



KEY CONCEPTS

- Linking interests to specific careers



CLASSROOM MATERIALS

- Computer with Internet access for each student

Non-Computer Option:

- Handout 3.1
- Handout 4.1
- Handout 4.2



CAREER COACH WEBSITE LINKS

- Interest Inventory quiz

LEARNING OBJECTIVES

Through the lesson and related assignments, students will:

- Take a career inventory
- Identify several careers that match student interests

LESSON SET-UP

Note: This module contains computer/non-computer options for Activity 1. For the non-computer option, inviting a career counseling professional to administer a paper interest inventory or ordering and administering the suggested interest inventory will provide students with the most complete results. The handouts provided with Option B Non-Computer may also be used, but will provide limited results.

For this lesson you will need:

ACTIVITY 1 COMPUTER OPTION

- Computer with Internet access for each student

ACTIVITY 1 NON-COMPUTER OPTION

- Enough copies of *Handouts 4.1* and *4.2* for each student
- Students to take *Handout 3.1* from their portfolios
- **Note:** Paper copies of the same interest inventory used on the *Career Coach* website, called the Interest Profiler, are available on-line. See page 7 of the Introduction for more details on obtaining the test.

Introduction (5 minutes)

1. Review the last lesson. Students learned about how they can use their interests to help them select a career they will enjoy.
2. The assignment had students answer two questions in their notebooks. Ask for two to three volunteers to read their answers. If more students want to read their answers, allow it.
 - *What interests do I have that I can use to choose a career?*
 - *What are two career themes that relate to my personal interests?*
3. Introduce the main point of the lesson. Students will:
 - Use the Holland Codes to identify the types of careers that would fit them
 - Complete an interest inventory that will help them pick a career that fits them

Below are two alternatives for **Activity 1: Completing the Career Interest Inventory**

Use **Activity 1, Option A** if your students have access to the **Career Coach** website in the classroom.

Use **Activity 1, Option B** if your students do not have Internet or computer access in the classroom.

We highly recommend arranging computer access time for students, as the online interest inventory is normalized and standardized, and is automatically scored and interpreted. If this is impossible, there are three alternatives:

1. Ask a professional career counselor to administer the interest inventory to your class.
2. Order paper copies of this interest inventory. See page x of the introduction for more information.
3. Use **Activity 1, Option B**, below.

Completing the Interest Inventory



ACTIVITY 1, Option A: Completing the *Career Coach* Interest Inventory (40 minutes)

Students will use the *Career Coach* website to identify interesting careers.



Option A Computer

1. Remind students that in the last class they completed registration for the *Career Coach* website. Explain that they will now complete the career Interest Inventory quiz on the *Career Coach* website. Tell students that the Interest Inventory quiz will help them identify careers that they might be interested in.
2. Ask students to turn on or log on to their computers.
3. Tell students that they can get to *Career Coach* from the Women Employed website at <http://www.womenemployed.org>.
4. Instruct students to log on using their user names and passwords from the last class. If students do not have their user name and password, they must complete the registration process again.

ACTIVITY 1, Option A: Completing the Career Interest Inventory (cont.)

5. Instruct students to get to the first page of the Interest Inventory quiz by clicking on the icon from the *Career Coach* website home page.
6. Explain that the Interest Inventory is based on the Holland Codes and uses a proven method of connecting the types of tasks that interest someone with jobs that include similar types of tasks.
7. Instruct students to answer the questions quickly, based on their interests. They shouldn't try to decide if they would like to do that particular activity as a job, but rather whether or not they are interested in that activity. For example, the first question is "Build kitchen cabinets." If the student likes to build things, like kitchen cabinets, they should select "like," even if building things is just their hobby, not something they want to make a career out of.
8. Give the students 30 minutes to complete the Interest Inventory quiz. Those who finish early can click on their results to learn more about those careers. Explain that students will have more time to browse their results in the next class.

Note: Unlike other *Career Coach* website activities, students cannot save a partially finished quiz, but must complete the quiz in one sitting.
9. Ask one to two volunteers to share how they feel about their results. If students are unhappy with their results, encourage them to retake the Interest Inventory, keeping an open mind (and selecting more "like" responses). Also remind students that this is just one way to find their "best-fit" career. They will learn more about careers and those that interest them in the next class.
10. Explain that the results of the quiz and other *Career Coach* activities are saved in each student's notebook on the *Career Coach* website, which the student can access anytime after logging in. If you have a printer, the students may wish to print their results.
11. Remind students to log out of the *Career Coach* website when they are finished with the quiz.

ACTIVITY 1, Option B: Finding Careers Based on Interests (35 minutes)

RESEARCH Students will use the Holland Codes to identify careers that may fit them.

Note: If you have ordered paper copies of the Interest Profiler (see above), follow the instructions for administering, scoring, and interpreting the inventory contained in the Interest Profiler.



