

# Activity 4: Your Career Ideas and Career Matchmaker

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## FOR THE TEACHER

### Introduction

The purpose of this activity is to help students understand their interests and how they relate to career choices. It also encourages them to look beyond their preconceptions about careers and investigate alternatives they may not have considered before. Finally, students will become more familiar with Career Cruising's interest assessment tool, Career Matchmaker, and learn how it can provide individualized feedback on their career ideas.

### Setting the Stage

Classroom discussion can focus on two issues: the relationship between people's interests and their career choices, and how much (or little) we really know about various careers. Ask students which occupations they are thinking about pursuing. Then ask them how much they know about those occupations. How do they know they will really like those careers? There are hundreds of occupations to pursue, yet many students only think of a handful when imagining their future career paths.

### Starting the Program

Go to [www.careercruising.com](http://www.careercruising.com). Enter your personal My Plan username and password in the spaces provided, and click on **Log In**.

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## STEP 1: YOUR CAREER CHOICE

Log in to Career Cruising and click on **Careers**.

In the box beside **Keyword Search**, enter the name of a career you would like to pursue or have seriously considered for yourself (*e.g. lawyer, carpenter, fashion designer*), and click **Search**.

Once you have chosen a career, write the name below.

**Career:** \_\_\_\_\_

**1. Before learning more about your career choice, write down three things you think you would like about this career.** (*e.g., on-the-job activities, work environment, or other interesting aspects*)

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Note: At this stage of the activity, you do not have to do any research; just write down your thoughts on this career. In the third stage, you will learn more about this career and how it matches up with your interests.

## STEP 2: IDENTIFYING YOUR INTERESTS

Click the **Assessments** link in the menu bar at the top of the page, and then click on the **Start Matchmaker** button. (If you've already completed Matchmaker, you can load your Best Match or other results and skip ahead to Step 3.)

Read the instructions on the Introduction page, label your Matchmaker session, and then click **Start Now**.

After you answer the first 39 questions, you will come to the Career Suggestions page which lists the careers that are suitable for you based on your responses to the questions.

We strongly suggest that you answer the second round of questions as well. Click on the **Answer More Questions** button in the **Improve My Results** section on the left side of the Career Suggestions page. Answer as many additional questions as you can, and then click the blue **View My Career Suggestions** button.

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## STEP 3: MATCHING UP YOUR INTERESTS WITH CAREERS

1. Does your career choice appear in the list of career suggestions?

Yes \_\_\_\_\_

No \_\_\_\_\_

If your answer is **Yes**, click on it.

If your answer is **No**, click on the **Find Other Careers** button in the **Other Careers** section on the left side of the page. Search for the career that interests you and click on the career name.

2. Once you have clicked on the career, a chart titled **Suitable For You?** will appear. From this chart, write down any **Central and Secondary Aspects** to which you answered **Like** or **Like Very Much**.

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3. Write down any **Central and Secondary Aspects** to which you answered **Dislike**, **Dislike Very Much**, or **Does Not Matter**.

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## SUMMARY – YOUR VIEWS

Now that you have learned about your interests and how they match up with a career that you have considered, answer the following questions:

**4. In Question 1, you wrote down three things that you thought you would like about this career. Which of these are similar to the Central or Secondary Aspects of the career? What surprises you about some of the aspects of this career?**

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**5. How did your original career choice match up with your interests? Do you still think it is a good career choice for you? Why or why not?**

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**6. Do you think interests are important for career choices? Why or why not?**

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## OPTIONAL – CHECKING OUT ONE OF YOUR CAREER SUGGESTIONS

Click on the **Back To Matchmaker** button to return to your list of suggested careers. Click on one of your top five career suggestions. *(Choose one that you think might interest you, but not the one you already looked at.)*

Career: \_\_\_\_\_

**7. Write down the Central and Secondary Aspects to which you answered Like or Like Very Much.**

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**8. Write down any Central and Secondary Aspects to which you answered Dislike, Dislike Very Much, or Does Not Matter.**

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## SUMMARY – YOUR VIEWS

**9. Are you interested in this career? Have you ever considered it before? What could you do to learn more about it?**

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