

Self Determination Conference Employment Toolbox

Career Exploration Tip Sheet

What is Career Exploration?

Career exploration is a process for you to learn about your interests, skills, and personality and the possible jobs in your community so that you can decide the type of job that is best for you.

Why do Career Exploration?

Career exploration can help you match your skills and interests to the right job. It can also open your eyes to new jobs you did not know about. Career exploration can help you understand what you need to do to get your dream job.

Who can help with Career Exploration?

There are many people who can help you with career exploration, including:

- Friends
- Family members
- High school teachers and counselors
- College staff
- Division of Vocational Rehabilitation (DVR) Counselor
- Service provider staff

These people can help you reflect on your interests and skills, talk with you about job options, help you research businesses and careers, and introduce you to people working at the jobs you want to learn more about.

Career Exploration Strategies:

- ✓ **Internet research and self-assessment tools** – check out the Wisconsin Job Center website for career exploration tools <https://jobcenterofwisconsin.com/> and the website My Skills My Future www.myskillsmyfuture.org
- ✓ **Tours, Informational Interviews, and Job Shadows** – These are short opportunities to learn about a job or a business. Tours and informational interviews usually last less than an hour. Job shadows can be part of a day or the whole day. You can ask friends, family members or other business owners you might know for tours, informational interviews or job shadows. If you are in high school or working with DVR you should ask your teacher or DVR counselor to arrange these for you.
- ✓ **Internships and temporary work experiences** – Your high school or your DVR counselor can help you arrange internships or temporary work experiences at jobs you want to try. These can last a few weeks to a few months. In some internships or work experiences you might earn a paycheck and for others you might not get paid.

Career Exploration Worksheet Activity

My Top Three Interest Areas/Vocational Themes (e.g. children, animals, art, automotive, food, outdoors, sports)

1.

2.

3.

Some of my skills are:

Jobs I am interested in learning about	Ways I can learn more about them	Who can help me