

Staying motivated

All students get stressed out, discouraged, or overwhelmed from time to time. *Successful students, however, find a way to keep a positive attitude and stay motivated.*

These motivational tips will help you stay engaged and ready for any academic challenge.

Use motivating “self-notes.”

Write motivating words, ideas, and/or quotes on sticky notes. Put these notes anywhere you’re likely to see them.

Write yourself a positive, motivating message. _____

Turn failures into successes.

When something doesn’t go well, learn from the experience, and use that knowledge to do better the next time.

When has a negative experience taught you something? _____

Figure out what motivates you.

Turn what competes with your schoolwork into a motivator. For example, reward yourself with social media or video game time once your homework is done.

What can you use as a motivator? _____

Have a growth mindset.

When you encounter a challenge of any kind, it’s helpful to have a growth mindset. With a growth mindset, you don’t complain and give up when something is hard. You get creative, ask for help, or try to do things differently. You look inside and find your most determined self.

What subject or challenge do you most need a growth mindset for?

INTERESTS, ABILITIES, VALUES, AND PERSONALITY

When choosing a career, you need to think about what you're good at (abilities), what you like to do (interests), and what's important to you (values). It's also a good idea to consider which careers are a good fit for your personality.

Your Interests

When determining which careers you would enjoy, think about what subjects and topics you like and find interesting.

What are your favorite school subjects?

What do you get excited about doing? _____

What have you always dreamed of doing? _____

Your Abilities

Considering your abilities, skills, and talents is very important when determining which careers will be a good match for you. You are likely to be much happier and more successful in a career that focuses on your strengths!

Consider each of the following and check the column that best describes your ability in that area.

Very Good Good Average poor

Language arts – ability to communicate verbally and in writing	☐	☐	☐	☐
Advanced math – able to understand algebra, geometry, and more	☐	☐	☐	☐
Social skills – ability to meet, talk to, and get along with people	☐	☐	☐	☐
Management skills – able to plan, organize, and implement programs and ideas	☐	☐	☐	☐
Mechanical reasoning – able to understand how things work	☐	☐	☐	☐
Creativity – ability to find new ways to do or say something	☐	☐	☐	☐
Artistic – have talent in music, art, drama, and/or dance	☐	☐	☐	☐

Which would you consider to be your strongest ability area? _____

ACTIVITIES AND RESPONSIBILITIES

When you're thinking about a career, it's important that you consider your interests. You want to have a career with activities and responsibilities you enjoy.

Circle the activity in each of the following 10 groups that's most appealing to you.

A	B	C
1. listen to people	repair cars	develop work schedules
2. give advice	cook meals	organize files
3. take care of people	build cabinets	write reports
4. coach kids	grow plants	design a building
5. guide tours	drive and deliver	plan events
6. interview people	work in a factory	create a budget
7. assist customers	assemble electronics	develop a website
8. manage people	inspect product quality	enter data in a computer
9. sell products	make art	write articles
10. speak in public	operate machinery	conduct research

Review your answers. Did you circle mostly As, Bs, or Cs? _____

Tasks in the A column are about working with **People**. They represent jobs in which you spend most of your time talking to, teaching, or caring for others.

Can you think of a job in this category? _____



Tasks in the B column are about working with **Things**. They represent jobs where you mostly work with your hands building, repairing, or creating.

Can you think of a job in this category? _____



Tasks in the C column are about working with **Information**. They represent jobs in which you spend most of your time doing "desk-type" activities dealing with information, data, words, or numbers in some way.

Can you think of a job in this category? _____



Your Values

Your values are what's important to you. They are the things that make a career or job meaningful and fulfilling for you.

What's important to you in a career? Put a ✓ by the statements that are true for you. Put an X by those that are not true for you. Skip those you feel neutral about.

I would like to have a career that allows me to...

- | | | |
|--|--|---|
| ☐ work with children | ☐ work at a desk | ☐ have regular hours |
| ☐ help people who are sick | ☐ build or fix things | ☐ work indoors |
| ☐ work outdoors | ☐ work with numbers | ☐ create art or music |
| ☐ travel and have adventure | ☐ work with animals | ☐ work in nature |
| ☐ work with my hands | ☐ make a difference | ☐ be physically active |
| ☐ work by myself | ☐ work with computers | ☐ make a lot of money |
| ☐ be in charge | ☐ talk or perform in public | ☐ work with other people |

Write down your top four values.

