

Career Planning

A guide for high school students and parents

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Why Career Exploration is so important

WHY EXPLORING DIFFERENT CAREER OPTIONS AS A TEEN CAN HELP YOU

Studies of high school students have shown:

* Those who have career goals are more likely to engage in meaningful planning related to those goals(1)

DISCOVERING WHAT CAREERS BEST FIT YOUR INTERESTS

*Those who have an interest in specific occupations tend to have higher expectations for themselves and more positive work-related attitudes (2)

HELP DECIDE ON WHAT COLLEGES AND MAJORS MIGHT BE RIGHT FOR YOU

*As it relates to college planning, students who choose majors that are a good fit based on their interests have higher GPA's (3) are less likely to change their majors (4) and are more likely to persist in college and complete their degrees in a timely manner (5)

HOW PARENTS CAN GET INVOLVED AND FINAL STEPS



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So, where do you begin?

Start with a *simple assessment* to figure out your interests by finding your **EEPI**.

E: What classes or activities do you feel you have **EXCELLED** at? (Done better than average).

E: What do you **ENJOY** doing the most?

P: Do you have a particular **PASSION** for something?

I: List what factors are **IMPORTANT** to you when deciding on a job/career. Education or skills needed, location, work environment, salary, work-life balance, etc.



Write down the answers to these questions and then take a moment to have a good friend or family member answer these for you. Compare any differences and find out more about them. You may learn more about yourself based on others' answers! These answers can serve as a base for identifying interest areas.

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Complete more comprehensive tests and research

When you have finished your simple assessment, you can move on to more comprehensive assessments and research. Below is a list of resources available to you for personality assessments:

Career Cruising: careercruising.com. Username: Stevenson, Password: Careers. You can take assessments and find out more information on careers. You must register and create a plan under "My Plan", but the service is free.

Naviance: Every student at Stevenson has access to Naviance (naviance.com). Login under Family Connection. There are various simple career assessments available as well as Career Key (Available 10/24/17) which is more comprehensive. This tool utilizes Holland's Theory to describe your personality based on six different types (see table below).

Holland's Theory of Personality-Job Fit		
Type	Personality	Occupations
<i>Realistic</i>	Shy, Stable, Practical	Mechanic, Farmer, Assembly-Line Worker
<i>Investigative</i>	Analytical, Independent	Biologist, Economist, Mathematician
<i>Social</i>	Sociable, Cooperative	Social Worker, Teacher, Counselor
<i>Conventional</i>	Practical, Efficient	Accountant, Manager, Bank Teller
<i>Enterprising</i>	Ambitious, Energetic	Lawyer, Salesperson
<i>Artistic</i>	Imaginative, Idealistic	Painter, Writer, Musician

Most people are a combination of the different personality types. People choose and thrive in work environments that are suited to their personality type and where they can use their skills and abilities to express attitudes and values.

Here are some more resources for researching careers:

mynextmove.org

Myfuture.com

Illinoisworknet.com

Onetonline.org

insidejobs.com/careers

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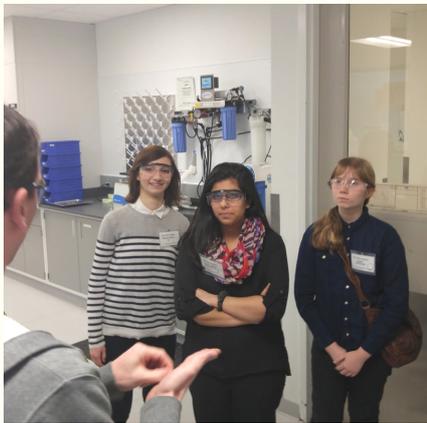
Learn more about careers through other options

The Career Exploration Program at Stevenson High School can provide other ways for you to learn about different careers, including:

Career Expo: The Career Expo is essentially a "trade-show" of careers. This is held every other year at Stevenson.

