CareerOneStop: Help for Your Family

Career ideas, training, jobs, and local support
A guide for CHS students and families

Helping a student plan for life after high school? Looking for work yourself? Thinking about learning a new skill? CareerOneStop brings free career and job-search resources together in one place.

What is CareerOneStop?

It is a national website sponsored by the **U.S. Department of Labor**. Students, parents, guardians, recent graduates, and other adults can use it to explore work, education, and next steps.

The website offers information and search tools. Its **Find Local Help** section can connect you with people and programs nearby, including American Job Centers. Local staff can explain services and program rules.

If your family needs...	CareerOneStop can help you...
Career ideas	Explore interests, skills, work values, and job descriptions.
Education or training	Look for schools, programs, certifications, and apprenticeships.
Help paying for education	Explore scholarships and financial-aid information.
A job or a fresh start	Prepare a resume, practice for interviews, and search for work.
Someone nearby to help	Find local employment services and other resources.

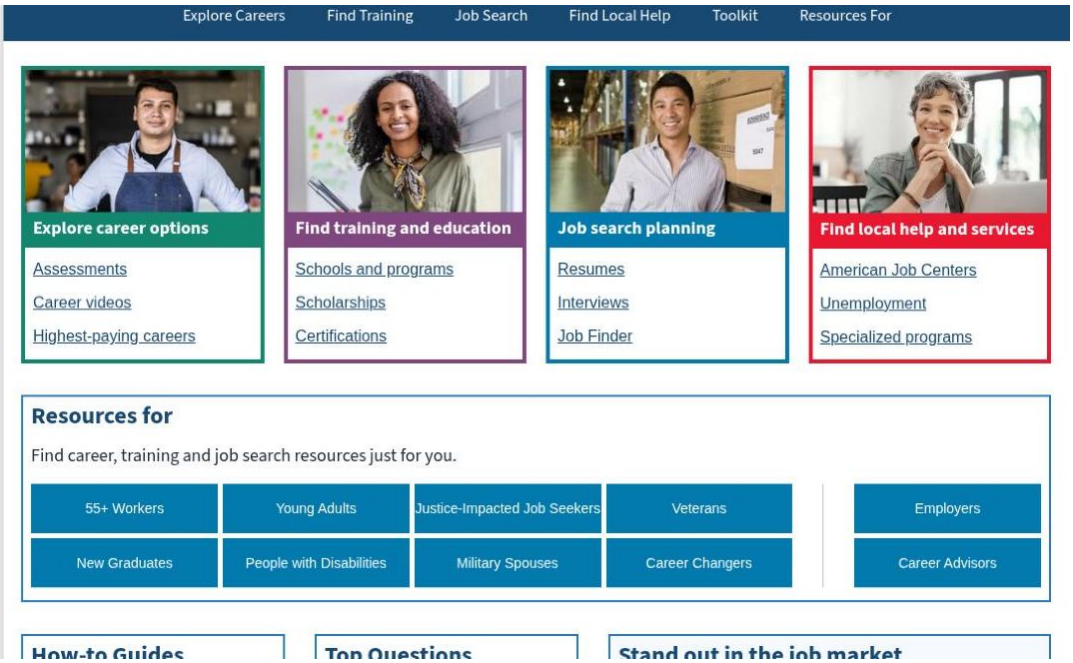
Do we need an account?

No. An account is optional. It lets you save pages, assessment results, and searches, and receive resource suggestions. Creating a website account is separate from registering for unemployment benefits or local employment services.

Open CareerOneStop | careeronestop.org

Start with one question

You do not need to use every tool. Pick the question that matters to your family today, then open the matching section from the top menu.



Top menu section	What it helps you do
Explore Careers	Learn what work may fit you and what different careers involve.
Find Training	Understand education choices, costs, and ways to pay.
Job Search	Prepare for applications and interviews, and find jobs.
Find Local Help	Locate nearby services and people who can help.
Toolkit	Go directly to a specific tool, such as Interest Assessment or Scholarship Finder.
Resources For	Find guidance for groups such as young adults, new graduates, career changers, veterans, and people with disabilities.