Your Personality

If you work in a career that fits your personality, you will likely be happier and more successful. For example, a person who is sympathetic and kind will probably make a better counselor or nurse than a high pressure salesperson. When you consider your career options, think about whether or not a particular career is a good fit for your personality.

What are three words you would use to describe your personality?

Ask someone who knows you well for three words to describe your personality.

Making a Match

Considering your responses on these two pages, which of the following career area(s) do you think might be a good match for you?

- | | |
|--|---|
| ☐ Business | ☐ Skilled trades (plumbing, carpentry) |
| ☐ Healthcare | ☐ Arts (music, dance, art, theater) |
| ☐ Education | ☐ Human services (child care, law enforcement) |
| ☐ High-tech/computers | ☐ Other |



Architecture & Construction



Consider this career cluster if...

- ▶ you like working with tools.
- ▶ you enjoy making plans and drawings.
- ▶ you like building things.
- ▶ you like figuring out how things work.
- ▶ you are good at math.

A career in Architecture & Construction gives you the opportunity to design, build, and maintain structures, such as houses, buildings, highways, and bridges. This career cluster includes architects, engineers, and those who work in the skilled trade, such as carpentry, masonry, and plumbing.

Career Opportunities

Architect
Brickmason
Carpenter
Civil engineer
Construction manager
Construction worker
Electrician
HVAC mechanic
Landscape architect
Mechanical drafter
Plumber
Roofer
Solar panel installer
Surveyor
Wind turbine technician

Related College Majors

Architecture	Drafting
Building management	Industrial engineering
Cartography	Landscape architecture
Civil engineering	Masonry
Construction management	Urban planning

To see if this is a career cluster you might enjoy, consider these activities:

- ▶ Build models.
- ▶ Join the math club.
- ▶ Do repair or home improvement projects.
- ▶ Get a part-time job at a hardware or home improvement store.

Rate your interest in this career cluster

☐ could be a good fit for me ☐ would like to learn more ☐ not interested

Manufacturing



Consider this career cluster if...

- ▶ you are good with details.
- ▶ you have strong math skills.
- ▶ you enjoy figuring out how things work.
- ▶ you enjoy working with technology.
- ▶ you like working with tools.

A career in Manufacturing gives you the opportunity to help turn raw materials into finished products, such as airplanes, electronics, and appliances. Manufacturing workers also repair machines and diagnose problems.

Career Opportunities

Assembler/fabricator
Diesel mechanic
Engineering technician
Environmental engineer
Industrial engineer
Inspector/tester
Logistician
Machinist
Mechanical engineer
Packer/packager
Quality control technician
Safety inspector
Sheet metal worker
Tool and die maker
Welder/solderer

Related College Majors

Computer engineering	Industrial engineering
Drafting and design	Industrial maintenance
Electrical engineering	Operations management
Environmental engineering	Precision metal working
HVAC technology	Quality control

To see if this is a career cluster you might enjoy, consider these activities:

- ▶ Assemble models.
- ▶ Participate in STEM events.
- ▶ Develop a hobby in robotics.
- ▶ Repair small appliances or electronics.
- ▶ Work on restoring or repairing a bike or car.

Rate your interest in this career cluster

☐

could be a good fit for me

☐

would like to learn more

☐

not interested

Transportation, Distribution & Logistics



Consider this career cluster if...

- ▶ you are organized.
- ▶ you like working with tools.
- ▶ you are good at solving problems and puzzles.
- ▶ you are detail-oriented.
- ▶ you like to fix things.

A career in Transportation, Distribution & Logistics gives you the opportunity to plan and manage the movement of people, materials, and goods by road, air, water, and pipeline. Workers in this career cluster often maintain vehicles or work in distribution or logistical centers to organize the transporting of people and products.

Career Opportunities

Air traffic controller
Ambulance driver
Automotive mechanic
Avionics technician
Civil engineer
Dispatcher
Flight attendant
Logistician
Packer/packager
Safety technician
Shipping clerk
Taxi driver
Truck driver
Truck mechanic
Warehouse manager

Related College Majors

Air transportation	Marine transportation
Automotive engineering	Mechanical engineering
Business operations	Traffic engineering
Ground transportation	Transportation management
Logistics	Vehicle maintenance

To see if this is a career cluster you might enjoy, consider these activities:

- ▶ Learn new computer applications.
- ▶ Repair small appliances or electronics.
- ▶ Work on restoring or repairing a bike or car.
- ▶ Take math electives in high school.
- ▶ Go to car, truck, and air shows.

Rate your interest in this career cluster

☐

could be a good fit for me

☐

would like to learn more

☐

not interested