

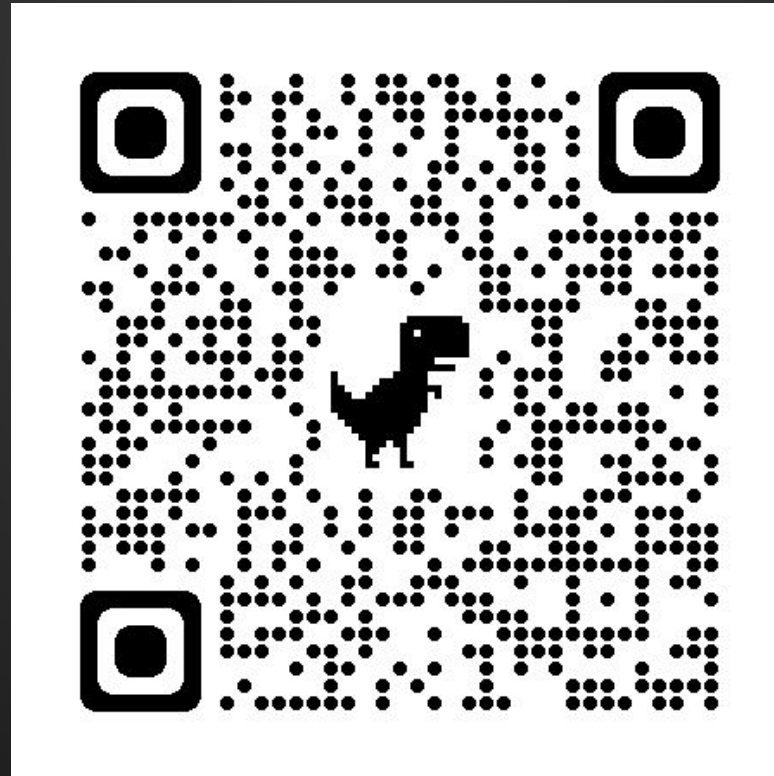


# Exploring Careers

Presented by School Counselors of Woodside High School

# Pre-Assessment

[bit.ly/pre10th2023](https://bit.ly/pre10th2023)



# Goals for Today

01

Begin researching various careers after high school

02

Learn more about yourself by completing a career inventory

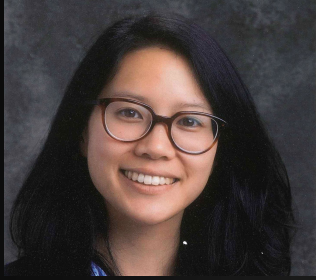
03

Understand how personality traits influence career choices

04

Identify 3 possible careers that interest me

# We all work together



**Ms. Lok**



**Mr. Thornton**



**Mr. Gil**

College Advisor  
working with everyone on Ms.  
Lok & Mr. Thornton's caseload



**Mr. Cortez**



**Mr. Hernandez**



**Zorina Matavulj**

College Advisor  
working with everyone on Mr  
Cortez & Mr Hernandez's caseload



**Mr. Negri**



**Ms. Grimaldi**



**Lisa Vasquez**

College Advisor  
working with everyone on Mr  
Negri and Ms Grimaldi's  
caseload



# Why career exploration matters?

Hold up the corresponding number of fingers for:  
How you are feeling/thinking when you hear “we are going to begin planning for a career after high school”:



I'm so excited and  
already have some ideas



I'm on board, but not  
sure where to begin



I'm nervous just thinking  
about it

# Why it's important to **plan** for **various** careers

- ❑ You just **don't know** what you want to do right now
- ❑ 80% of students **change** their major at least once
- ❑ You might **hate** your job
- ❑ **Uncontrollable** factors – relocation (moving), health, family situation
- ❑ It helps **lower** feelings of anxiety, stress, worry, etc.

