

# Navigator Lesson #1 - Career and College Focus

## September 21, 2018

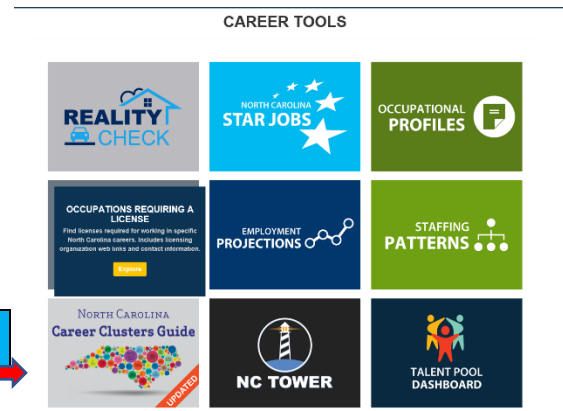
The focus for the 5 Career and College lesson plans for 2018-2019 will be based on the following:

- **Lesson #1 – Know Yourself, Sept 21, 2018**
- Lesson #2 – Investigate Career Clusters
- Lesson #3 – Explore Career Options
- Lesson #4 – Prepare for Work
- Lesson #5 – Search the Job Market

Students will need to bring their computers to Navigators for these lessons.

### September 21 – Lesson #1

1. Go to the following website <https://nccareers.org>
2. Click on Career Tools in the top right – then **North Carolina Career Clusters Guide**
3. Students will complete #1 Know Yourself Interest Profiler
4. After completion students will receive their Holland Code results. Click print assessment and save it as a PDF on their desktop. Their results will be used in later lessons.
5. Students will look for the 3 highest career interest types and read about each one.
6. Under *Other Ways To Explore Your Own Characteristics* students may dig deeper into their own personality types and characteristics.
7. If they have time they may also work through the additional resource “Reality Check”. This is a great tool designed to estimate the income necessary to support their desired lifestyle in major cities in North Carolina.



#### 4. Holland Code



**6** **OTHER WAYS TO EXPLORE YOUR OWN CHARACTERISTICS:**

Interests are only one part of who you are, so check out the following sites to find other ways to explore your own characteristics and identify other qualities that connect with careers that you may choose.

**INTERESTS**

- Career Key
- Campbell Interest & Skill Survey
- Self-Directed Search

**PERSONALITY TYPE**

- Myers-Briggs Type Indicator

**ABILITIES & APTITUDES**

- SAT
- ACT
- ASVAB
- WorkKeys

\* The O\*NET Interest Profiler is compatible with Holland's (1985) Theory of Vocational Personality, one of the most widely accepted approaches to vocational choice. Information for Interest Area is extracted from the O\*NET Career Exploration Tools owned by the U.S. Department of Labor, Employment Training Administration (DL/ETA). All O\*NET Assessment/Counseling Tools are copyrighted. O\*NET is a trademark of DL/ETA.



**7** **REALITY CHECK**

Reality Check is an online tool designed to estimate the income necessary to support your desired lifestyle. State where you'd like to live in North Carolina and how you spend your money. From there, you'll be directed to jobs that meet your financial needs.