



Bootcamp: Career Exploration

Career Exploration Questions

Career exploration is the process of identifying some potential careers that are a fit with your interests, abilities and needs. As we start this process, take a few minutes to write out answers to each of these questions.

When I was a child, what did I want to be when I grew up? Why?

If a miracle happened one night and I woke up with my dream job, what do I see myself doing that day?

Who do I admire? Why?

One thing I have always done well is...

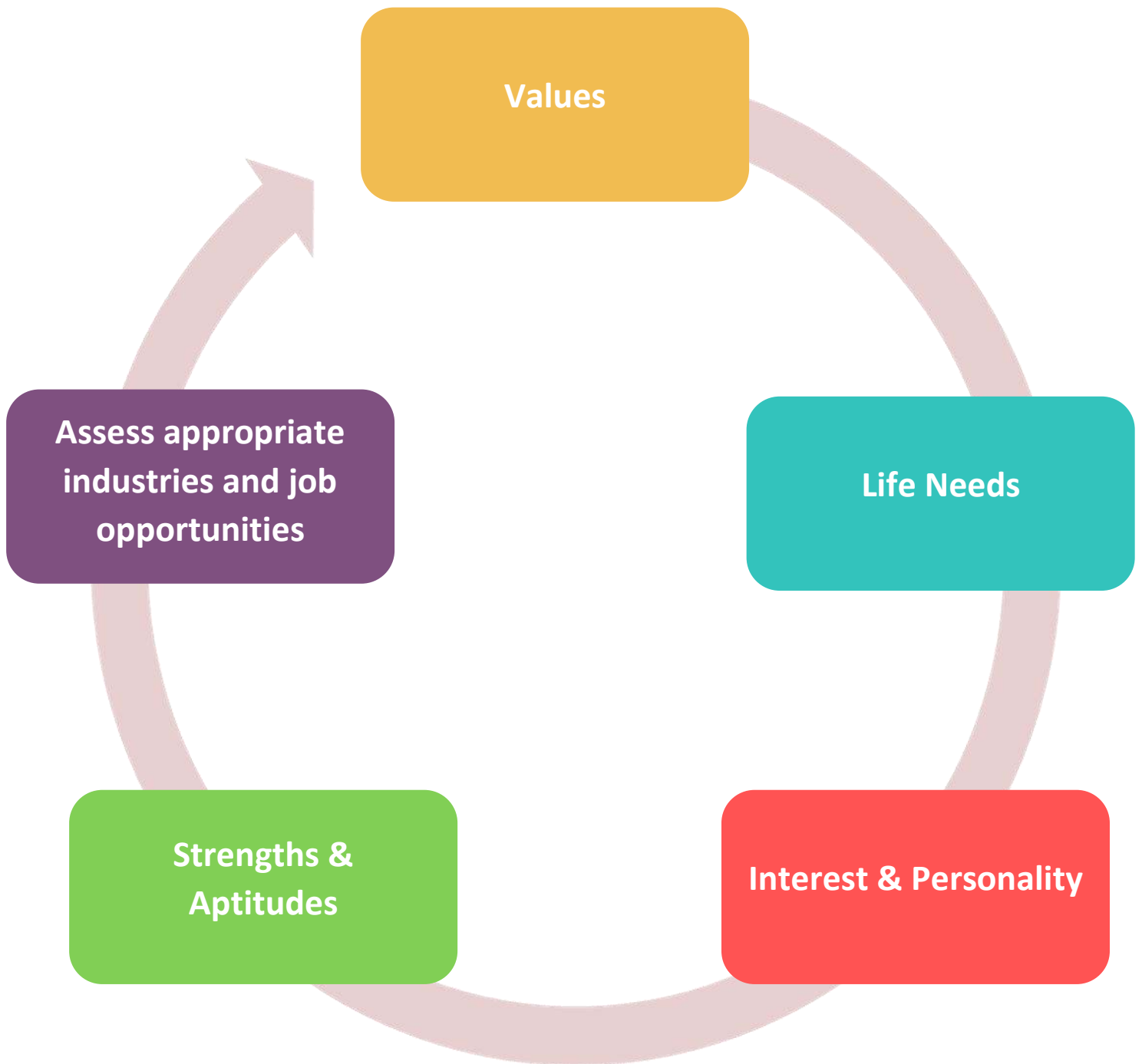
In the next 5 years, one goal I have regarding my career is...