Summer School Career Exploration Classes: Every year we offer a Careers in STEM and Careers in Healthcare and Medicine class. In addition, other classes may be added if there is a demand. Check the latest summer school brochure for details.

Career Talks: Throughout the year, we welcome professionals to the school to talk about their career. This typically takes place after school or during the lunch hours. Announcements will be made in school and posted online.



Career Shadows: The best way to investigate a particular career is to participate in a career shadow or look for an internship in your area of interest. Go to the **Career Exploration Program web page at www.d125.org/academic/career-exploration** to download a Career Shadow application.

General Career Guidance and Career Plan Development: You may make an appointment to discuss and develop a career plan for yourself. Contact Mrs. Willock at dwillock@d125.org for more information.

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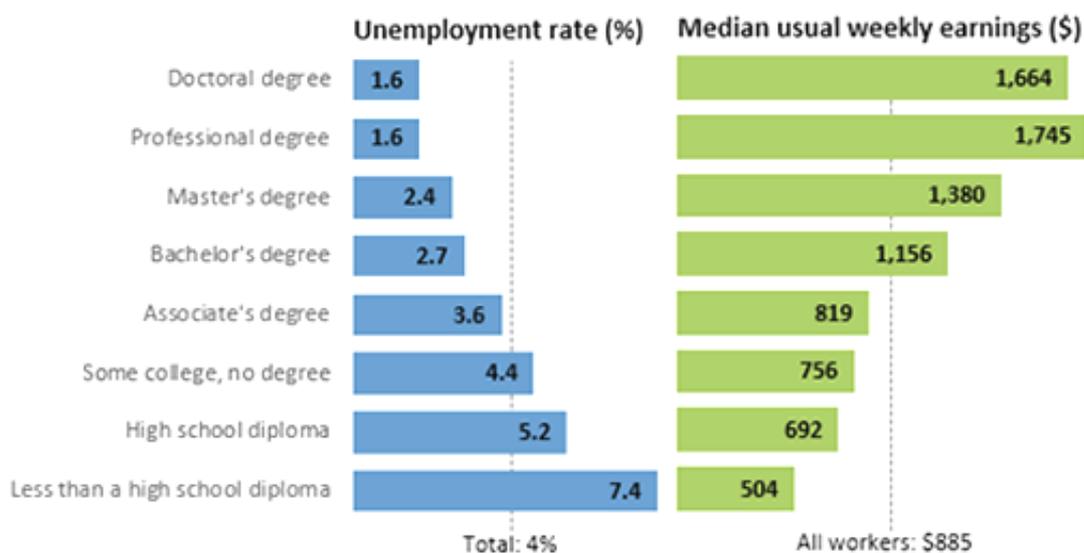
Connecting Careers to College Majors

Once you have done some research on your interests and have gained some insight through experiences and other methods, it is time to research the requirements and education you need to succeed.

A great place to start to connect your interests to majors is with **Naviance**. You can use the **Career Key** program (Available 10/24/17) in Naviance to connect your personality type to a major. Your post-secondary counselors can be a great resource to provide insight into specific colleges that offer your desired major.

Continuing your education beyond high school has a beneficial impact on your career choice, as seen in the below graph which illustrates this.

