

# Welcome to the First Generation College Night-Career Exploration Session

<https://youtu.be/LIwOUDQNN8w>

# First Generation to College Night Welcome!

Diane Willock

Career Program Manager

SPARK program Co-Coordinator

[dwillock@d125.org](mailto:dwillock@d125.org)



STEVENSON HIGH SCHOOL

**Career  
Exploration  
Program**

# Brief background:

- 8th year at Stevenson
- Started with Stevenson Foundation
- Sales, marketing and business background in healthcare industry prior to coming to education industry
- MBA-Roosevelt University-Chicago
- B.S./Marketing-Northern Illinois University
- Certifications in *Career Development* and *Career Coaching* and *Resume Writing*
- First generation-parents did not attend college

# The Career Exploration Program

---

The Career Exploration Program enables students to learn about and explore careers by providing them with assessments, guidance, experiences and events and programs that relate to their interests.

# Career Exploration Program

- **Job Shadowing.** Students can participate in a half-day to full-day job shadow with a mentor in their interested career.
- **Professional Career Presentations.** Professionals present in either an individual classroom or in the College/Career Center.
- **Email Mentorship.** Students can participate in an email membership
- Career Expo
- Summer job fair-usually in spring
- Mock Interviews
- Summer Career Courses-M&H, Buisness, Law, STEM-all in June
- SPARK/Internships-summer-4-6 weeks
- General career guidance and planning
- Resume help

# Why do Career Exploration in High School?

- Uncover likes/dislikes
- Provides knowledge on what type of education and skills are needed to succeed
- 
- Provides sense of direction
- Provides motivation to succeed
- Increases sense of confidence about future
- Make connections
- ***Helps to make a better, more informed choice on college and major***

# Steps to explore

1. Simple Self-Assessment
2. Comprehensive Assessment Tests
3. Career Research
4. Career Experience
5. Career Goal Sheet

Meeting  
with Mrs.  
Willock to  
discuss  
these steps



# Initial Career Exploration at Stevenson

- 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
    - Roadtrip Nation: Over 3500 videos on careers
- More opportunities for career assessment 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"> <li><input type="checkbox"/> Complete a career interest survey</li> <li><input type="checkbox"/> Begin to align coursework with specific areas of interest/career path</li> <li><input type="checkbox"/> Become involved in clubs and activities at school that correspond with your areas of interest</li> <li><input type="checkbox"/> Have a general career discussion with your parents. Talk about options and what you would like to do</li> <li><input type="checkbox"/> Attend the Career Expo* at Stevenson</li> <li><input type="checkbox"/> Consider volunteering or working a part-time job</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Align coursework with specific areas of interest/career path</li> <li><input type="checkbox"/> Read through the Career Planning Guide*</li> <li><input type="checkbox"/> Take a more comprehensive career interest survey</li> <li><input type="checkbox"/> Research career areas and specific jobs</li> <li><input type="checkbox"/> Consider participating in a career shadow or meeting with Mrs. Willock to participate in Career Development Action Plan</li> <li><input type="checkbox"/> Apply for summer SPARK internship*</li> <li><input type="checkbox"/> Attend a career presentation/meeting in the CCC*</li> <li><input type="checkbox"/> Take a Career Exploration class offered in summer school *</li> <li><input type="checkbox"/> Meet with Mrs. Willock to discuss summer opportunities available</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Revisit a career survey</li> <li><input type="checkbox"/> Create a resume and personal statement</li> <li><input type="checkbox"/> Consider participating in a mock job interview if you have never interviewed</li> <li><input type="checkbox"/> Participate in at least 1 career shadow per semester</li> <li><input type="checkbox"/> Participate in Career Development Action Plan</li> <li><input type="checkbox"/> Attend the Career Expo*</li> <li><input type="checkbox"/> Attend a career presentation/meeting in the CCC*</li> <li><input type="checkbox"/> Apply for the summer SPARK internship*</li> <li><input type="checkbox"/> Research other internship opportunities for the summer or do volunteer work in your area of career interest</li> <li><input type="checkbox"/> Connect career interest areas to college majors and incorporate in your college plan</li> <li><input type="checkbox"/> Take a Career Exploration class offered in summer school*</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Have career and college plans aligned</li> <li><input type="checkbox"/> Participate in a career shadow that is narrowly focused on a specific career that you are considering</li> <li><input type="checkbox"/> Find a mentor in the specific career area you are interested in to correspond with (email or personal)</li> <li><input type="checkbox"/> Attend any in-school or out-of-school related career events offered through local colleges, universities or corporations</li> <li><input type="checkbox"/> Summer internship or specific career related experience</li> </ul>

\*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](http://d125.org/academic/career-exploration) or stop in the CCC to talk to Mrs. Willock **Stevenson High School/CCC Room 1123B**  
**847-415-4125** [dwilllock@d125.org](mailto:dwilllock@d125.org)

## 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>

**For now, students may just email me at**

**[dwillock@d125.org](mailto:dwillock@d125.org)**

## Other Career and post-secondary options to explore:

### Trade Programs and Apprenticeship Programs

-2 year+ programs. Some allow you to work and make money while earning an associates degree (that is paid for by the company!)

### Other specialty programs or careers:

Culinary

Flight Attendant

Real Estate Agent

# Exploration in a Virtual World

- Pros
- Cons
- How has going virtual changed the career landscape?
  - Careers not going away, but skills changing to adapt/be more flexible
  - More workplace flexibility
  - Increased need for supply chain management/logistics, software development and analytics, digital marketing/promotion, preventative healthcare-fitness, mental health

# Upcoming Events

October 26th-29th-Virtual Career Nights

November 9th-13th-Military Week

November 16th-20th-Trades Week Week

Nov. 30th - Dec. 4th- Community College Week

February (TBD)-information session for students interested in SPARK summer research program

Spring (March TBD)-Summer Job Fair

June-Career Exploration Summer School Courses (STEM, M&H, Business, Law)

# Resources

Career Exploration Page:

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



College Career Center Facebook page:

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

Thank you!

Questions