Career Cycle



Self – Assessment

We are complex people and there are a lot of areas we can focus on to know ourselves better. This image reflects a few topics to consider as you explore who you are and what jobs may be a good fit, meaning they align with your values, needs, interests, strengths, etc.



Core Values List

Take some time to review this list of values. Circle your top 20, then narrow it down to your top 10, top 5 and finally your top 3. If you don't see a key value, add it!

Authenticity	Contribution	Generosity	Language
Achievement	Courage	Grace	Leadership
Adventure	Creativity	Gratitude	Learning
Ambition	Curiosity	Growth	Liberty
Art	Dependability	Happiness	Logic
Authority	Determination	Honesty	Love
Autonomy	Dignity	Hopefulness	Loyalty
Balance	Discipline	Hospitality	Marriage
Beauty	Diversity	Humor	Meaningful Work
Belonging	Education	Imagination	Motivation
Bravery	Empathy	Impact	Nature
Boldness	Encouragement	Independence	Obedience
Calmness	Entertainment	Influence	Openness
Challenge	Environmentalism	Inner Harmony	Optimism
Citizenship	Experience	Inspiration	Order
Comfort	Fairness	Integrity	Originality
Commitment	Faith	Intellect	Outdoors
Community	Fame	Intuition	Partnership
Compassion	Family	Inventiveness	Patience
Competency	Fitness	Joy	Passion
Competition	Focus	Justice	Peace
Continuity	Friendship	Kindness	Perfection
Control	Fun	Knowledge	Perseverance

Philanthropy	Reliability	Strength	Unity
Playfulness	Reputation	Success	Usefulness
Pleasure	Resilience	Sympathy	Valor
Poise	Resourcefulness	Teaching	Variety
Popularity	Respect	Teamwork	Virtue
Power	Responsibility	Thoroughness	Vision
Prayer	Satisfaction	Timeliness	Volunteering
Pride	Security	Tradition	Warmth
Privacy	Self-Respect	Tranquility	Wealth
Professionalism	Service	Trust	Wisdom
Punctuality	Skillfulness	Trustworthiness	Wonder
Recognition	Spirituality	Truth	Worthiness
Reflection	Spontaneity	Understanding	Youthfulness
Relaxation	Stability	Uniqueness	Zeal

Add any of your values not listed above:

My Top 3 Values

As you explore your next career steps, it is important to identify and spend some time defining each of your values. What does each value mean to you? Where does this show up in your life? How does honoring this value contribute to your career?

My top 3 values are:

1. _____

2. _____

3. _____

Next, take some notes as you consider each value and how it impacts your life / career:

Value #1:

Value #2:

Value #3:

Current Life Needs

*A self-assessment of your life needs involves knowing what considerations to make when looking for a job, including what **obligations and responsibilities** you have outside of work. It is important to keep in mind transportation, childcare, probation, commute time, and budgetary needs that will impact your ability to get and keep a job.*

Take a few minutes to think about and answer the questions below:

Transportation

How reliable is my transportation? How far am I willing to drive for work?

Is it important that my job location is on the bus line?

Schedule

How many hours a week do I want to work? How many hours a week do I need to work?

What is my ideal work schedule? Am I willing to consider other schedules such as days, nights, weekends, swing shift (working 2pm – 10pm), etc.?

Childcare

Do I use daycare? What time is drop off / pick up? Does my work schedule need to accommodate a school schedule?

Is it important to me that my work is close to my kid's school or daycare? If so, how close?