# Starting with your personalities...

Loves helping kids → Preschool Teacher

Loves working in front of computers → Software Engineer

Loves solving mysteries → Cancer Researcher

...can help you find careers you'd ENJOY



# Starting with your personalities...

Loves helping kids

Loves working in front  
of computers

Loves solving mysteries

Preschool Teacher

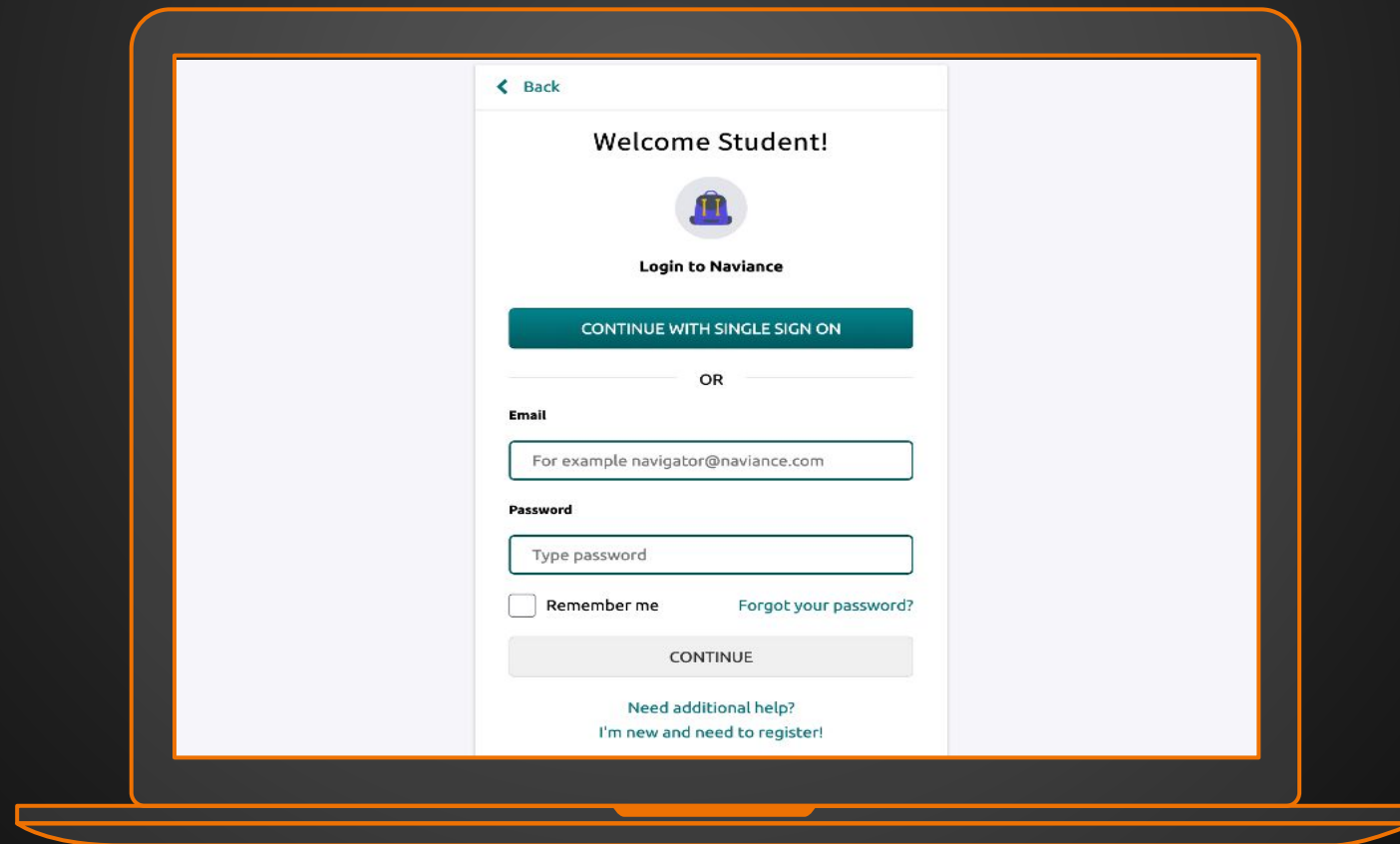
Software Engineer

Cancer Researcher

...can help give you a **REASON** for pursuing a career

# Naviance – Career Interest Profiler

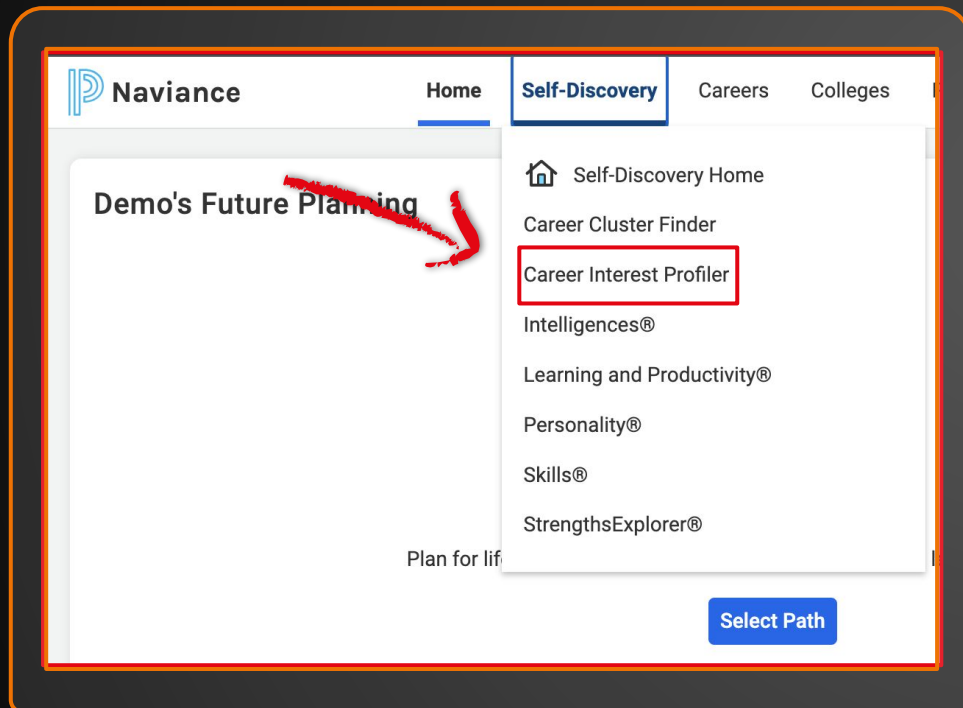
connection.naviance.com/woodside  
“Continue with Single Sign-On”