Pass out Handout 4.1 and Handout 4.2

Option B Non-Computer

1. Explain that the main goal of this activity is to find some careers that may interest them. At the end of the activity, they should have a list of four to eight careers that might interest them. Later on, they will do more research on these careers and make a choice about them.

ACTIVITY 1, Option B: Finding Careers Based on Interests (cont.)



Students take out
Handout 3.1

2. Pass out copies of **Handout 4.1: Finding Careers** and **Handout 4.2: Browsing Careers with Holland Codes**. Tell students to take **Handout 3.1** out of their portfolios to help them complete **Handout 4.1**.
3. Read the boldface directions for **Steps 1, 2, 3, and 4** on **Handout 4.1**. When students are at **Step 3: Evaluate Your List**, model how to evaluate some choices.

Examples

Realistic: I checked off drywall installer, but I think that might be a problem with my allergy to dust.

Social: I checked off recreation director, and the more I think about it, that really interests me. I can work with people and be outdoors — my two favorite things.
4. By the end of the activity, each student should have at least four career titles, from one or more career theme area.
5. Tell students to put **Handout 4.1** in their portfolios; they will be using it later to research their target careers.

Wrap-Up and Assignments (5 minutes)



1. Tell students that over the next few classes, they will have the chance to explore their results in-depth, browse for more careers, and learn more details about what these careers are really like.
2. Let students know that they can log on to the *Career Coach* website on their own if they are interested in exploring more careers and learning more about how to prepare for those careers. Explain that the *Career Coach* website highlights careers with salaries over \$25,000 per year in fields with growing demand for more workers. Also explain that the *Career Coach* website includes information on careers with a variety of educational requirements.
3. Tell them that you will be covering much of the information found on the *Career Coach* website and more for the rest of the course.



Computer Option Only

4. Remind students to bring their user names and passwords for the *Career Coach* website to the next class.



SPECIAL NOTE: Module 5 takes place on to the *Career Coach* website. If you have access to computers in your classroom or a computer lab, make plans to have access to the computers for Module 5.

If you do not have access to computers during class time, an alternate activity is provided, but you must arrange to have copies of the *Occupational Outlook Handbook*. Please see Module 5 for details.



Handout 4.1: Finding Careers

Non-Computer Option

Look at **Handout 3.1: Holland Themes and Related Careers**.

Step 1: Choose one of the career themes that you answered "yes" to.

Realistic Investigative Artistic Social Enterprising Conventional

Write it below.

Career theme: _____

Step 2: Brainstorm to create

- Look at **Handout 4.2: Browsing Careers with Holland Codes**. Find the list of career titles related to that career theme.
- Check off as many possible job titles as you can in three minutes. DO NOT evaluate your ideas; just check off ones that may seem slightly interesting.

Step 3: Evaluate your list.

- Now look over your checked-off career titles.
- Think about them critically at this point. Ask yourself questions, such as, "Do I really think I would like to do this?" If you are not sure what a job is, ask your instructor.
- Choose two to four of the career titles in that career theme and list them below.

Step 4: Repeat for one other career theme on **Handout 3.1**.

Career theme: _____

- Create: Brainstorm all possible without judging. Check off as many titles that sound interesting.
- Evaluate: List two to four career titles below.

Handout 4.2: Browsing Careers with Holland Codes

Non-Computer Option

Realistic Career Possibilities

- | | | |
|---|--|--|
| <input type="checkbox"/> Aircraft Mechanic | <input type="checkbox"/> Electrical Engineer | <input type="checkbox"/> Maintenance Person |
| <input type="checkbox"/> Appliance Repairer | <input type="checkbox"/> Electrician | <input type="checkbox"/> Mechanical Engineer |
| <input type="checkbox"/> Architectural Drafter | <input type="checkbox"/> Farmer | <input type="checkbox"/> Painter |
| <input type="checkbox"/> Automobile Body Repairer | <input type="checkbox"/> Farm Manager | <input type="checkbox"/> Plumber |
| <input type="checkbox"/> Automotive Engineer | <input type="checkbox"/> Firefighter | <input type="checkbox"/> Printing Press Operator |
| <input type="checkbox"/> Automobile Mechanic | <input type="checkbox"/> Floor and Carpet Layer | <input type="checkbox"/> Radio/TV Repair |
| <input type="checkbox"/> Bookbinder | <input type="checkbox"/> Forester | <input type="checkbox"/> Roofer |
| <input type="checkbox"/> Bricklayer | <input type="checkbox"/> Furnace Installer | <input type="checkbox"/> Sheet Metal Worker |
| <input type="checkbox"/> Bus Driver | <input type="checkbox"/> Groundskeeper | <input type="checkbox"/> Structural Steelworker |
| <input type="checkbox"/> Butcher | <input type="checkbox"/> Heating and Air Conditioning Repair | <input type="checkbox"/> Tailor |
| <input type="checkbox"/> Carpenter | <input type="checkbox"/> Industrial Supervisor | <input type="checkbox"/> Tool and Die Maker |
| <input type="checkbox"/> Cement Worker | <input type="checkbox"/> Instrument Repair and Maintenance | <input type="checkbox"/> Truck Driver |
| <input type="checkbox"/> Commercial Pilot | <input type="checkbox"/> Jeweler | <input type="checkbox"/> Upholsterer |
| <input type="checkbox"/> Construction Worker | <input type="checkbox"/> Line Installer | <input type="checkbox"/> Watchmaker |
| <input type="checkbox"/> Crane Operator | <input type="checkbox"/> Logger | <input type="checkbox"/> Welder |
| <input type="checkbox"/> Diesel Mechanic | <input type="checkbox"/> Machinist | <input type="checkbox"/> Woodworker |
| <input type="checkbox"/> Drafter | | |
| <input type="checkbox"/> Drywall Installer | | |