Budget Needs

How much money (per hour or per month) do I need to make in order to pay my bills?

Do I need a job with healthcare benefits for myself and/or my family?

Health and Legal

Do I currently have any physical or mental health limitation that could affect the type of work I can do?

Am I on parole, required to take random UAs, or taking care of other legal requirements? How might this impact my work availability?

Other...

Take note of other specific circumstances you need to consider as you pursue your next employment and career.

Additional Self-Assessment Tools

INTERESTS & PERSONALITY

Smalley Personality Test:

<https://www.accounseling.org/wp-content/uploads/2018/10/Personality-Test-Smalley.pdf>

Free, pdf version of assessment

VIA Free Survey: <http://www.viacharacter.org/Survey/Account/Register>

FREE version of Strengths Finder through Via Survey

Keirsey Temperament Sorter: www.keirsey.com

Personality questionnaire; free for limited results, a fee for expanded results

16 Personalities: <https://www.16personalities.com/>

Free personality assessment

STRENGTHS & APTITUDES

StrengthsFinder 2.0: <http://strengths.gallup.com/default.aspx>

Online personal assessment which will outline your strengths; By focusing on building strengths rather than focusing on weaknesses, you may be able to find suitable positions in the workplace where you can acquire the necessary

Career One Stop: <https://www.careeronestop.org/ExploreCareers/explore-careers.aspx>

This page offers free access to interest and skills assessments

My Next Move: <https://www.mynextmove.org/>

What do you want to do for a living? Free access to assessments in collaboration with O*net online and sponsored by Department of Labor

mySkills myFuture: <http://www.myskillsmyfuture.org/>

Find out how your skills transfer to other jobs; helps you identify what other jobs use some of the same skills.

Identifying & Exploring: Entry Level Positions

Look at the entry level careers below and take a few minutes to **circle all** those that might be a good match considering your gifts, interests, and skills.

Office Setting

Administrative/Customer Service

Sales/Marketing

Information Technology (IT)

Graphic Design

Working with People

Home Health Care/Care Provider

Certified Nursing Assistant (CNA)

Childcare/Teacher

Adult Care

Medical Field

Fitness

Social Work

Hospitality/Hotels

Housekeeping

Food and Beverage

Front Desk/Concierge

Financial

Human Resources

Retail/Service

Sales Assistant

Cashier

Manager

Security

Special Events

Maintenance/Manufacturing/Packaging

Delivery/Driving Cars

Assembly/Production/Warehouse

Shipping/Receiving Clerk

Warehouse Team Lead

Packaging

AV Installation

Janitorial

Property Restoration

Manual Labor/Construction/Trades

Landscaping Labor/Outdoor Design

Concrete Laborer

Machine Operator

Handyman

Demolition Laborer

Tree Trimming

Roofing

Seamstress

Recycling

Other job interests not listed above: _____

Identifying & Exploring: Research

O*NET

<https://www.onetonline.org/>

The O*NET program is the nation's primary source of occupational information. It contains information on hundreds of standardized and occupation-specific descriptors. The database is continually updated by surveying a broad range of workers from each occupation. It is an interactive application for exploring and searching occupations.

DATA USA

<https://datausa.io/>

Data USA puts public US Government data in your hands. Data USA can be a powerful input to economic and workforce development in your area.

LMI Gateway

www.colmigateway.com

A powerful labor market information system. The system provides fast access to a complete set of labor market research tools on one web site.

Career OneStop

<https://www.careeronestop.org/>

A US Department of Labor website with assessments and other resources to help you learn more about potential careers.

<https://www.careeronestop.org/ExploreCareers/Assessments/self-assessments.aspx>

MIT Living Wage Calculator

<http://livingwage.mit.edu/counties/08013>

MIT developed a living wage calculator to estimate the cost of living in your community or region based on typical expenses. The tool helps individuals, communities, and employers determine a local wage rate that allows residents to meet minimum standards of living.