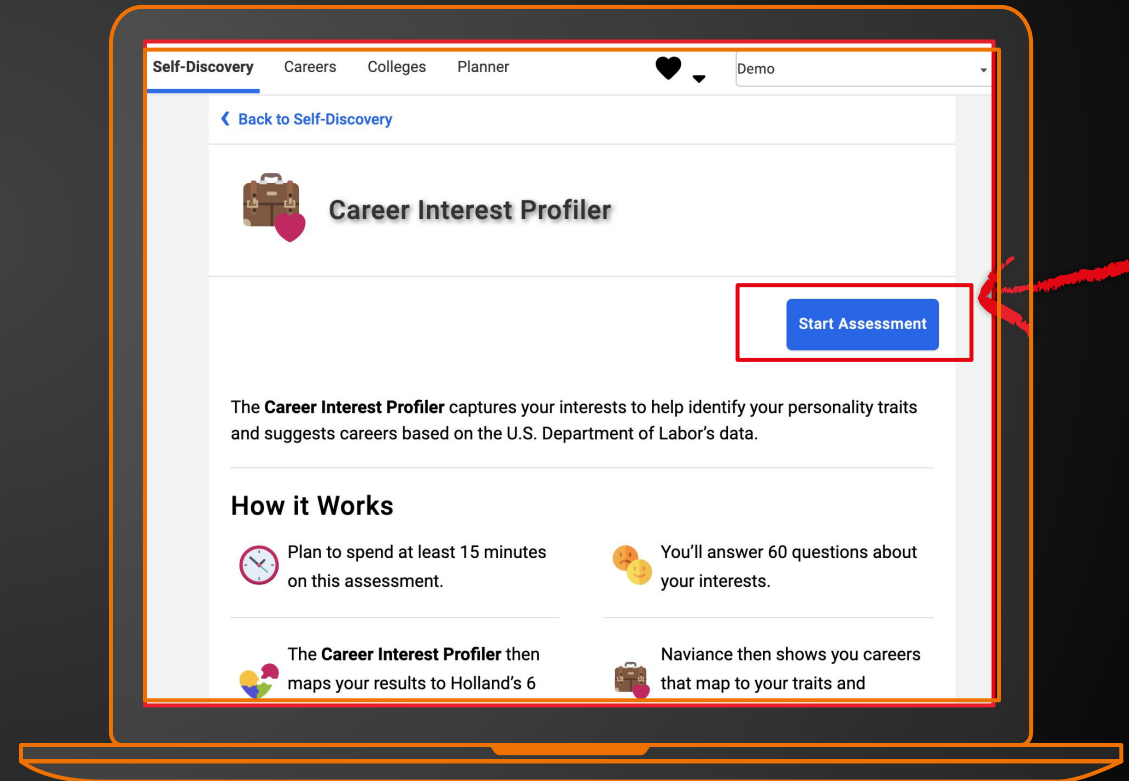
# Naviance – Career Interest Profiler

## Log in to Naviance:

- Hover over “Self Discovery” then select “Career Interest Profiler”



- Select “Start Assessment”