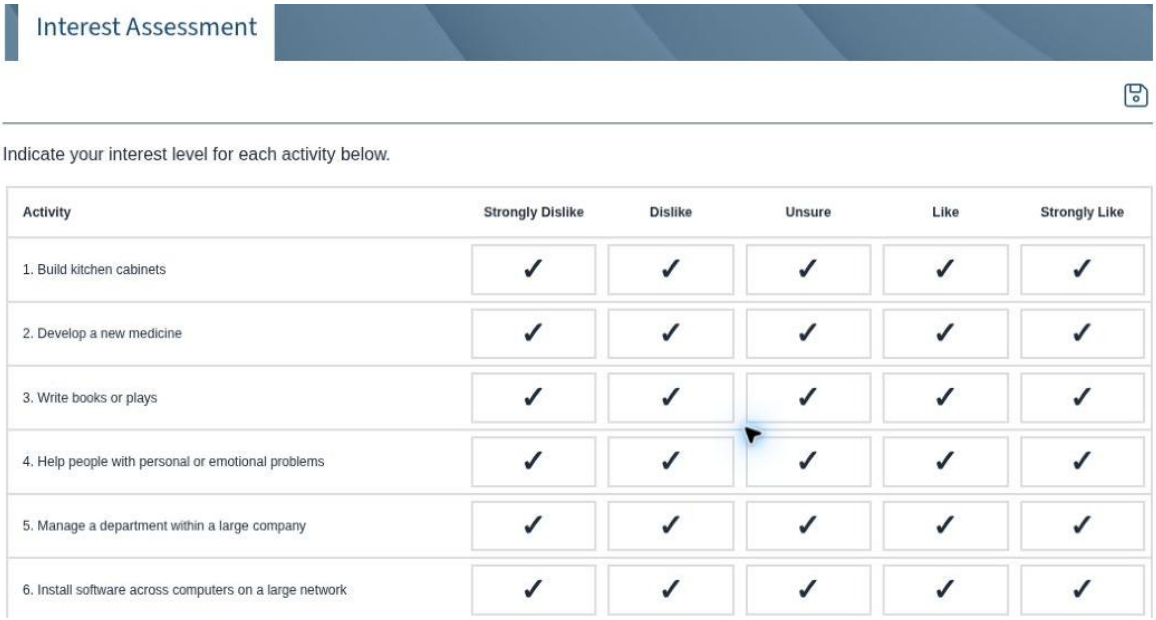
For students: Start with career ideas or **Resources For > Young Adults**.
For adults: Start with Job Search, Find Training, or Find Local Help. Families can explore together.

Make it local: This site covers the whole country. When a tool asks for a location, enter **Louisiana**, your city and state, or ZIP code **70043**, as the form allows. Check the location shown in the results.

Career ideas: Learn about yourself

An **assessment** is an activity that helps you think about yourself. It is a starting point for exploring careers, not a test you pass or fail.

For an easy first activity, click **Toolkit > Interest Assessment > START ASSESSMENT**. The site lists **30 questions** and estimates about **five minutes**.



Choose your interest level for each activity, from **Strongly Dislike** to **Strongly Like**. Choose **Unsure** when you are unsure. Use **Next** to move through the pages and follow the directions to view career matches.

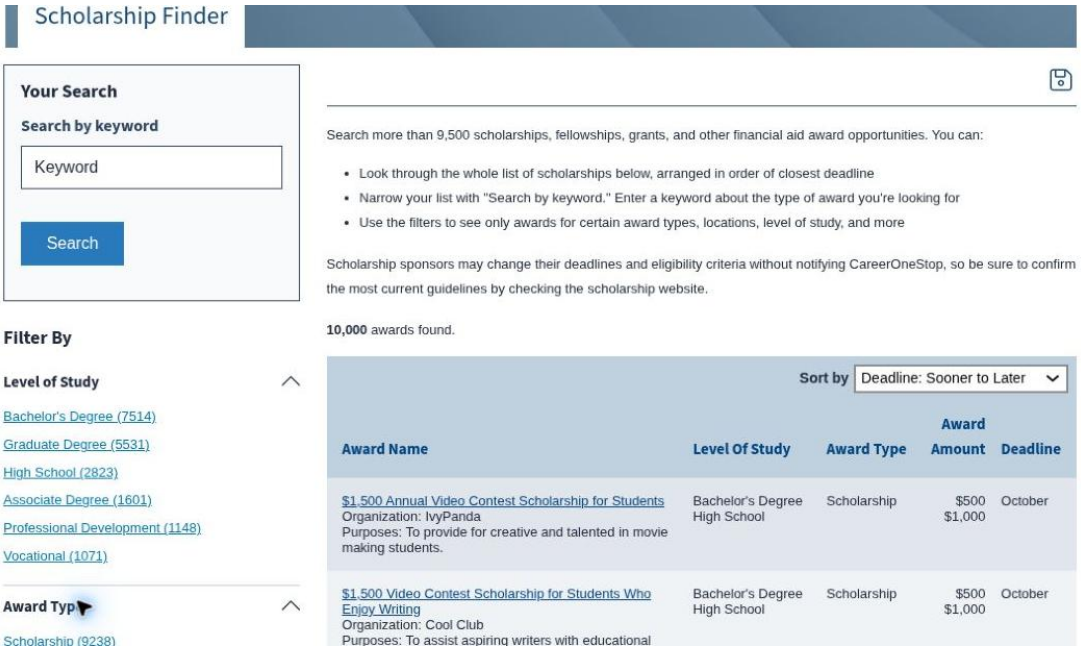
Answer for yourself: Think about whether you would enjoy an activity. You do not have to know how to do it already. Families can discuss unfamiliar words without choosing answers for the student.

