Teen Leadership 20

Intended Audience:
- Teens

Lesson Objectives:
Participants will:
- Identify potential career(s) related to their interest.

Time: 20 minutes

Equipment and supplies:
- Career Self-Assessment (Step 1 and 2) for each participant
- Writing utensils
- Large post-it paper
- Markers

Do Ahead:
- Review lesson
- Prepare equipment and supplies
- Depending on time limitations, have participants complete Step One of the "Career Self-Assessment" sheet and bring with them to the session.

Career Exploration

BACKGROUND
In order for individuals to have an idea what they want to do when they enter the workforce, careers should be explored. By exploring careers, individuals can make a plan of action for how and when they want to enter the workforce. Having a plan enables teens to focus on what steps to take. In addition, they will know how to meet necessary training and requirements without wasting time and money on items that are not related to their future goals.

WHAT TO DO
Activity:
- Have participants complete Step 1 of the "Career Self-Assessment" sheet.
- Have participants add up the number of boxes checked in each section of Step 1 and fill in the totals under Step 2 of the document.
- Have participants get together with their respective letter. (All participants who had the most points for "R" would get in a group, all with "I" would get in a group, etc.)
    - If someone has a tie, have them self-select a letter to break the tie.
- Ask the groups to discuss interests, future plans, and to find commonalities.
- With the large group (while participants are still in their small group), review descriptions of the representative letter.
    - Realistic: The "Do-ers."
    - Investigative: The "Thinkers."
    - Artistic: The "Creators."
    - Social: The "Helpers."
    - Enterprising: The "Persuaders."
    - Conventional: The "Organizers."
- Give each group a large piece of post-it paper and markers.
- On each piece of paper, have each group brainstorm ideas for careers related to their respective letter.
- Have each group share ideas with the large group.

Sources:
- Eastfield College Career Services. (2009). *Career Self-Assessment*. Retrieved from http://www.eastfieldcollege.edu/Assets/ssi/Career-Self-Assessment.pdf

Prepared by:
Hannah K. Epley
Extension Specialist
4-H Youth Development
Phone: 614.247.8144
Email: epley.24@osu.edu

Reviewed by:
Ohio 4-H Teen Leadership Design Team Members

TALK IT OVER
Reflect:
- Ask the participants if their results match their preconceived ideas.
- What did you learn about yourself?
- Do your second or third ranked sections appeal to your interests?
- What other types of careers would you be interested in pursuing?

Apply:
- Research careers, technical schools, colleges, college majors, etc. related to the type of career identified.
- Determine what training, education, etc. is necessary for this career.
- Explore the income level for the projected career. Determine if the income will be enough to afford the lifestyle you want.
- Look into the availability of these jobs in the future; will you have options when you finish training, education, etc.?

Please take time to complete the Participant and Facilitator evaluations, found online at go.osu.edu/TeenLeadership20.

Considerations for Conducting Virtually:
- Send assessment to participants via email
- Either send instructions as a note or type them in the chat box before moving to breakout rooms
- Utilize breakout rooms for smaller groups to brainstorm ideas
    - Have some screenshare and type ideas in a word document
- Use the large meeting room space for groups to report out what they discovered

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Career Self-Assessment

Your personality is a major factor to consider when deciding which careers you might enjoy most. This quick assessment can help you understand how the tasks and work environments of different careers are associated with personality types and which careers may fit you the best.

STEP ONE: Take the Assessment

In each section below, check the items you think you would enjoy the most. Check as many as apply.

"R" Section

- ☐ Repair a car
- ☐ Build things with wood
- ☐ Work outdoors
- ☐ Study electronics
- ☐ Arrest lawbreakers
- ☐ Plant a garden
- ☐ Work with animals
- ☐ Operate power tools
- ☐ Drive a truck

"A" Section

- ☐ Sing before the public
- ☐ Design clothing
- ☐ Decorate a home or office
- ☐ Act in or direct a play
- ☐ Write a poem, story or play
- ☐ Design a poster
- ☐ Create a sculpture
- ☐ Arrange flowers
- ☐ Make videos

"E" Section

- ☐ Start my own business
- ☐ Make a speech
- ☐ Supervise the work of others
- ☐ Start a club
- ☐ Save money
- ☐ Sell things
- ☐ Lead a meeting
- ☐ Take charge of a project
- ☐ Work in a political campaign

"I" Section

- ☐ Study causes of diseases
- ☐ Work on a science project
- ☐ Study human anatomy
- ☐ Work in a science lab
- ☐ Research solutions to environmental problems
- ☐ Collect minerals and rocks
- ☐ Study the solar system
- ☐ Do math problems
- ☐ Study plants and animals

"S" Section

- ☐ Work with children
- ☐ Care for a sick person
- ☐ Help people who are upset
- ☐ Interview clients
- ☐ Help a person with disabilities
- ☐ Work as a volunteer
- ☐ Study psychology
- ☐ Make people laugh
- ☐ Teach teens or adults

"C" Section

- ☐ Keep detailed reports
- ☐ Operate business machines
- ☐ Organize a work area
- ☐ Take telephone messages
- ☐ Attend to details
- ☐ Balance a budget
- ☐ Use a computer
- ☐ Proofread a document
- ☐ Create a filing system

Purpose of Interest Assessments

Interest assessments aren't designed to tell you exactly which career is right for you. The purpose is to get you to think about your interests and potential careers. You decide!