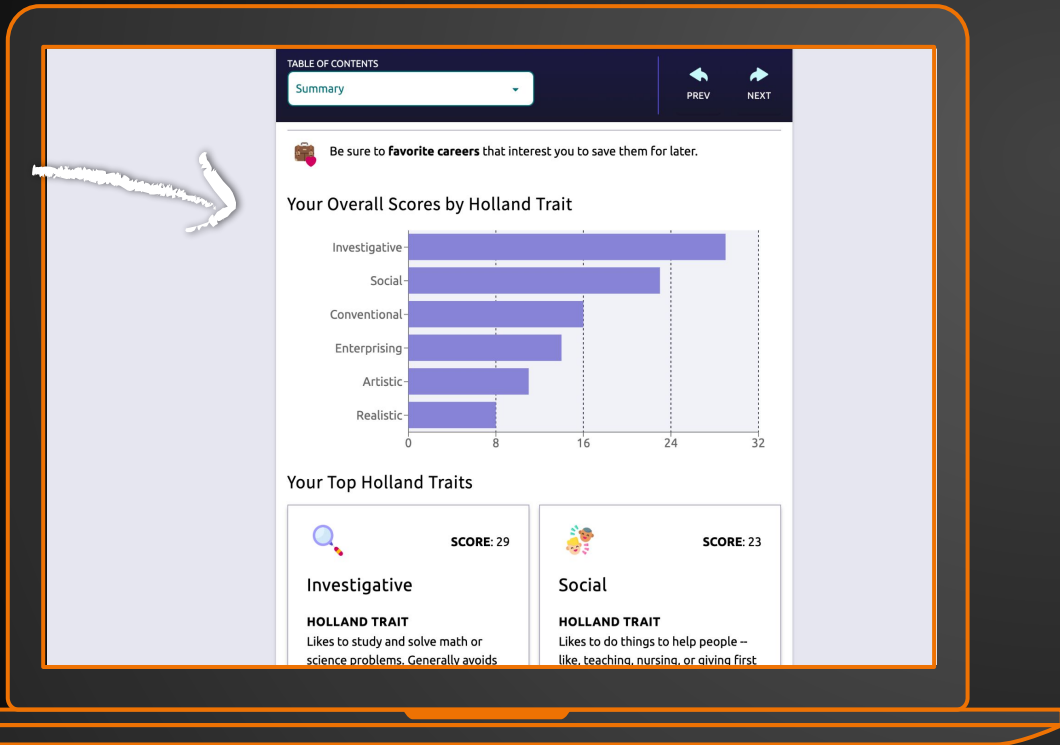


Complete the assessment then follow along on the worksheet

# Naviance – Career Interest Profiler

## Interpreting Results:

- Scroll down to “Your Overall Scores by Holland Trait”, the horizontal bar graph



Name \_\_\_\_\_ 10th Grade Fall School Counseling Lesson

### Exploring Careers

Today, we will use **Naviance** to take a career inventory and understand how our personalities might influence career choices. You will log into your account by:

1. Visiting [woodsideshs.org](https://www.woodsideshs.org) > [Naviance](#) (at the top, orange bar)
2. Select [Student](#) > [Continue with Single Sign-On](#) by clicking on the teal button
3. Hover over [Self-Discovery](#) at the top bar > Select [Career Interest Profiler](#)
4. Click the [Start Assessment](#) button at the top right corner

Naviance Career Interest Profiler reflection questions:

1. Scroll to “Your Overall Scores by Holland Trait,” which contains the horizontal bar graph. There are 6 Holland personality traits. According to the results, **which are your top 3?**  
\_\_\_\_\_  
\_\_\_\_\_
2. Scroll down to “Your Top Holland Traits,” and read the summary of what these Holland Traits mean. If you would like to learn more and have extra time, scroll down to “Complete Results” and read the detailed description of what each of the Holland Traits represents.

Below, summarize what your top three Holland Traits suggest you like to do and/or what type of environment you would work best in.

Trait #1: \_\_\_\_\_  
\_\_\_\_\_

Trait #2: \_\_\_\_\_  
\_\_\_\_\_

Trait #3: \_\_\_\_\_  
\_\_\_\_\_

3. Do you agree or disagree with your results? Why?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Holland Codes



Walk to the poster that represents your top personality trait.



# Investigative

Likes to study and solve math or science problems

Take a **silent** Gallery Walk to read:

- 1.** Descriptions of other Holland Traits
- 2.** Names of careers that others identified



# Partner Talk

1. The personality trait I identified the most / least with was \_\_\_\_\_ because...
2. I agree / disagree with my results because...
3. I didn't know that \_\_\_\_\_ is a career. It's someone who does / helps / interacts with...
4. \_\_\_\_\_ elective class at Woodside is directly related to my personality trait/ career interest because...



# Budget Breakdown

## California Career Zone

To get started, select an option below



### Choose Your Lifestyle

When you select this option, you will be asked a series of questions to help you determine the lifestyle you want to lead and how much it will cost you. When you are finished you can look at occupations that might support that lifestyle.

**Budget how much money you'll need**



### Pick Your Salary

If you think you know how much money you are going to make, you can work backwards to see if that salary will support the lifestyle you want to lead. If it does not, you can search for alternative occupations that might.