Useful tool in Toolkit	How to use what you learn
Interest Assessment	Find careers connected to activities you enjoy. Choose two to investigate.
Skills Matcher	Explore careers connected to your current skills. Students can keep building skills they have not learned yet.
Work Values Matcher	Think about what matters to you at work, such as helping people or working independently.
Occupation Profile	Look up a job title and location. Read about the work, pay, education, and employment outlook.
Compare Occupations	Compare career choices rather than deciding from a title alone.

Words to know: An occupation is a type of job. Median pay is the middle pay level, not guaranteed starting pay. An outlook is an estimate of future job trends, not a promise of employment.

Training and help with costs

Click **Find Training** to learn about short-term training, college, apprenticeships, and paying for education. For direct searches, click **Toolkit**.



Resource	What it does / why use it
Local Training Finder	Search for schools and programs connected to a career and location. Contact the school to confirm current programs, costs, and admission requirements.
Scholarship Finder	Search education awards. Use keywords, filters, and sorting to narrow choices. Open an award to read its details, then check the sponsor's website for current rules and deadlines.
Certification Finder	Find credentials that show knowledge or skill in a field. Ask employers or training programs which credentials are useful.
License Finder	Explore state licenses required for certain work. A license is official permission to practice a regulated occupation.
Find money for training	Learn about possible ways to pay. A resource listing does not mean you automatically qualify for funding.

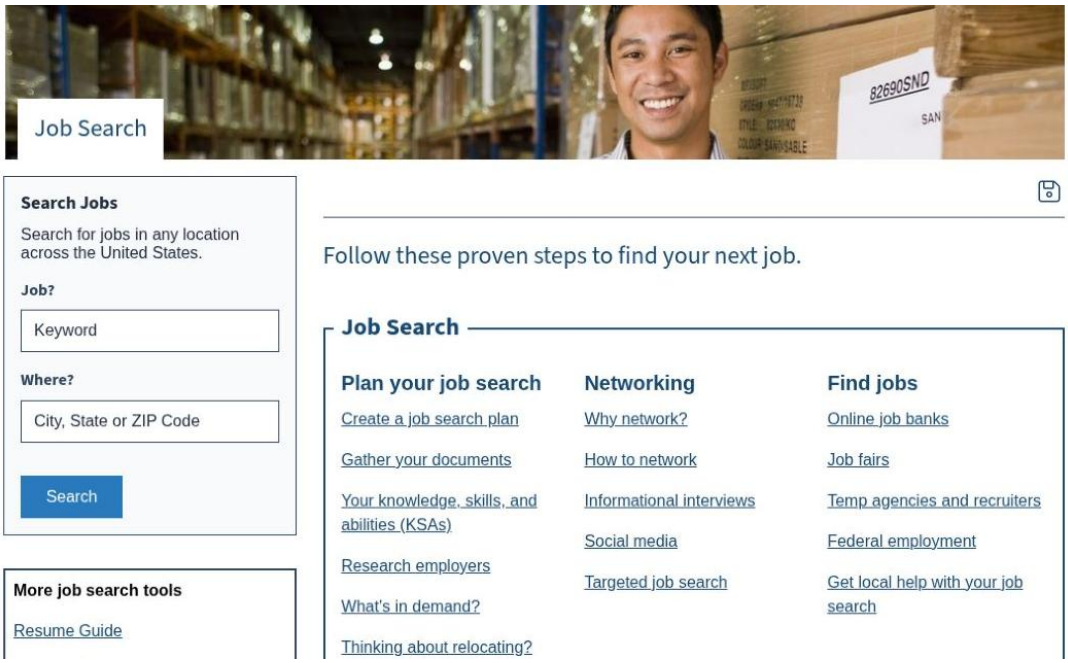
A student example: Interested in electrical work? Search for nearby training, then ask Nunez and your CHS CTE coordinator how available programs connect to high school opportunities.

An adult example: Want a new skill but worry about cost? Explore training options, then contact Tri-Parish Works to ask about approved training and possible assistance.

Useful distinction: A school certificate, an industry certification, and a state license can serve different purposes. Ask what the career and employer actually require.

Help finding and preparing for work

Click **Job Search**. You can use the guidance before you are ready to apply. It is useful for a student's first job or an adult's next job.



