

# Ohio Means Jobs (OMJ) and Interest Inventories

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## Job Exploration Counseling Requirement:

Complete an interest inventory and register with Ohio Means Jobs's "Student Learning Kit"

## Note to those providing this service:

These activities are developed in a way that allows the learner to gradually build upon their skills. Each student has different foundational skills so some students may need more support or instruction than others. With that being said, you can choose what activity you start with based on the learner's strengths and needs.



## Extended Pathways

Students who are interested or enrolled in career and technical education (CTE) or postsecondary education, regardless of disability (remember to presume competence!), may or may not need some of the information that seems introductory in nature. Take as much or little time as needed based on student knowledge. More specific activities related to CTE and postsecondary education are identified as extended activities and pathways.

## Preparation and Materials Needed:

- Prepare needed assistive technologies and/or accommodations (ex. communication supports (visual, objects, pictures, voice output devices, etc.), physical supports/space access needs, vision supports, hearing supports, sensory needs/supports).
- Computer with internet access.



## Print

- [Steps to Create OMJ Account](#)
- [List of Interest Inventories](#)
- [Student Career Profile](#)



## Activities to Meet Requirements:

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### Activity 1: Create Ohio Means Jobs Account

This activity aims to meet the service requirement of submitting the date of registration on Ohio Means Jobs "Student Learning Kit"



**Discuss:** Now that you have explored why employment matters to you, a part of Job Exploration Counseling is learning how to find more information about careers and your interests.

Today, we'll be focusing on setting up an Ohio Means Jobs (OMJ) account. This account can be a valuable tool not just during this service, but in many areas of your life. The OMJ website allows you to explore careers, apply for jobs, manage your budget, practice interviews, and much more.

Our goal for today is to create an account and explore a few key features. If you already have an account, that's great! Let's log in.

Follow prompts to create an OH|ID. Use the OH|ID to then create your OMJ account. Navigate to [OhioMeansJobs | Ohio.gov](https://ohiommeansjobs.org) and hit the Log In/Sign Up button in the top right corner.



**Resource:** [Steps to Create OMJ Account](#)



**Resource:** Add to Your [Student Career Profile](#) - Create Your OMJ Student Account.

## Activity 2: Interest Inventories

This activity aims to meet the service requirement of submitting a completed interest inventory.



**Discuss:** We're going to explore various interest inventories to help us identify potential career paths or clusters that align with our preferences, interests, needs, and strengths. These interest inventories are short quizzes designed to help you discover different types of jobs or careers you might enjoy, based on the answers you provide.

Remember, these inventories aren't meant to tell you exactly what job you should have. Instead, they give you the opportunity to explore jobs that could be a good fit for you. By the end of this activity, you'll have a better idea of what kind of work could make you happy and keep you motivated. Even if you already know your career or have decided on a major, interest inventories help you see if your interests match what you've decided. These tools are a great way to think about your future.

The interest inventories we complete today will be used throughout our time together as we learn more about ourselves and our values. It's important to answer the questions honestly, based on your own thoughts and opinions. Don't worry about what others might expect of you—there are no right or wrong answers here. So, take a deep breath, relax, and just answer with what feels right to you! If you get confused or need help, please do not hesitate to ask me questions. I am here to assist you as you fill these out. Now let's get started!

*[Note to Instructors: Have students complete at least one interest inventory. If you need one, you can use this [List of Interest Inventories](#) to identify appropriate inventories to use with the student. Be sure to keep the inventory used and results for future activities and to submit for billing.]*



**Resource:** Add to [Your Student Career Profile](#) - Interest Inventory Results.



**Resource:** [List of Interest Inventories](#)

## Activity 3: Future Focus



**Discuss:** Using the results of your interest inventory, have students rank five of the matched career interests in order from most interested to least interested.

- Do you already have a career you have thought about?
- Does it match your interests? If so, how?
- If not, why do you think that is?



## Extended Pathways

### Activity 3: Future Focus

This activity aims to have students match their career interests with current or potential training programs.



**Discuss:** Students who are already enrolled in or considering career technical education (CTE) or postsecondary programs, let's take this opportunity to see if our interests match with our areas of study. You can still rank your top five careers of interest for the below questions.

- Does your program or major fit within the careers that matched your interests?
- If so, how?
- If not, where is the difference between how you answered questions about your interests and what you have chosen?
- Are there reasons you chose your current program or major?

If it doesn't match, that's ok. You may want to take this opportunity to explore other career goals or talk with your school advisor.



**Reflect:** Use the information you learned today to share what you have learned about your interests and how they may or may not align with your current goals. This may be an opportunity to explore other career goals. People you can share this with are your parent(s) or guardian(s), academic advisors, guidance counselors, and IEP team.



**Resource:** Add to Your [Student Career Profile](#) - Future Focus



### Wrap-Up:

Today, we looked at interest inventories to see what activities and topics you enjoy. These tools help you think about what you might want to do in the future or stay on your current path. Remember, they are just a starting point to help you explore your interests. Use what you learned to guide your choices and find what makes you happy.