _____

What education or training do people need for this career?

Career #1: _____

Career #2: _____

Career #3: _____

What's the employment outlook for the career?

Career #1: _____

Career #2: _____

Career #3: _____

How many graduates in my chosen career are finding jobs in Minnesota?

Career	# Graduates Employed	Median HR Wage

Will this career/job allow me to live where I want in the way that I want?

Find out with the [REALITY CHECK TOOL](#)

Career #1: _____

Career #2: _____

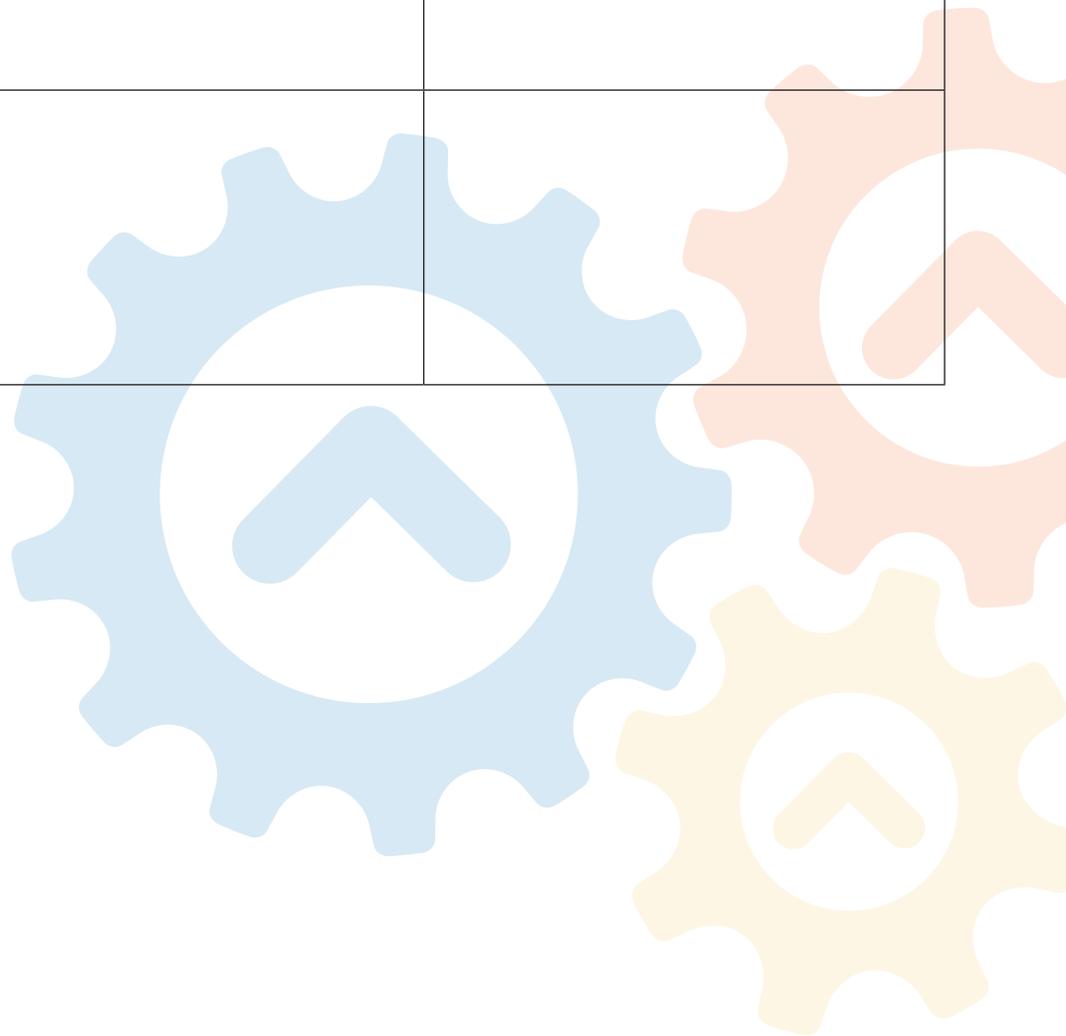
Career #3: _____



CHECKPOINT 1

Based on your exploration thus far, which career(s) rise to the top to advance to EXPOSURE? (Narrow to your top two)

Questions	Career #1	Career #2
How does this career align with your interests, skills, and values?		
What have you learned about this career, so far, that you like? (What makes it rise to the top?)		



