My Future Career

What do I want to do?

“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.”

*Steve jobs, co-founder, chairman, and chief executive officer (CEO) of Apple Inc.*
CAREER CHOICE ACTIVITIES
for
FLORIDA HIGH SCHOOL HIGH TECH STUDENTS

Introduction for Students

While high school is an exciting time, what you do after high school can be even more exciting with careful and thoughtful planning. In order to carefully plan for “life” after graduation one important factor is choosing a career interest. Having a career, having a job, working full or part time is the norm in our society. Will your path to reaching a career begin with post-secondary education (college/technical school), employment, apprenticeship, internship, starting your own business or the military? Here are some facts to consider in your planning:

1. What are my interests?
2. What are my strengths?
3. What areas need improvement?
4. What kinds of support do I need?
5. Who could provide that support?
6. Is it possible to try different types of jobs that might lead to a career?
7. Do I know someone in a career field that matches my areas of interest?
8. What knowledge and skills are needed for careers that interest me?
9. What is the labor force demand (present/future projection) for careers in my interest areas?
10. What is the first step toward developing a plan for my future career?

Many of the items above have been or will be discussed in HSHT. Internships, job shadowing site visits, etc. are hands-on experiences providing an outlet for demonstrating skills and competencies and for formulating friendships. An analysis of the employment experiences of youth with disabilities during high school (Marder, Cardoso, & Wagner, 2003) found that while in high school, youth’s internships/jobs are typically part-time. About half of working youth with disabilities earn minimum wage (currently $8.05 per hr. in FL) or slightly above. Most youth, in conjunction with their parents, teachers, and others, generally identify employment as a post school goal stated in the individualized education program (IEP) services during high school. There is a small percentage of youth with disabilities who do not expect to be employed but who may participate in other types of programs, and also others who expect to postpone employment while pursuing postsecondary education or training.
There are many sources to review that will provide information on careers to assist in making career choices. A few are listed and more detailed career information is provided in the six Activities to follow: *(at the time of publication all websites were active)*


The **O*NET Interest Profiler** can help you find out what your interests are and how they relate to the world of work. You can find out what you like to do. The **O*NET Interest Profiler** helps you decide what kinds of careers you might want to explore. On each screen, click the **Next** button at the bottom to continue. You can use the **Back** button at the bottom to re-read the instructions or change your answers.

**What do I want to do for a Living?**

Can you name the jobs/careers pictured above?

Do you know anyone in these professions?

Do any look interesting to you?

Which ones?

Why?

MYCAREERSHINES

Explore careers. Make a plan for education. Prepare for work. Land your dream job. It all starts here. MyCareerShines is a comprehensive education and career planning system that will help you succeed in the increasingly competitive global economy. You will learn about yourself, discover the many options and opportunities for your future, and gain access to the tools and resources to achieve your goals.

MyCareerShines has multiple tools for every stage of your education and career development.

- MyCareerShines for Middle and High School Students is now available for students in public school and home education programs. Students in private school will gain access in the coming months. This online tool will be available in Spanish in 2016.
- MyCareerShines for College Students and Adults will be available in October and MyCareerShines for Elementary Students will be available in 2016.

MyCareerShines for Middle and High School Students

MyCareerShines Kuder Navigator® – made just for students in middle and high school – gives you all the information and tools you need to get ready for life after graduation.

- A series of assessments about your interests and skills will help you connect with careers that are just right for you.
- An extensive catalog of careers with easy-to-understand job descriptions will help you learn about the vast array of occupations that are available in the dynamic 21st century economy.
- The online planner will help you create a personal path for education that prepares you for a successful career.
- Information about colleges and financial aid will help you turn your plan into reality.
- When you are ready for work, a variety of online tools will help you create a resume and search for jobs.

3. http://www.beyonddeduction.org/ Beyond Education can help you learn more about job opportunities and earning potential for college graduates with degrees in certain areas. Some occupations, such as registered nurses, engineers and computer managers, are growing in demand. As a result, graduates with the skills in science, technology, engineering and math are likely to have more options in the job market.

4. www.iseek.org/careers is a resource with career, education and job resources provided by Minnesota State Colleges and Universities.
CAREER CATEGORIES

Careers can be grouped into broad categories based on interests. The top six largest categories that FL HSHT students - like you - throughout the state have identified as their top career interests are: Health Sciences; STEM; Arts, Audio Visual & Communications; Marketing, Sales & Service; Education & Training; and Law, Public Safety & Corrections. Others will be added as interests change.

Let’s review to determine how those interests match the top ten fastest growing careers for Florida. You may have seen these in a previous HSHT activity/workshop.