**Budget from a starting salary**

# Types of Degrees

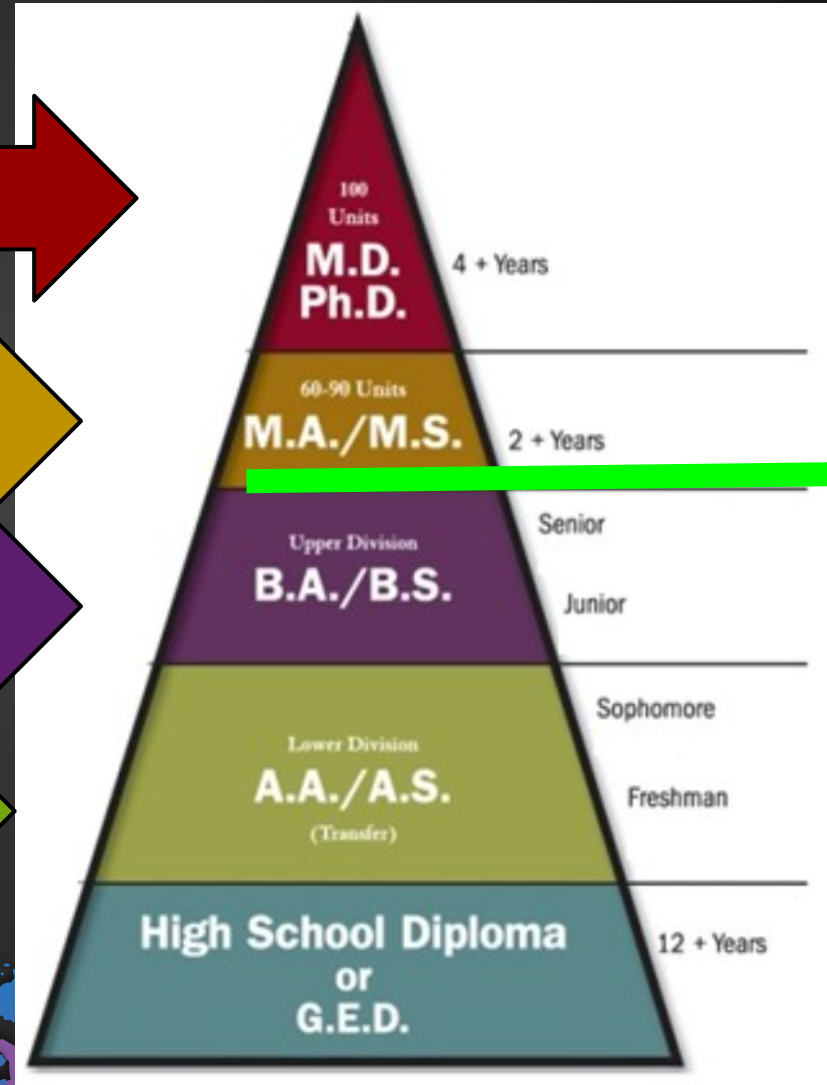
Graduate School:  
Doctorate Degrees

Graduate School:  
Masters Degrees

4-Year College/Universities:  
Bachelors Degrees

Community College:  
Associates Degrees

High School



Undergraduate

# Let's dig into 3 careers!

## Based on your Holland Traits, choose three recommended careers and explain how they match.

## Choose between researching wages and education level. Do both if you finish early!

### Digging Deep into Three Careers

**Step 1:** Find your three careers and favorite them.

- Under "**Your Top Holland Traits**," click on the "**View Careers**" button.
- As you find a career you like, click the heart to "**Favorite**" the careers.
- If you do not like any of these, there is a "**Show More**" button at the bottom.

Three careers I favorited today are:

\_\_\_\_\_

**Step 2:** Research the wages earned and/or the education level required to pursue these careers.

To find the careers you favorited in one place, click the **white heart** located at the top Naviance menu bar > **Favorite Careers and Clusters**

#### Choice #1 - Wages

- Click to enter each tile > Click on the **Wages** tab at the top of this page
- Scroll down to find the wages in the various California counties. Find one or more of the following:
  - San Francisco - Oakland - Hayward
  - San Francisco - Redwood City - South San Francisco
  - San Jose - Sunnyvale - Santa Clara
- Fill out the tracking table on page 3 of this handout.

#### Choice #2 - Education

- Click to enter each tile and stay on the **Overview** tab
- Scroll down to **At a Glance** and notice the level of education needed. Your options can either be:
  - Some high school - NOTE: If your career falls in this category, we recommend you find another one, as we expect every student to graduate from high school!
  - High School Diploma
  - 2 Year College - ~2-3 years
  - 4 Year College - ~4-5 years
  - Graduate / Professional
- Record this on the tracking table
- Scroll to the bottom and find **Related Careers** with this career.

