



STEVENSON HIGH SCHOOL

**Career
Exploration
Program**

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Why do Career Exploration in High School?

- Uncovers individual strengths and weaknesses
- Provides knowledge on what type of education and skills are needed to succeed
- Gives an increased sense of direction
- Provides more motivation to succeed
- Increases sense of confidence in the future
- Uncovers opportunities and experiences to help prepare
- ***Helps to make a better, more informed choice on college and major***

Where do you start with Career Exploration?

- First discussion may take place with counselor: discussion on interests and taking one of the Career Assessment Tests in Naviance or exploring career options in Naviance:
 - Naviance >Careers>Career Assessments
 - Career Key, Career Interest Profiler +more
 - Also in Naviance:
 - Roadtrip Nation: Over 3500 videos on careers
 - Resume-General outline to help with resume development
- More opportunities for career discussion at home
 - Go to Career Exploration Webpage
(<https://www.d125.org/academics/career-exploration>)
 - to view the *Career Planning Guide for High School Students and Parents* and the *4-Year High School Career Action Plan*

4-Year High School Career Action Plan

Freshman	Sophomore	Junior	Senior
<ul style="list-style-type: none"> <input type="checkbox"/> Complete a career interest survey <input type="checkbox"/> Begin to align coursework with specific areas of interest/career path <input type="checkbox"/> Become involved in clubs and activities at school that correspond with your areas of interest <input type="checkbox"/> Have a general career discussion with your parents. Talk about options and what you would like to do <input type="checkbox"/> Attend the Career Expo* at Stevenson <input type="checkbox"/> Consider volunteering or working a part-time job 	<ul style="list-style-type: none"> <input type="checkbox"/> Align coursework with specific areas of interest/career path <input type="checkbox"/> Read through the Career Planning Guide* <input type="checkbox"/> Take a more comprehensive career interest survey <input type="checkbox"/> Research career areas and specific jobs <input type="checkbox"/> Consider participating in a career shadow or meeting with Mrs. Willock to participate in Career Development Action Plan <input type="checkbox"/> Apply for summer SPARK internship* <input type="checkbox"/> Attend a career presentation/meeting in the CCC* <input type="checkbox"/> Take a Career Exploration class offered in summer school * <input type="checkbox"/> Meet with Mrs. Willock to discuss summer opportunities available 	<ul style="list-style-type: none"> <input type="checkbox"/> Revisit a career survey <input type="checkbox"/> Create a resume and personal statement <input type="checkbox"/> Consider participating in a mock job interview if you have never interviewed <input type="checkbox"/> Participate in at least 1 career shadow per semester <input type="checkbox"/> Participate in Career Development Action Plan <input type="checkbox"/> Attend the Career Expo* <input type="checkbox"/> Attend a career presentation/meeting in the CCC* <input type="checkbox"/> Apply for the summer SPARK internship* <input type="checkbox"/> Research other internship opportunities for the summer or do volunteer work in your area of career interest <input type="checkbox"/> Connect career interest areas to college majors and incorporate in your college plan <input type="checkbox"/> Take a Career Exploration class offered in summer school* 	<ul style="list-style-type: none"> <input type="checkbox"/> Have career and college plans aligned <input type="checkbox"/> Participate in a career shadow that is narrowly focused on a specific career that you are considering <input type="checkbox"/> Find a mentor in the specific career area you are interested in to correspond with (email or personal) <input type="checkbox"/> Attend any in-school or out-of-school related career events offered through local colleges, universities or corporations <input type="checkbox"/> Summer internship or specific career related experience

*Find out more details on the Career Expo, Career Presentations, Career Guidance and Events on the Career Exploration webpage at d125.org/academic/career-exploration or stop in the CCC to talk to Mrs. Willock **Stevenson High School/CCC Room 1123B**
847-415-4125 dwillock@d125.org

What is the Career Exploration Program?

The Career Exploration Program enables students to learn about and explore careers and programs that relate to their interests.

- Career Development Plan: Working with students to create a comprehensive approach to address career interests throughout their time here at Stevenson
- Career Events and Presentations: Take place throughout the year. New events added every year
- Individualized job shadowing, group job shadowing, and email mentorship opportunities
- Mock Interviews: Learn presentation, resume and personal branding skills
- General guidance and matching of interests to college majors and careers
- Summer Job Fair and help with job search, resume development, interview techniques

Students interested in meeting with me...

Must first fill out a *Career Interest Form*
these can be found in the College Career
Center (rm 1123 below us/Forum
hallway)

or

online at my Career Exploration page
<https://www.d125.org/academics/career-exploration>

Let's talk about internships.....

Internships are a great way to gain more in-depth knowledge of a career and gain hands-on skills and experience, HOWEVER WE FACE SOME CHALLENGES...

- Traditionally directed at students 18+ and attending a university or enrolled in a university.
- Internship programs at companies and corporations are well-established for college-aged students. Corporations work in conjunction with universities to hire and place students as part of a partnership.
- Changing the mindset of corporations to work with and hire high school student interns is a challenging process!
- High school students face competition for internships from other area high school students as well as college students

Internships continued.....

- We typically have a limited number of internships available for students in the summer. Last year we had approximately 12 students interning in areas of computer science, engineering, entrepreneurship/business, accounting. Most internships center around careers in business. I post available summer internships in late spring-make announcements on facebook page and in school announcements.
- Consider instead....
 - *Summer job/employment-great way to show responsibility, independence distinguish yourself from others and prepare for interviews and future jobs/internships. Looks great on resume!*
 - *Relatives and friends may be a good connection for a short-term internship*
 - *Summer enrichment programs. Found in Naviance>Colleges>Summer Enrichment Programs*
 - *Also list of summer programs on Career Exploration Webpage. Normally updated in January*

Other Career and post-secondary options to explore that I can provide information on and assist with

Trade Programs: May be option for students who do not feel a 4yr college is for them.

- Focuses on **learning** the skills required for a specific type of job, while a traditional college **education** is more broad.
- 2-4 years. Ex: Construction Manager, Electrician, HVAC technician, cosmetologist, culinary trades.
- Education can be at Community Colleges, specialized Trade Schools and through APPRENTICESHIP PROGRAMS.

- Apprenticeship Programs: Can be 2-4 years in length. Some allow students to simultaneously work on the job as well as earn an Certificate, Associate or Bachelor's Degree, often times at the expense of the employer (not the student). Examples of typical areas offered are Electrician, Logistics, CNC Machining, Manufacturing Technician

Career Exploration Upcoming Events

November 7th

*Alumni Career Panel
West Auditorium, 6:30-8pm*

November 21

Trades Day, Room 2104 during all lunch periods

Winter Break December 23-January 6

Various group shadow opportunities available

March 13th

Summer Job Fair Room 2104 during all lunch periods

Spring Break March 23-27

Various group shadow opportunities available

April (Date TBD)

Mock Interviews-College Career Center during all lunch periods.

Summer School Career Exploration Classes (First Session weeks 1-4, Second Session weeks 1-2)

Limited number of summer career shadows available in June (students must apply by May 1)

Resources

Career Exploration Page:

<https://www.d125.org/academics/career-exploration>



College Career Center Facebook page:

<https://www.facebook.com/SHSCollegeCareerCenter>

Please take the time to fill out this brief survey!