<table>
<thead>
<tr>
<th>Profession</th>
<th>Projected Need for Employees 2008 - 2018</th>
<th>Percentage Growth</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Registered nurses (RNs) Health Sciences/STEM</td>
<td>36,280</td>
<td>18%-26%</td>
</tr>
<tr>
<td>2. Food preparation &amp; service workers Marketing, Sales &amp; Service/STEM</td>
<td>23,830</td>
<td>9%-17%</td>
</tr>
<tr>
<td>3. Customer service representatives Marketing, Sales &amp; Service/STEM</td>
<td>21,700</td>
<td>9%-17%</td>
</tr>
<tr>
<td>4. Nursing aides, orderlies and attendants Health Sciences/STEM</td>
<td>18,230</td>
<td>18%-26%</td>
</tr>
<tr>
<td>5. Home health aides Health Sciences/STEM</td>
<td>17,380</td>
<td>over 27%</td>
</tr>
<tr>
<td>6. Postsecondary teachers Education &amp; Training/STEM</td>
<td>14,590</td>
<td>18%-26%</td>
</tr>
<tr>
<td>7. Retail salespeople Marketing, Sales &amp; Service/STEM</td>
<td>14,170</td>
<td>0%-8%</td>
</tr>
<tr>
<td>8. Elementary school teachers Education &amp; Training/STEM</td>
<td>12,260</td>
<td>9%-17%</td>
</tr>
<tr>
<td>9. Stock clerks &amp; order fillers Marketing, Sales &amp; Service/STEM</td>
<td>11,970</td>
<td>0%-8%</td>
</tr>
<tr>
<td>10. Accountants &amp; auditors STEM</td>
<td>11,280</td>
<td>9%-17%</td>
</tr>
</tbody>
</table>

Health Science - Activity #1

Would you like to get paid for taking care of others?

AT-A-GLANCE: Health science workers promote health and wellness. They diagnose and treat injuries and disease. As a physician, dentist, or nurse, you could work directly with patients. You could also work in a laboratory to get information used in research or provide administrative support by keeping medical records. Health science jobs are found at a variety of different sites. For example, you could work in a hospital, office, clinic, or nursing home. Or you could work on a cruise ship, at a sports arena, or within a patient's home. Careers in this category can be found at http://www.iseek.org/careers/health.html/ and http://www.mynextmove.org/.

ACTIVITY: There are many hobbies and activities you could explore to learn more about health science. Try one or more of these activities:

- Join a Health/Science Club
- Talk to your school nurse
- Health Occupation Students of America (HOSA)
- Attend community health fairs
- Visit your community wellness center
- Volunteer at a hospital or nursing home
- Work as a student manager on a sports team

Would you like to care for animals as a Veterinary Technologist or Technician? The duties involved are to maintain medical facility records, perform medical tests under the supervision of a veterinarian, administer anesthetics or sedatives to control pain, administer basic health care or medical treatments, bathe, etc. http://www.iseek.org/careers/careerDetail?oc=292056&title=Veterinary Technologists and Technicians

Or have you ever thought it would be neat to be an Athletic Trainer? Athletic trainers work to help people avoid or recover from sports-related injuries. They may apply bandages, dressings, or splints, treat patients using alternative medical procedures, treat patients using physical therapy techniques and also maintain medical facility records. More info can be found here: http://www.iseek.org/careers/careerDetail?oc=299091&title=Athletic%20Trainers

Guess what a Dispensing Optician does? He or she works with patients to fit eye glasses and contacts. A high school diploma is typically expected. Jobs duties may be to gather medical information from patient histories and merchandise healthcare products or services. Recording patient medical histories and measuring the physical or physiological attributes of patients is also possible. http://www.iseek.org/careers/careerDetail?oc=292081&title=Dispensing%20Opticians
DISCUSSION: After looking at the details of other careers in this field, discuss with your peers which two careers look the most interesting to you right now. Why? Consider what education you may need to qualify for this career after school. What is the projected future need for this career? What is your next step?

NOTES:
Marketing, Sales, and Service - Activity #2

Do you like to help businesses sell products?

AT-A-GLANCE: You might advertise and promote products so customers want to buy them. Or, you might sell products and services to customers. For example, you might develop a marketing plan for a small start-up company; sell furniture; or measure and fit lenses and frames for eyeglass customers.

Careers in this category can be found at http://www.iseek.org/careers/marketing.html and http://www.mynextmove.org/.