E XPOSURE

GAINING VALUABLE INSIGHTS AND CONNECTIONS



Review online **CAREER VIDEOS** that show workers actually doing what they do for your top two careers.

[Career One Stop Career Videos](#)

[SW Minnesota Virtual Career Conversations](#)

[Bridges Connections Career Videos](#)

What about working in this career do I find interesting or exciting?

Career _____

Career _____

Still interested? Ask a professional in that career if you could visit their work place to learn more about their job.

What kinds of exposure opportunities am I interested in? (Check all that apply.)

Workplace tours

Career Exploration Events

Job Shadowing

Other _____

Who will I reach out to for help connecting with these opportunities/real workers?

Find who can help me. ([Click here for resources](#))

Name	Email	Phone



WORKER INTERVIEWS

Interview workers about their daily work life. Ask an adult at home, in your family, or in your community who works in the job you're interested in.

Who would I like to interview? Who will help me connect with them?

Name	Email	Phone	Connector

What will I ask them? Here is a suggested interview format.

(Be sure to thank them for their time. It is also a good idea to write them a thank you note and send it by regular mail or by email. If things went well and you are interested in this line of work, ask if they would allow you to shadow them for a day on the job.)

Name - Interviewee	Company	Title
What is your typical day like?		
What do you like most about this career?		
What is the most difficult part of your job?		
What motivates you with your job? What makes you feel excited about it?		

What two or three skills help you the most in doing your job? How did you learn these skills?

What kind of education did you need for this job?

Of all the things you did to prepare for this job, what helped you the most?

What kind of personality does well in a career like this?

If you had a chance to do things over again, what would you change?

Is there a question you think I should have asked in order to better understand this career?

Is there any other advice you would like to give me?



WORKPLACE TOURS/JOB SHADOWS

Workplace tours and job shadowing will help you learn a great deal more about a career than you can through online research.

What places would I like to tour? Who will help me make this happen?

Company	Connector	Email	Phone

What jobs or people would I like to job shadow? Who will help me connect with them?

Job/Name	Company/Connector

Following tour/job shadows, answer these questions ...

JOB/WORKPLACE _____

Would I like working in this setting (location and work atmosphere)? Why or why not?

Does this career match my skills, abilities, and what's important to me?

Could I tolerate the parts that weren't as interesting to me? Do I actually like doing the typical tasks?

What do I actually like/dislike about doing the typical tasks of this job?



CHECKPOINT 2

Has my exploration and exposure thus far confirmed my interest in this career?

If mostly YES, KEEP MOVING FORWARD ON THE ROAD MAP TO PURSUE THAT CAREER PATHWAY.

If no, take HEART – You ARE making progress!

QUESTIONS TO ASK YOURSELF BEFORE HITTING REVERSE TO EXPLORE ANOTHER CAREER:

What's one thing I've learned about my job/career preferences from investigating this career?

How has what I've learned helped me refine my self-assessment questions to refocus my search?

Did I hear about any new careers during this search that might suit me?

Given this experience and what I know about myself now, what career(s) will I explore next?

I'm still unsure? What additional information or experiences might help me? Who might help me continue my exploration?

E XPERIENCE

GAINING REAL-WORLD SKILLS

Gaining experience in the real world of work is a great way to see how your studies and education pathway can lead you toward the career of your choice.

What are some opportunities to gain real-world experience?

- Take technical education and other classes that build your skills in your chosen pathway
- Get a part-time job; All work helps you build skills
- Talk with local employers about the skills you'll need and how to get them
- Volunteer for a local cause or organization



WORK-BASED LEARNING: OJT, INTERNSHIPS AND APPRENTICESHIPS

Select your top career choice and try it on. Work-based learning opportunities give you the best insight about whether or not you'll like working in particular career paths, workplace settings, and locations.

After reviewing the work-based learning opportunities, which are you most interested in?

- On-the-job Training
- Mentorship
- Internship
- Youth Skills Training

Who will I contact to help me? ([Click here for resources](#))

Name	Email	Phone

Which opportunities did you participate in? Where?