Unemployment rates and earnings by educational attainment, 2016



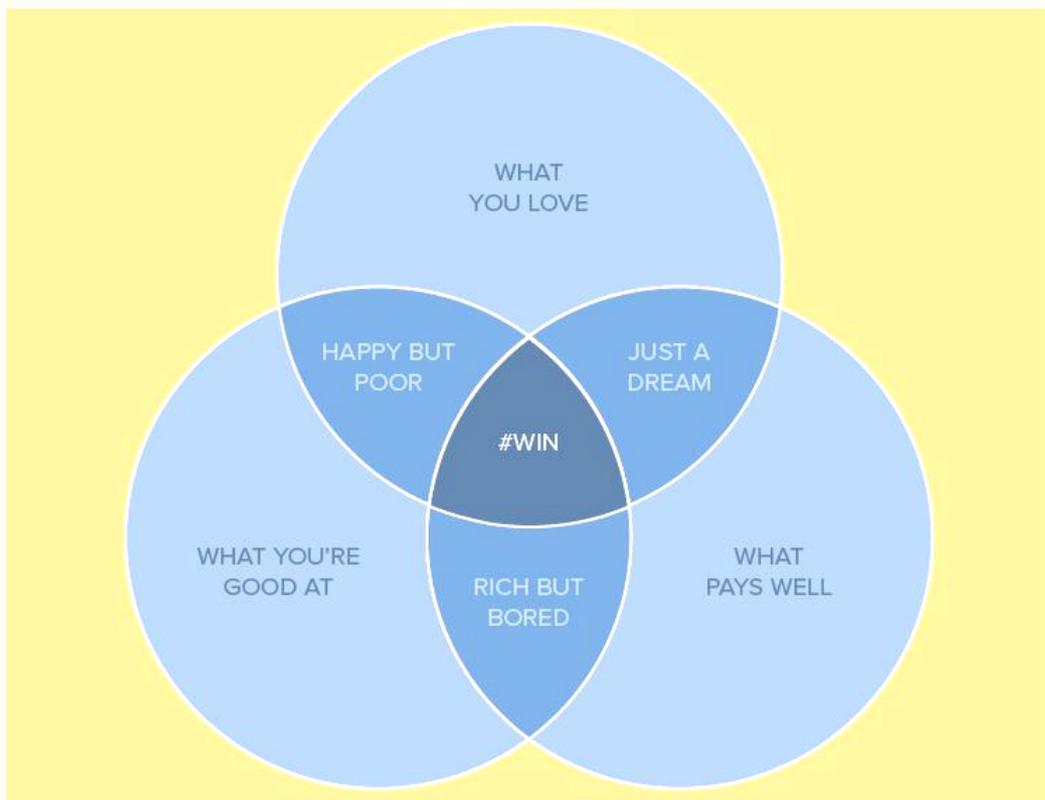
Note: Data are for persons age 25 and over. Earnings are for full-time wage and salary workers.
Source: U.S. Bureau of Labor Statistics, Current Population Survey.

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A note about salary: It is easy to get hung up on starting salary when thinking about a career choice. It is important to remember that salary does not always correspond with career growth and potential. Some careers with high starting salaries may offer little room for growth and vice-versa for those with lower starting salaries (more career growth). It is also important to factor in all of the costs that may come along with a higher starting salary; additional schooling or training, cost of living variations depending on where the job may be located, travel or continuing education requirements.

Studies have shown that the relationship between job satisfaction and salary is weaker than we thought. If you are doing what you love and are happy, the rewards will come!



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How parents can get involved

Studies have shown that parents are an important influence on their teens' career choices. Spend time talking to your teen about their dreams. Share your career story and maybe what you would have done differently. It is important though, to keep in mind that the ultimate career choice decision lies with your teen. I see many students that are conflicted about choosing their own path vs. choosing a path that their parents want for them. Too many times they will decide on career paths that may not be well-suited to them out of fear of disappointing their parents. Parents should be there to guide and direct, but also know when to step back and trust their teens' decisions!

Help your teen to write down some short-term and long-term career goals. Reference the **Career Development Action Plan** (found on the Career Exploration web page) and use as a guide throughout high school. Stay informed of all the career information, events and activities that are available through the school.

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Information on the **Career Exploration Program** at Stevenson can be found by visiting the Career Exploration webpage at **d125.org/academic/career-exploration**. Career events and news can be heard on the daily announcements at school and will be advertised on the monitors throughout the school. Make sure to follow the College and Career Center on **facebook** (facebook.com/shscollegecareercenter)



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