

Job Exploration Counseling - Student Career Profile

Welcome to your Student Career Profile! This is a guide you will use throughout your Pre-Employment Transition Service for Job Exploration Counseling to document what you learn about work, your preferences and interests, and careers. Feel empowered to share this profile with your guardian(s), academic advisors, IEP team members, Vocational Rehabilitation Counselors, etc. Anyone you want to know about your ideas and who can help you with planning!

Let's get started!

My Career Profile

Student Name:	Date:
School:	Grade:
Provider:	Age:

1. Why Employment Matters

Discovering Your Why

There are many reasons why people work. Some of these reasons are for money, bettering their community, career advancement, family, social reasons, following their passions, fame, or to feel good! Take a moment to think about yourself and your circumstances.

What are your reasons to work? (Note: This can be a checklist of the above reasons and icons, something students circle, etc.)



What Motivates You?

This is a good opportunity to document your work values. Since you may not even be aware of your work values, your instructor can give you links for quizzes. A work values quiz will help you determine and understand your core personal values related to work and employment. This helps you understand what is most important to you.

After completing a quiz, list several of your top work values.

How does knowing this help you when thinking about careers and opportunities.

2. Ohio Means Jobs (OMJ) and Interest Inventory

Create Your OMJ Student Account

Ohio Means Jobs is a helpful tool and resource. This website allows you to explore careers, build a resume, learn how to budget, practice interviews, and more. If you do not already have an account, you will go to [OhioMeansJobs | Ohio.gov](https://ohiommeansjobs.com). In the top right corner, you will see a Log In/Sign Up button, click here to begin to set up your OH|ID then your OMJ Student account. You will need your date of birth, an email address, and mobile phone number to complete OH|ID set up.

If you have a phone, you can save your log-in information and in your password vault. Typically, you would not write down your information for log-in, however, if you don't have another way to remember your information, you may document it here.

OH|ID:

Email Address:

OMJ Account Password:

Interest Inventory Results

Interest inventories are a series of images or questions to help determine what you enjoy. This information can help with making decisions about career paths, hobbies, or educational opportunities. This may be new to you or you may have taken one before. Your interests can change over time so it is helpful to learn about yourself.

Which interest inventory did you take:

Copy of interest inventory attached:



Future Focus

If you already have a career of interest or enrolled in a program/degree, does it align with your interests?

If not, that's ok too! Why do you think they are not a match?

You can always take this opportunity to explore other career goals or talk with your advisor.

3. Exploring Personal Preferences in Employment

My Work Preferences

Considering your schedule, your responsibilities, and other personal preferences, is important when thinking about employment and careers. You have worked through planning out a week and identified your work preferences.

Here is the link for the [Planning for Work Worksheet](#)

Copy of planner worksheet attached:

Here is the link for the [Work Preferences Worksheet](#).

Copy of preferences worksheet attached:

Self-Employment

If you are interested in self-employment and here is the link for the [Self-Employment Worksheet](#)

Copy of self-employment worksheet attached:

4. My Career Interests

Self-Evaluation

Consider your interests, personal values, skills, and personal characteristics about you.

Here is the link for the [Self-Evaluation Worksheet](#).

Copy of self-evaluation worksheet attached:

Interests and Work Values


You previously completed a work values quiz, an interest inventory, and you have done a self-evaluation. Looking at this information, prioritize your top values, characteristics, and other interests. If you are considering internships, apprenticeships, degrees, certificates, etc., consider the employer or business. Are there industries you would want to avoid? Are there businesses or companies that align with your values?

5. Career Paths and Opportunities

Career Research

Based on your own career interests here is the link for the [Dream Job Reflection](#)

Copy of Dream Job Worksheet attached:

 If you are interested in gathering more information about careers or occupations of interest, use this [Career and Interests Worksheet](#).

Copy of Career Interests Worksheet attached:

Sharing Information

To help make your dreams and ideas happen, share what you have learned with those who can help you.

Who do you plan to share this information with?

What are you going to share?

Reality Check: Extended Pathway

Based on information you have gathered about yourself, your goals, and your current path. Are you on target to reach your goals? Using the [Closing the Gap worksheet](#) helps you develop a plan to help you reach your goals.

Copy of Closing the Gap Worksheet attached: