

CAREER EXPLORATION

Examine your personal interests and skills as they relate to a variety of career opportunities to help you make appropriate and realistic decisions. Keep in mind that the goal of exploring careers is not just employment, but a purposeful way of integrating your personal interests and values with the kinds of work that are most satisfying for you.

The following questions are designed to explore how your interests can be connected to economic, personal and social values. Each person will answer these questions differently depending on their personal interests and values.

1. What matches do you find between your self-assessments and your research into information about occupations to current and future career opportunities?
2. What possible career paths involving post-secondary training or education exist in your area of career interest?
3. How are changes taking place in the economy, environment, society, affecting your chosen career area?
4. How does your chosen career area contribute to society?

After you have answered these questions, build on you awareness of careers by considering these points.

- Explore the world of work in greater depth, narrow a general occupational direction in one specific career.
- Research the requirements of potential careers or areas of post-secondary training and education.
- Identify the required skills and academic requirements and explore the connections between what you have learned from your research and knowledge and skills you are developing through [career explorations](#)

Below are other websites that may help you in understanding what your career choice is.

The Anti Career Web Page

www.anticareer.com

Career Matters

<http://careermatters.tv.org>

Job Hunters Bible

<http://www.jobhuntersbible.com>

Job Profiles

www.jobprofiles.org