Investigative Career Possibilities

- | | | |
|---|--|--|
| <input type="checkbox"/> Actuary (figures out insurance statistics) | <input type="checkbox"/> Detective | <input type="checkbox"/> Physician, General Practice |
| <input type="checkbox"/> Biologist | <input type="checkbox"/> Environmental Technician | <input type="checkbox"/> Physician Assistant |
| <input type="checkbox"/> Chemical Engineer | <input type="checkbox"/> Electrical Technician | <input type="checkbox"/> Private Detective |
| <input type="checkbox"/> Chemical Technician | <input type="checkbox"/> Hazardous Waste Technician | <input type="checkbox"/> Psychologist |
| <input type="checkbox"/> Chiropractor | <input type="checkbox"/> Horticulturist (work with plants) | <input type="checkbox"/> Real Estate Appraiser |
| <input type="checkbox"/> Civil Engineer Technician | <input type="checkbox"/> Industrial Arts Teacher | <input type="checkbox"/> Research Analyst |
| <input type="checkbox"/> Computer Support | <input type="checkbox"/> Insurance Claims Examiner | <input type="checkbox"/> Software Designer |
| <input type="checkbox"/> Computer Programmer | <input type="checkbox"/> Laboratory Technician | <input type="checkbox"/> Statistician |
| <input type="checkbox"/> Computer Systems Analyst | <input type="checkbox"/> Licensed Practical Nurse | <input type="checkbox"/> Technical Writer |
| <input type="checkbox"/> Cost Estimator | <input type="checkbox"/> Market Researcher | <input type="checkbox"/> Veterinarian |
| <input type="checkbox"/> Criminal Investigator | <input type="checkbox"/> Medical Lab Technician | <input type="checkbox"/> Website Developer |
| <input type="checkbox"/> Dental Assistant | <input type="checkbox"/> Meteorologist (weatherperson) | <input type="checkbox"/> X-Ray Technician |
| <input type="checkbox"/> Dental Laboratory Technician | <input type="checkbox"/> Nurse Practitioner | |
| <input type="checkbox"/> Dental Technician | <input type="checkbox"/> Pharmacist | |

Handout 4.2: Browsing Careers with Holland Codes

Non-Computer Option

Artistic Career Possibilities

- | | | |
|--|--|--|
| <input type="checkbox"/> Actor/Actress | <input type="checkbox"/> Choreographer | <input type="checkbox"/> Journalist/Reporter |
| <input type="checkbox"/> Advertising Artist | <input type="checkbox"/> Drama Teacher | <input type="checkbox"/> Landscape Architect |
| <input type="checkbox"/> Advertising Manager | <input type="checkbox"/> English Teacher | <input type="checkbox"/> Medical Illustrator |
| <input type="checkbox"/> Baker/Chef | <input type="checkbox"/> Fashion Illustrator | <input type="checkbox"/> Musician |
| <input type="checkbox"/> Broadcast Technician | <input type="checkbox"/> Floral Designer | <input type="checkbox"/> Music Teacher |
| <input type="checkbox"/> Clothing/Fashion Designer | <input type="checkbox"/> Furniture Designer | <input type="checkbox"/> Photographer |
| <input type="checkbox"/> Copywriter | <input type="checkbox"/> Graphic Designer | <input type="checkbox"/> Sound Technician |
| <input type="checkbox"/> Dancer | <input type="checkbox"/> Interior Designer | <input type="checkbox"/> Writer/Editor |