**Step 3:** Connect your personality (Holland Traits) to your career.

Some sample sentence starters are:

- Being a [career] matches my top Holland traits because...
- According to my Holland traits, this is because...
- Based on my Holland personality traits, I am interested in this career. This means that I could be a successful...



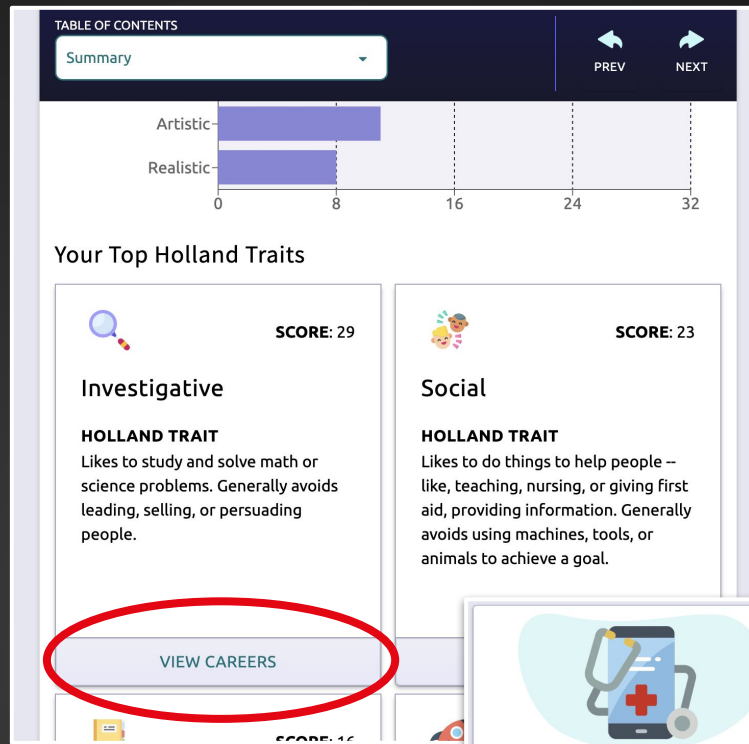
Career	Wages		Education		How does this career match your Holland personality traits? <small>Write at least 2 sentences. See page 2, step 3 for sentence starters.</small>
	Median Wage in my county	Highest Wage in my county	Education Level Required	Two Related Majors	

# What you can do NOW to explore career options

- ❑ Find **volunteer opportunities** that match your career interests
- ❑ Consider other parts of your **personality traits**
- ❑ **Consult** with family, friends, and trusted adults but remember: **YOU** are in the driver's seat

Find your highest-scoring Holland Trait > View Careers

From this list, choose 2 careers in which you are most interested. Write one career per post-it.



<p><b>School Psychologists</b> Diagnose and implement individual or schoolwide interventions or strategies to address educational, behavioral, or developmental issues that adversely impac... Education Graduate/ Professional Median Salary \$78,200 FAVORITE</p>	<p><b>Audiologists</b> Assess and treat persons with hearing and related disorders. May fit hearing aids and provide auditory training. May perform research related to hearing proble... Education Graduate/ Professional Median Salary \$77,600 FAVORITE</p>	<p><b>Genetic Counselors</b> Assess individual or family risk for a variety of inherited conditions, such as genetic disorders and birth defects. Provide information to other healthcare providers or to in... Education Graduate/ Professional Median Salary \$81,880 FAVORITE</p>
<p><b>Historians</b> Research, analyze, record, and interpret the past as recorded in sources, such as government and institutional</p>	<p><b>Dietitians and Nutritionists</b> Plan and conduct food service or nutritional programs to assist in the promotion of health and control of disease.</p>	<p><b>Health Specialties Teachers, Posts...</b> Teach courses in health specialties, in fields such as dentistry, laboratory technology, medicine, pharm... <a href="#">Show Me How</a></p>

# Post-Assessment

[bit.ly/post10th2023](https://bit.ly/post10th2023)