1. Learn more about your personality type and careers.
2. Research careers using the websites on the next page.
3. Compare information and discuss it with a counselor.
4. Choose your career and college major.

The RIASEC theory was developed by psychologist Dr. John Holland.

Adapted with permission from "Know Your Personality Type or Holland Code", Texas Wesleyan University Career Services, Aug 2009. Sources include *The Career Interest Program, Prentice-Hall, Inc. ©2001.*

STEP TWO: SCORE YOUR TOTALS

Add up how many boxes you checked in each section above and fill in the totals for each in the space provided below.

R _____	**I** _____	**A** _____
S _____	**E** _____	**C** _____

Each letter represents a career interest category.

Choose the letters in which you scored the highest and review the descriptions on the next page to discover possible careers you may want to consider.

STEP THREE: Understand Your Letters—Career Interests and Personality Types

What are your two or three highest scoring interests? Place a mark by your top interest areas.

Realistic: The "Do-ers." People who enjoy practical, hands-on problems and solutions. May have athletic or mechanical ability. Prefer to work with objects, machines, tools, plants, and/or animals. May prefer to work outdoors. They like to accomplish tasks. They are dependable, punctual, detailed, hard-working, and reliable individuals. Possible careers include mechanic, chef, engineer, police officer, athlete, pilot, soldier, and firefighter.

Investigative: The "Thinkers." People who enjoy work activities that have to do with ideas and thinking more than with physical activity. They like to observe, learn, investigate, analyze, evaluate, problem-solve. They are scientific and lab-oriented, and are fascinated by how things work. They tend to have logical and mathematical abilities. They are complex, curious, research-oriented, cool, calm and collected individuals. Possible careers include architect, computer scientist, psychologist, doctor, and pharmacist.

Artistic: The "Creators." People who have artistic, innovative, intuitional ability and like to work in unstructured situations using imagination and creativity. They like self-expression in their work. Possible careers include musician, artist, interior designer, graphic designer, actor, writer, and lawyer.

Social: The "Helpers." People who like to work with others by informing, helping, training, teaching, developing, or curing them. Often are skilled with words. They enjoy helping others and have a lot of empathy for the feelings of others. Possible careers include social worker, counselor, occupational therapist, teacher, nurse, librarian, and dental hygienist.

Enterprising: The "Persuaders." People who enjoy work activities that have to do with starting up and carrying out projects, especially business ventures. They like influencing, persuading, and leading people and making decisions. They may be easily bored and grow restless with routine. They prefer to work in their own unique style and like to take risks. Possible careers include business owner, lawyer, school administrator, sales person, real estate agent, judge, and public relations specialist.

Conventional: The "Organizers." People who like to work with data, have clerical and/or numerical ability, and who enjoy work activities that follow set procedures and routines. Conventional types are people who are good at coordinating people, places, or events. Possible careers include accountant, secretary, bank teller, dental assistant, and math teacher.

STEP FOUR: Research Careers and College Majors on these websites.

Career and College Major Information	Websites
Career Possibility Guides: Careers That Match Your Type	www.efc.dcccd.edu/ssi/CareerGuides.asp
Career Research with O-Net	http://online.onetcenter.org
Career Research with the Occupational Outlook Handbook	www.bls.gov/oco
Career Research & Inventory: Sigi3 (Pronounced "Siggy".)	www.eastfieldcollege.edu/careers. Contact Career Services for access code.
Match My Career Interests	http://mappingyourfuture.org/planyourcareer/careership/match_career.cfm
Occupation Database	http://www.vista-cards.com/occupations
What Can I Do With This Major?	http://whatcanidowiththismajor.com/major/majors
College Information	**Websites**
College Navigator	http://nces.ed.gov/collegenavigator/
DCCCD Majors and Degree Plans	www.dcccd.edu/catalog
DCCCD Transfer Services	http://www.dcccd.edu/ss/academics/ts/Pages/default.aspx

STEP FIVE: What to Look for and Consider When Researching Careers

- How much education does it require to enter the career? Can you commit to that level of education?
- What is the income level? Will the income be enough to afford the type of lifestyle you want?

(Unsure how much money you'll need to earn? Go to Reality Check at www.texasrealitycheck.com and find out!)

- What is the job outlook? Is it a growing career or a declining one? Will there be jobs when you graduate?
- Consider your alternatives. Make your decision based on your solid research. See your Academic Advisor to plan classes.