

Career Research

“Know thyself.”

~Socrates

Guidance Direct – www.guidancedirect.com

The first step toward deciding on a career that might be right for you is to get to know yourself better. That may sound like an odd thing, because who knows you better than you? However, we have found that doing interest profiles and skills & work value surveys are great first steps to find out the types of careers that fit your abilities, interests and values. A great tool that we have found to do this initial exploration is the Guidance Direct program. The Guidance Direct program also has career, college and scholarship searches as well as a resume writer and portfolio to help organize your personal information.

To use the Guidance Direct program go to www.guidancedirect.com and simply click on Career Connections Student Login to create a new account. You will need our **School ID, which is 0459359 and a password, which is M86S8085**, in order to save your information in a portfolio so you can access it all later without having to start over.

Interest Profiler

The profiler will ask you to choose whether you “like”, “dislike” or are “not sure” about performing a variety of different tasks. Here are a few examples: “Building kitchen cabinets”, “Write a song”, or “Study the history of a past civilization”. Some of the questions may not seem relevant, but it is important that you take the entire inventory. The more honestly you answer these questions, the better your results will be. It is also important to take this profiler multiple times as your mood and other environmental factors can influence the results.

Once you have completed the profiler, your results will be shown. Your top Interest Areas will be displayed. They will be from the following areas:

- Enterprising, Investigative, Artistic, Social, Conventional, and Realistic

From there, you can continue and a list of careers that seem to match your areas of interest will be created and you can read about each one. Pay particular attention to those that you do not know much about or have never heard of, because they may be the ones you should research further. You can also research careers that do not show on the list of matching careers by going to the *Occupation Search* link.

Additional Steps to Career Searching

Continue your career research by accessing sites such as:

- Career Zone (www.careerzone.org)
- New York State Department of Labor (www.labor.state.ny.us)
- www.college.gov

Keep in mind that you should focus on researching career areas, not necessarily specific careers, i.e. business versus accounting. As you move through the process, you can get more specific but doing so too quickly can cause you to miss some potentially rewarding careers during your search.

Ready for the next step? You should consider:

- Setting up informational interviews (*) with people in your field(s) of interest
- Shadowing a person in the area(s) in which you are interested
- Participating in an internship or volunteering within that area in the community

If you are struggling with any of these steps, make an appointment with your counselor – do not put off your research!