

Career Exploration: Who Am I?



NAME _____



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If I could have any career, I think I would be a _____

I like this job because _____

Realistically, I think I will probably end up being a _____
because _____

I'd like a chance to do work which uses a special skill I have. That skill is _____

WORK SETTINGS

Circle YES or NO to indicate your feelings about working in the following settings:

- | | | |
|-----|----|---|
| YES | NO | I interact with people a lot. |
| YES | NO | I have little interaction with others. |
| YES | NO | The work is routine and predictable – pretty much the same thing every day. |
| YES | NO | There is lots of change and variety. |
| YES | NO | I get lots of supervision and someone is always close by for me to ask questions. |
| YES | NO | My supervisor gives me a task and pretty much lets me alone to get it done. |
| YES | NO | The environment is calm and quiet so I can just focus on my work. |
| YES | NO | The environment is noisy and energetic – there's always something going on. |
| YES | NO | I work with a team to accomplish tasks or projects. |
| YES | NO | I work alone to accomplish my tasks. |
| YES | NO | Work in situations where there is time pressure to complete my tasks. |













Circle all of the careers that interest you most:

Architect	Bank Teller	Accountant
Nurse	Lab Assistant	Veterinarian
Dentist	Doctor	Emergency Medical Technician
Musician	Fashion Designer	Photographer
Interior Decorator	Actor	Film Director
Librarian	News Reporter	Writer
Public Relations	Translator	Community Organizer
Social Worker	Childcare Worker	Parole Officer
Teacher	Athletic Coach	Human Resources Professional
Lawyer	Law Clerk	Police Officer
Flight Attendant	Business Person	Travel Agent
Retail Clerk	Realtor	Restaurant Manager
Hotel Manager	Office Manager	Administrative Assistant
Cashier	Researcher	Hair Stylist
Graphic Designer	Software Developer	Computer Programmer
Park Ranger	Animal Trainer/ Groomer	Landscape Gardener
Auto Mechanic	Engineer	Computer Technician
Construction Worker	Truck Driver	Crime Scene Investigator
Firefighter	Security Guard	Military Personnel
Fitness Trainer	Professional Athlete	Tradesperson (Carpenter, Electrician, Plumber)

























Circle all of the words that describe you:

on time	hard-working	dependable
outgoing	self-confident	friendly
creative	flexible	courteous
honest	responsible	loyal
perfectionist	forgiving	enthusiastic
kind	compassionate	open-minded
talkative	generous	cooperative
competitive	independent	patient
cheerful	curious	ambitious
caring	mature	calm
self-reliant	shy	decisive
optimistic	self-directed	organized
sensitive	serious	respectful
self-control	positive attitude	good communicator
careful	adaptable	leader







WORK WITH CHILDREN OR YOUTH

I'd like this	Sounds so-so	No thanks!	
			Work in a daycare setting with preschool age children (3-5 years).
			Work in a school or day camp with elementary school children (6-11 years).
			Work with young teens or pre-teens (12-15 years).
			Work as a peer mentor or leader (ages 16+).










WORK IN AN OFFICE

I'd like this	Sounds so-so	No thanks!	
			Work inside, mostly at a desk.
			Perform clerical tasks such as sorting, filing, and organizing.
			Perform customer service duties such as answering phones, greeting and assisting customers, answering questions, etc.
			Perform clerical tasks involving typing and data entry.
			Use computer software to prepare documents, letters or reports.
			Work as a receptionist in a medical office or hospital.
			Copy, assemble, sort, staple, and/or bind documents.
			Work in a library, sorting and shelving books.













WORK IN A RETAIL STORE

I'd like this	Sounds so-so	No thanks!	
			Perform duties such as stocking shelves or doing inventory.
			Work directly with customers to assist them with selecting or paying for purchases.













I'd like this	Sounds so-so	No thanks!	WORK OUTSIDE
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- | | | | |
|--|---|---|---|
|  |  |  | Perform physical labor (digging, sweeping, lifting, carrying, building, etc). |
|  |  |  | Perform physical labor such as planting, gardening, weeding, watering. |
|  |  |  | Work with animals. |

I'd like this	Sounds so-so	No thanks!	WORK WITH TECHNOLOGY
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- | | | | |
|--|---|---|---|
|  |  |  | Work with computer software. |
|  |  |  | Use computer software to create webpages or multimedia projects. |
|  |  |  | Take apart and/or put together computers or other electronic devices. |
|  |  |  | Work with a team to film/produce a marketing video. |

I'd like this	Sounds so-so	No thanks!	SERVICE OCCUPATIONS
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- | | | | |
|--|---|---|--|
|  |  |  | Do work that directly helps people. |
|  |  |  | Prepare and/or serve food. |
|  |  |  | Perform clean-up or janitorial work. |
|  |  |  | Visit with senior citizens at an assisted living facility. |