

# Job Exploration Counseling - Student Career Profile

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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 / Year in Program:
Provider:	Age:

# 1. Why Employment Matters

## Discovering Your Why

In the video you learned about many different reasons people work. People often work for money to buy things they need like food, clothes and a place to live. People can work for other reasons too, like learning new skills, making friends, helping others, and to feel proud of what they do. You may be at an age where you are just starting to talk about what work might mean to you or you may already know what you want to do and why.

What are your reasons to work?



## 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.org). 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

It's important to know your preferences because of how it affects jobs you can apply for or even your career choices. Let's take some time to explore our own schedules by completing a planner for what a typical week is like for you. Make sure to add any responsibilities, school hours, etc. When you're done, we will discuss what you learn.

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 learning more about self-employment let's explore further! I'm guessing you have an idea or skill and are curious how to make this into a business. See if you are able to do some research and complete this [Self-Employment Worksheet](#)

Copy of self-employment worksheet attached:

## 4. Career Paths and Job Opportunities



### 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. My Career Interests

### Career Research

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


Copy of Dream Job Worksheet attached:

### Self-Evaluation: Extended Pathway

Knowing who we are, what we like to do and what we value can help us identify a career think about ourselves and see if we can come up with a list of our own interests, personal characteristics, values and skills to help us in picking a career path or job that fits our needs!

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

Copy of self-evaluation 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

You have learned a lot about yourself, your reasons to work, and what work you would like to do. When you have important information about yourself and your interests, you need to know who to share the information with.

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: