Career Exploration & Options

School-to-Career Coordinator: Ms. Middlebrooks

Career Planning takes time, determination and consistency
Career Exploration

Help your student start planning today, for their future tomorrow...
Stage of Career Explorations

1. Discover their interests
2. Find their Career Field
3. Plan out their goals
Discover their INTERESTS

Help your student determine:
- What they like to do
- What do they value
- What motivates them
- What skills do they currently possess
Get to know themselves

**STRENGTHS**
Encourage them to find out what they are good at. What comes naturally or you regularly return to.

**WEAKNESSES**
What areas do they need to improve on and where can they go to do so.
Find their CAREER FIELD

Learning about careers, different types of jobs and the educational requirements it takes to obtain a career that suits their interests.
Ask themselves...

**WHAT**
- Job titles interest me?
- Type of work environments do I like?

**WHERE**
- Can I go to Research my career field?
Like music, careers are organized into categories.
Career Education Guide
(Click the photo to learn more)

In-Demand Sectors
Take a look at the industry sectors that are in high demand in San Diego County

Jobs & Wages
Explore the jobs and the potential wage per education attainment
Plan their GOALS

Piece together all things they learned about themselves, with the real world of work. Use decision making skills and SMARTER goals action planning to identify effective career and life plans.
## SMARTER Goals

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<tbody>
<tr>
<td>Specific</td>
<td>Measurable</td>
<td>Attainable</td>
<td>Relevant</td>
<td>Timed</td>
<td>Evaluate &amp; Exciting</td>
<td>Revise &amp; Reward</td>
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Click [HERE](#) download a worksheet to get started.
Things to consider when planning...

- **Resources**
  Think about who you are connected to, what access do you have to get to the goal?

- **Challenges**
  What might you face academically or within the job market?

- **Knowledge**
  What else do you need to know to identify your career objective?
Importance of Career Exploration
Benefits of Career Planning

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<th>While in School</th>
<th>After School</th>
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<tr>
<td>Clarify short, medium &amp; long term goals</td>
<td>Higher chances of employment with higher income</td>
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<td>Higher academic achievement</td>
<td>Job satisfaction</td>
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<td>Graduate on time</td>
<td>Higher career advancement</td>
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<td>Higher motivation</td>
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The Consequences of NOT Planning can Cost you
Lack of preparation may result in:

- **Feeling stuck**
  - Constant switching majors
  - Staying in an unfulfilling field too long
  - Longer years in school

- **Costly**
  - Loss of Financial aid
  - Increased debt
  - May need to transfer
  - May waste time and money
MAP out their Career

**Interests**
Things they like to do or are passionate about

**Skills**
Things they are naturally good at or diligently practice.

**Values**
Things they find important in life
People who choose a career or major that matches or is similar to their personality or interest type are more likely to be successful and satisfied.
Many Options after High School

- 4-Year University
- Internships/Apprenticeships
- Work/Start a Business
- Military

There is not one-size fits all. Encourage students to **FIND** what works for them.
“The BEST way to predict the future is to create it!”

—Abraham Lincoln
Students can access Xello through their Clever account log in. There is a little icon already embedded to their profiles. There is a cool option to start Career Goals & Planning.
Thanks

Any Questions?
Ms. Veronica R. Middlebrooks
vmiddlebrooks@sandi.net
(858)-536-0336 ext.3036

SCAN the QR to schedule a 1:1 planning appointment with me