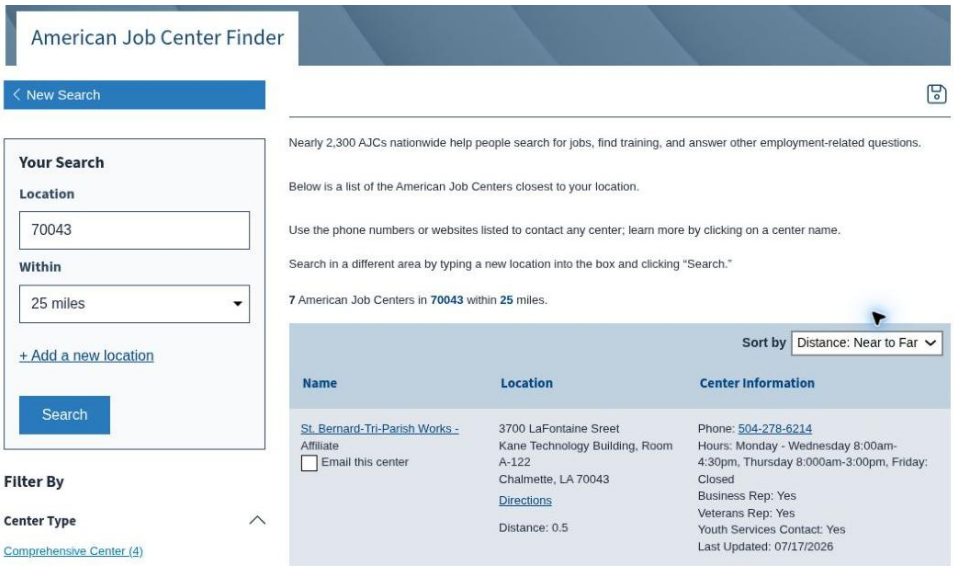
What you need	What to open / how it helps
A resume	Resumes or Resume Guide. Organize education, experience, and skills. Students can include real projects, volunteering, and school activities.
Practice for an interview	Practice interview questions. Answer aloud and use a real example from school, work, or volunteering.
Help with applications	Job applications or Toolkit > Practice Job Application. Learn how to describe your experience and prepare application information.
Job openings	Toolkit > Job Finder. Search using a job title or keyword and location; read each listing's duties and requirements.
A job-search plan	Plan your job search and the How-to Guides. Break the process into smaller steps you can track.

Family practice: Ask, "Tell me about a time you solved a problem." The student could explain a class project: what went wrong, what they did, and what happened afterward. Use a real experience; do not invent skills or work history.

Use more than one resource: Compare current listings on WorkNOLA and employer career pages. Check location, work hours, pay if listed, and required qualifications before applying.

Find people who can help nearby

Click **Find Local Help > Find American Job Centers**. Enter a location and click **Search**. Our tested ZIP code, **70043**, returned the listing below.



Our local example: St. Bernard-Tri-Parish Works

3700 La Fontaine Street, Chalmette, LA 70043
Nunez campus | Listed office: Kane Technology Building, Room A-122
Phone: 504-278-6214

Click a center name for more details. Call before visiting to confirm hours, the room, appointment needs, and what to bring. Ask about job-search help, training options, and services for young people.

A simple question to ask: "I live in St. Bernard Parish and need help finding work or choosing training. Can I speak with someone about my next step?"

Other local-help resources	What to use them for
Youth Program Finder	Locate programs serving young people. Contact the program about ages, eligibility, and available services.
State Resource Finder	Find state resources connected to employment and assistance.
Unemployment Benefits Finder	Find the appropriate state benefits information. The website itself does not decide eligibility.
Community College Finder	Locate colleges, then ask about current training, admissions, and costs.

Website help: info@careeronestop.org
Jobs, training, and resource information: 1-877-872-5627

Try It Together: Choose One Next Step

Each family member can use CareerOneStop for a different goal. Start with one need, choose one tool, and write down one action.

A completed example

Question	Student example
What do I need?	I enjoy hands-on activities but do not know which career to explore.
Where will I start?	Toolkit > Interest Assessment. I will answer for myself.
What will I do with the results?	Choose two career matches and read their Occupation Profiles. Use Louisiana or a nearby location when asked.
What will I ask?	What would I do each day? Which skills and training would I need?
What is one next step?	Ask my CHS counselor or CTE coordinator about a related class or training opportunity.

This is a suggested plan, not a completed assessment result. Your answers may lead to different careers.

Your family's plan

Write it down	Your response
Who is exploring?	
What do you need help with?	
Which section or tool will you use?	
One useful thing you found	
One question / person to contact	
Your next step	

Talk together: What did you learn? What still needs an answer? A useful next step can be small - exploring one career, practicing one interview answer, or making one phone call.

Sources: CareerOneStop home, Toolkit, Interest Assessment, Find Training, Scholarship Finder, Job Search, Find Local Help, American Job Center Finder, and About User Accounts. Website screens and local search verified October 2, 2026. **Open Toolkit** | **Open Local Help**