

CAREER PLANNING

A GUIDE FOR STEVENSON HIGH SCHOOL STUDENTS AND THEIR FAMILIES



WHY CAREER EXPLORATION IS SO IMPORTANT

Studies of high school students have shown:

- Those who have career goals are more likely to engage in meaningful planning related to those goals
- Those who have an interest in specific occupations tend to have higher expectations for themselves and more positive work-related attitudes.
- Students who choose college majors that are a good fit based on their interests have higher GPA's, are less likely to change their major and are more likely to persist in college and complete their degrees in a timely manner.

SO WHERE DO I BEGIN?

A simple way to uncover your interests...

Think **EEPI**

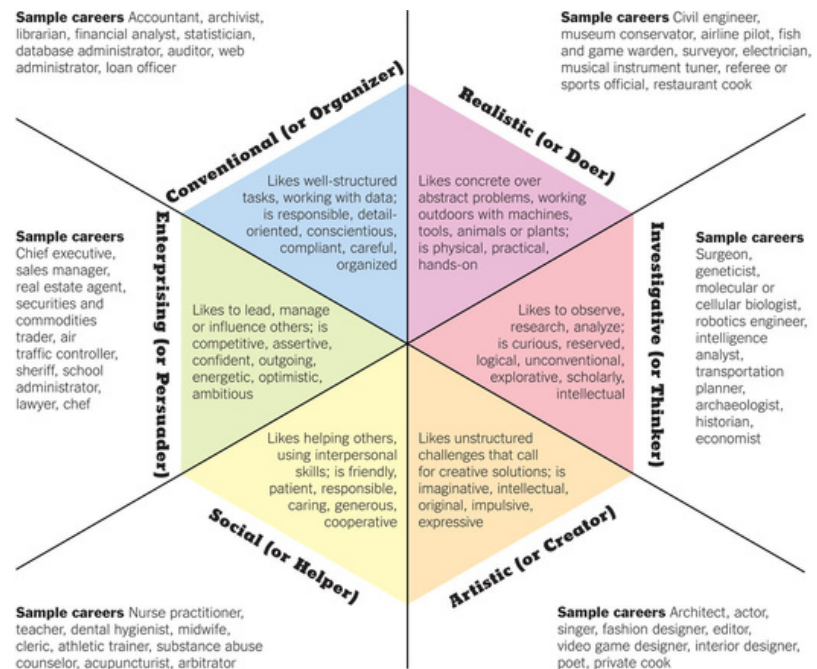
E: What classes or activities have you **Excelled** at?

E: What activities do you **Enjoy** doing the most?

P: What are you **Passionate** about?

I: What do you have an **Interest** in learning more about or doing?

Record what first comes to mind when answering; don't overthink! Ask a family member or a friend to answer these questions about YOU. Compare notes. Are the answers similar or different? Discuss.



HOLLAND'S THEORY

John Holland's Theory of Career Choice (RIASEC) maintains that in choosing a career, people prefer jobs where they can be around others who are like them. They search for environments that will let them use their skills and abilities, and express their attitudes and values, while taking on enjoyable problems and roles.

[Take the Truity Holland Career Code Test](#)

TAKE A MORE COMPREHENSIVE TEST

MATCH YOUR INTERESTS TO CAREERS

When you have finished your simple assessment, consider moving on to a more comprehensive assessment. Every student has access to Naviance (naviance.com) which is the college & career readiness program that we use at Stevenson. There are simple career tests like Career Key that take only 10 minutes to fill out and there are more detailed tests and exploration tools such as Career Interest Profiler, AchieveWorks and StrengthsExplorer that students can use.



DO WHAT YOU LOVE....

STUDIES HAVE SHOWN THAT THE RELATIONSHIP BETWEEN JOB SATISFACTION AND SALARY IS WEAKER THAN WE THOUGHT. MORE SATISFACTION IS OBTAINED BY DOING SOMETHING WE LOVE TO DO!

EXPLORING TRADES CAREERS

Careers in the skill trades industry are currently experiencing double and even triple digit growth and hold steady through economic downturn and one of the only sectors to consistently experience constant growth. Skilled trade jobs pay very well, with experienced workers making well over six figures. Some of the top trades in high demand include: Welder Diesel Mechanic HVAC Technician Plumber Electrician Dental Hygienist



LEARNING MORE ABOUT TRADE PROGRAMS

Trade training and/or apprenticeship programs can take anywhere from 6 months to several years.

Here are some resources for training programs:

- Local community colleges: CLC, Harper College, Oakton Community College.
- Illinoisworknet.com
- ICATT Apprenticeship Program
- Midwest Technical Institute



A NOTE ABOUT SALARY...

Try not to get too focused on starting salaries or make decisions on career choices based primarily on the salary. While financial independence is an important goal, remember there is a wide range of opportunities and advancements within career choices. Some careers may initially start off with a high salary, but offer little room for future income growth. Some careers may require many more years of schooling or training and expenses up front. Location, travel requirements, benefits and more can all be factors not initially apparent when looking at starting salary

OPTIONS TO LEARN MORE ABOUT CAREERS

The Career Exploration Program at Stevenson High School can provide other ways for you to learn more about careers. These include:

- Job Shadowing: Students can participate in a half-day or full-day job shadow
- Career Presentations: Look for presentations about different careers throughout the year.
- Mentorships: Students are paired up with a mentor in their career interest area for 1 on 1 discussions.
- Summer Job Fair: Having a part-time job is a great way to gain experience in many different areas. The annual Summer Job Fair is held in early spring.
- Mock interviews: In conjunction with FBLA and the community, we host sessions where students can practice their communication and interview skills.
- Career Exploration Summer Courses.: Offered in June/July. 2 week courses to explore careers in healthcare, STEM, business and law.
- One on one career session: Students can make an appointment for advice on careers, interests, opportunities and other career guidance. Visit the Career Exploration webpage or more information

CONNECTING INTERESTS TO COLLEGE MAJORS

Once you have done research on your interests and have gained some insight through experiences and other methods, it time to look at the requirements and education you need to succeed in a particular career. Many of the resources mentioned earlier, including Naviance, help connect your interests to careers and this can help you decide on particular majors to go into at college.

You can do a search in Naviance to look for colleges and universities that offer your desired major. Going to the college website and learning more about the specifics of a particular major and the classes and requirements for that major is a great way to prepare.

Your counselor and our post-secondary counselors at Stevenson are great resources to for further discussion and information.

REFERENCES

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