

CAREER EXPLORATION

A Parent Resource Guide

Help your student assess, explore, and develop a career plan.



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Dear Parent(s):

Your student is getting ready to make a career choice. They are asking questions: Am I going to need higher education and if so, where? What do I want to do for a living? What education and training do I need? What are the best job opportunities? Where are the best job opportunities? Where do I want to live? Those things seem so far away right now; however they are closer than you think! Choosing a career is not an easy decision and your student will need your help and guidance.

This *Parent Resource Guide* was created to assist you and your student to chart their future. Funded by the Routes Grant through the Community Foundation of the Alleghenies, a group of community and business leaders developed a Workforce Development Initiative to try and help meet the needs of ninth through twelfth grade students in Somerset County.

It's possible to quickly choose a career. But to find a career that's right for your child, you need to slow down, give it some thought, and take the time to get it right. We hope you find the guide helpful and use the tools and links offered in the guide as a resource in making the correct career choice for your student.

Sincerely,
Somerset County
Routes Grant Committee

Step One: Do an interest survey.



Encourage your student to make a list of hobbies and interests. Take that list and expand it to include potential careers. Does your student like to cook? Possible careers could include becoming a restaurant chef or perhaps the food services director at a hospital or college campus.

There are also several excellent online career interest surveys that could prove helpful in identifying possible career matches. With a little bit of time and some honest answers from your student, you should have a list of possibilities.

www.uhs.berkeley.edu/Students/CareerLibrary/Links/ASSESS.HTM
www.careerkey.org/english/you



In addition to taking a career interest survey, a personality test is another excellent way to gather ideas for future careers.

The most highly recommended personality test is the Myers-Briggs.

www.careertest.net

After taking this short test, your student will be given a four letter code for his personality type. To learn about what careers fit best with your student's personality type you can visit the sites below. A Google search of his four letter code is another great way to find information.

www.psychology.about.com
www.personalitypage.com/portraits.html

Step Two: Self-assessment

Not only does your student need to assess what his interests are, he also needs to have a vision for what his future will look like.

Does your student want to spend his working hours sitting behind a desk and working on a computer? Is he more inclined to spend his days doing physical labor?

What are his goals for the lifestyle he wishes to live? What type of home does he want? What kind of car does he want to drive?

These questions will help your student start to determine what type of career might be the best fit.



Step Three: Career Exploration

There are several ways to explore what the future holds for careers.

In Pennsylvania there is a High-Priority Occupations (HPO) list developed annually by the state. You can see a job forecast for all of Pennsylvania or for just our Southern Alleghenies region.

www.paworkstats.state.pa.us

The Top 10 occupations by Annual Average Wage on the 2013 HPO list are:

- Sales Managers
- Pharmacists
- Sales Representatives
- Industrial Production Managers
- Software Developers, Systems
- Industrial Engineers
- Mechanical Engineers
- Civil Engineers
- Software Developers, Applications
- Occupational Therapists



The Top 10 occupations by Projected Annual Openings on the 2013 HPO list are:



- ✓ Registered Nurses
- ✓ Heavy & Tractor-Trailer Truck Drivers
- ✓ Customer Service Representatives
- ✓ Nursing Aides, Orderlies & Attendants
- ✓ Licensed Practical & Licensed Vocational Nurses
- ✓ Sales Representatives

- ✓ Carpenters
- ✓ Supervisors – Office & Administrative Support Workers
- ✓ Automotive Service Technicians & Mechanics
- ✓ Supervisors – Retail Sales Workers



To explore careers with a national scope as put together by the federal Bureau of Labor and Statistics you should visit www.bls.gov/ocohome.htm .

www.somersetpajobfair.com
Somerset County Job Fairs

HELP WANTED

www.somersetpajobfair.com
Somerset County Job Fairs
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Somerset County Job Fairs

Locally you can attend one of the semi-annual Somerset County Job Fairs to see which businesses are hiring and what positions they are hiring for. www.somersetpajobfair.com for dates, times, and location.

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Step Four: Career Exploration

Once you and your student have worked through the steps outlined above it will be helpful to explore the potential careers in depth.



Internships and job shadowing are both ideal ways to find out more information. What better source of information than to talk with people who are currently working in your fields of interest. Take the time to find out some pertinent information. How much training or education is needed? Do you need to attend vocational school? Or obtain a two or four year degree? Once your student has those answers he can determine if the training required fits with the time commitment he is realistically willing to make.

Through this grant a formal job shadow program is being developed to assist students and employers with making good matches. Look for more detailed information by Summer 2014.

Good luck to you and your student as you set out on this exploration adventure. Solid research and informed decisions are the basis for your student having a long, successful career.