Social Career Possibilities

- | | | |
|--|---|--|
| <input type="checkbox"/> Athletic Trainer | <input type="checkbox"/> High School Teacher | <input type="checkbox"/> Preschool Worker |
| <input type="checkbox"/> Childcare Worker | <input type="checkbox"/> Librarian | <input type="checkbox"/> Probation and Parole Officer |
| <input type="checkbox"/> Counseling Psychologist | <input type="checkbox"/> Mail Carrier | <input type="checkbox"/> Recreation Director |
| <input type="checkbox"/> Counselor/Therapist | <input type="checkbox"/> Medical Assistant | <input type="checkbox"/> Recreational Therapist |
| <input type="checkbox"/> Cosmetologist | <input type="checkbox"/> Minister | <input type="checkbox"/> Registered Nurse |
| <input type="checkbox"/> Customer Service Representative | <input type="checkbox"/> Nurse/Midwife | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Dental Hygienist | <input type="checkbox"/> Occupational Therapist | <input type="checkbox"/> Special Education Teacher |
| <input type="checkbox"/> Dietician | <input type="checkbox"/> Paralegal | <input type="checkbox"/> Speech Pathologist |
| <input type="checkbox"/> Dispatcher | <input type="checkbox"/> Personnel Recruiter | <input type="checkbox"/> Teacher's Aide |
| <input type="checkbox"/> Elementary School Teacher | <input type="checkbox"/> Physical Therapist | <input type="checkbox"/> Ticket Agent |
| <input type="checkbox"/> Funeral Director | <input type="checkbox"/> Physical Therapy Aide | <input type="checkbox"/> Vocational Agricultural Teacher |
| <input type="checkbox"/> Hairstylist | <input type="checkbox"/> Physical Trainer | <input type="checkbox"/> Vocational-Rehabilitation Counselor |

Handout 4.2: Browsing Careers with Holland Codes

Non-Computer Option

Enterprising Career Possibilities

- | | | |
|---|--|--|
| <input type="checkbox"/> Advertising Sales Representative | <input type="checkbox"/> Food Service Manager | <input type="checkbox"/> Restaurant Manager |
| <input type="checkbox"/> Automobile Sales Worker | <input type="checkbox"/> Health Services Manager | <input type="checkbox"/> Retail Sales Person |
| <input type="checkbox"/> Barber/Hairdresser | <input type="checkbox"/> Hotel Manager | <input type="checkbox"/> Retail Store Manager |
| <input type="checkbox"/> Bartender | <input type="checkbox"/> Housekeeper | <input type="checkbox"/> Sales Manager |
| <input type="checkbox"/> Buyer | <input type="checkbox"/> Insurance Agent | <input type="checkbox"/> Sales Representative |
| <input type="checkbox"/> Cook/Chef | <input type="checkbox"/> Manufacturer's Representative | <input type="checkbox"/> Social Service Director |
| <input type="checkbox"/> Credit Manager | <input type="checkbox"/> Office Manager | <input type="checkbox"/> Traffic Clerk |
| <input type="checkbox"/> Emergency Medical Technician | <input type="checkbox"/> Public Relations Representative | <input type="checkbox"/> Travel Agent |
| <input type="checkbox"/> Flight Attendant | <input type="checkbox"/> Real Estate Agent | |

Conventional Career Possibilities

- | | | |
|---|---|--|
| <input type="checkbox"/> Accountant | <input type="checkbox"/> Court Clerk | <input type="checkbox"/> Medical Secretary |
| <input type="checkbox"/> Administrative Assistant | <input type="checkbox"/> Court Reporter | <input type="checkbox"/> Payroll Clerk |
| <input type="checkbox"/> Bailiff | <input type="checkbox"/> Customs Inspector | <input type="checkbox"/> Police Officer |
| <input type="checkbox"/> Bill Collector | <input type="checkbox"/> Data Entry Clerk | <input type="checkbox"/> Purchasing Agent |
| <input type="checkbox"/> Billing Clerk | <input type="checkbox"/> File Clerk | <input type="checkbox"/> Water Quality Specialist |
| <input type="checkbox"/> Bookkeeper | <input type="checkbox"/> Insurance Adjuster | <input type="checkbox"/> Safety Inspector |
| <input type="checkbox"/> Bank Teller | <input type="checkbox"/> Insurance Underwriter | <input type="checkbox"/> Service Station Attendant |
| <input type="checkbox"/> Building Inspector | <input type="checkbox"/> Kindergarten Teacher | <input type="checkbox"/> Telephone Operator |
| <input type="checkbox"/> Clerk | <input type="checkbox"/> Legal Secretary | <input type="checkbox"/> Typist or Word Processor |
| <input type="checkbox"/> Computer Operator | <input type="checkbox"/> Library Assistant | <input type="checkbox"/> Water Quality Specialist |
| <input type="checkbox"/> Corrections Officer | <input type="checkbox"/> Medical Record Administrator | |
| <input type="checkbox"/> Cost Accountant | <input type="checkbox"/> Medical Records Technician | |