TYPE of WORK-BASED LEARNING:

- OJT
- Mentorship
- Internship
- YST

COMPANY: _____

Name of Key Contact	Email	Phone

Following your experience(s), answer these questions ...

JOB/WORKPLACE _____

Would I like working in this setting (location & work atmosphere)? Why or why not?
Could I tolerate the parts that weren't as interesting to me? Do I actually like doing the typical tasks?
What do I actually like/dislike about doing the typical tasks of this job?

JOB/WORKPLACE _____

Would I like working in this setting (location & work atmosphere)? Why or why not?
Could I tolerate the parts that weren't as interesting to me? Do I actually like doing the typical tasks?
What do I actually like/dislike about doing the typical tasks of this job?



CAREER GOALS

As you've gained EXPERIENCE, you have likely found one or two careers that align best with who you are but do you have a clear image of who you would like to be in the future?

Your **vision** is a "picture" of what you desire in your work life. Putting this vision into words, can help you establish and reach your career goals. A Career Vision Statement expresses your career values and goals in a simple one paragraph statement. Writing this down helps you set a goal and believe in your ability to achieve it!

What is your vision for your future work life?

Answer the following questions to develop your career vision:

If you could do any job in the whole world and money was no object, what would you do?

How do you define success? Imagine yourself in the future at a point in which you've achieved great career success. What is that you have accomplished? What does your life look like?

What work values have you discovered through your 3E's journey?

Create your vision statement. Combine words and phrases from the above answers into a future-looking paragraph. It should be positive and practical.

Example: "By completing training and certification as veterinary technician, I will provide exceptional care to animals and compassionate customer service to their families who love them."

Now that you have a vision of your future work life, how will you get there?

Goals are a way to help you get to where you want to be and work toward what you want to achieve. A short-term goal is something you want to achieve soon. A long-term goal is something that you will achieve further in the future.

[Review this SMART Goal video.](#)

What does each letter of SMART stand for?

Defining your career goals will help you complete the necessary steps toward a rewarding and enjoyable work life.

Here's an example:

Long-term career goal: Veterinary Technician

Short-term activities:

- Learn more – talk with at least three people in this career in the next month
- Job Shadow at least one person in this field
- Gain experience/skills – volunteer at an animal shelter or seek an internship with a veterinary clinic within the next six months
- Acquire education/training: Finish a degree at Ridgewater College within two years

What is your long-term career goal?

What are the short-term activities to help you reach this goal?



TRAINING AND EDUCATION

What's Next? Once you are ready to pursue a career goal, the next step is to build the education or training path to achieve success in that career.

MY TOP CAREER CHOICE

CAREER: _____

What skills do I need for this career?

Review the requirements for your top career choice.

What training/education is required to attain this career goal?

Review Education/Training Options

What education option(s) might be the best fit for me and my chosen career?

How will I acquire the skills I need? Be specific.

My training/education plans...

RESTATE YOUR FULL CAREER VISION, GOALS, AND PLAN ...

My CAREER VISION STATEMENT:

MY CAREER GOALS

GOAL #1

ACTIVITIES: HOW WILL I GET THERE? (Steps I will take)	WHO WILL HELP ME?	WHEN WILL I COMPLETE THIS?
Step 1		
Step 2		
Step 3		
Step 4		

GOAL #2

ACTIVITIES: HOW WILL I GET THERE? (Steps I will take)	WHO WILL HELP ME?	WHEN WILL I COMPLETE THIS?
Step 1		
Step 2		
Step 3		
Step 4		

GOAL #3

ACTIVITIES: HOW WILL I GET THERE? (Steps I will take)	WHO WILL HELP ME?	WHEN WILL I COMPLETE THIS?
Step 1		
Step 2		
Step 3		
Step 4		

GOAL #4

ACTIVITIES: HOW WILL I GET THERE? (Steps I will take)	WHO WILL HELP ME?	WHEN WILL I COMPLETE THIS?
Step 1		
Step 2		
Step 3		
Step 4		

REVISIT YOUR CAREER PLAN OFTEN TO TRACK AND ADJUST YOUR PLAN.