ACTIVITY: There are many hobbies and activities you could explore to learn more about marketing, sales, and service. Try one or more of these activities:

- DECA (Marketing association)
- Junior Achievement
- Girl Scouts or Boy Scouts
- Student government
- Help with class fundraisers
- Join a committee to plan an event
- Start a small business
- Design promotional materials (brochures, flyers, etc.) for a local business
- Sell ads for a school newspaper or yearbook
- Work at a concession stand
- Work part-time in a retail store, real estate office, or in promotions
- Read newspapers, magazines, and Web sites to stay current on consumer trends
- Intern at an advertising, public relations, or market research firm

An Order Clerk receives and process orders for a variety of goods and services. A clerk completes tasks, such as, obtain personal or financial information about customers or applicants, file documents or records, and send information, materials or documentation.


A Parts Salesperson sells parts in repair shops or parts stores. It is possible to start as a parts salesperson part time before you have completed your diploma. Job tasks are to gather customer or product information to determine customer needs, demonstrate products to consumers, explain technical product or service information to customers, and set up merchandise displays.


DISCUSSION: After looking at the details of other careers in this field, discuss with your peers which two careers look the most interesting to you right now. Why? Consider what education
you may need to qualify for this career after school. What is the projected future need for this career? What is your next step?

NOTES:
Science, Technology, Engineering, and Mathematics (STEM) - Activity #3

Are you detail-oriented? Do you want to know how things work, or enjoy solving problems?

AT-A-GLANCE: Science, technology, engineering, and mathematics (STEM) workers do scientific research in laboratories or the field. Others plan or design products and systems. Or, you might support scientists, mathematicians, or engineers as they do their work. For example, you might oversee the construction of roads, develop systems to prevent diseases, or help engineers do research and read blueprints. Careers in this category can be found at http://www.iseek.org/careers/stem.html and http://www.mynextmove.org/.

ACTIVITY: There are many hobbies and activities you could explore to learn more about STEM. Try one or more of these activities:

- Skills USA
- Math Club
- Science Club
- Prepare a project for a science fair
- Learn computer applications or technology related to the field, like CAD
- Job shadow an engineer or scientist
- Teach youth at a science summer camp or after-school program

Do you like computers? Computer User Support Specialists provide technical assistance to computer users, install computer hardware and software, resolve computer software problems, and even conduct research to gain information about products or processes. http://www.iseek.org/careers/careerDetail?oc=151151&title=Computer%20User%20Support%20Specialists

Electricity is one thing we all use and you can be a part of keeping electricity available. Electrical and Electronics Drafters prepare diagrams that are used to create, install, or repair electrical equipment. They review technical documents to plan work, collect data about project sites, review technical documents to plan work, and confer with other personnel to resolve design or operational problems. A 2 year degree is expected. http://www.iseek.org/careers/careerDetail?oc=173012&title=Electrical%20and%20Electronics%20Drafters

Are you interested in the health of others? A Dietetic Technician helps to provide food service and nutritional programs, under the supervision of a dietitian. He or she refers patients to other healthcare practitioners or health resources, informs medical professionals regarding patient conditions and care, monitors patient progress or responses to treatments, collects medical information from patients, family members, or other medical professionals. http://www.iseek.org/careers/careerDetail?oc=292051&title=Dietetic%20Technicians
**DISCUSSION:** After looking at the details of other careers in this field, discuss with your peers which two careers look the most interesting to you right now. Why? Consider what education you may need to qualify for this career after school. What is the projected future need for this career? What is your next step?

**NOTES:**
Arts, Audio/Video Technology, and Communications - Activity #4

Do you like to perform in front of an audience? Are you a visual person or like to work with productions and technology?

AT-A-GLANCE: Arts, audio/video technology, and communications workers use creativity and their talents on the job. You might work for an audience as a performer or artist. This includes painters, dancers, sculptors, actors, and singers. Or, you might work behind the scenes to make a performance successful. This includes set designers, editors, broadcast technicians, and camera operators. Some audio/video technology and communications workers have high-profile jobs. For example, you might work as a news reporter or fashion designer. Or, you might use your creative talents with technology and work as an animator, graphic designer, or film editor. Careers in this category can be found at /www.iseek.org/careers/arts.html and http://www.mynextmove.org/.

ACTIVITY: There are many hobbies and activities you could explore to learn more about arts, audio/video technology, and communications. Try one or more of these activities:

- Band, choir, or dance
- Photography
- School newspaper or yearbook
- Speech or debate
- Theatre or Drama Club
- Join a local community theatre group
- Volunteer to help with or teach an art, music, or dance community education class
- Job shadow at an art, photo, or design studio or gallery
- Intern at a campus radio station, local access cable TV station, web venture, or local newspaper
- Join the stage crew for a school or community play or concert

Do you think it would be neat to be involved with court cases? A Court Reporter records legal testimony using a variety of methods and equipment. Also, a reporter maintains the order of legal documents, record information from legal proceedings, and confers with court staff to clarify information. A college certificate is necessary. http://www.iseek.org/careers/careerDetail?oc=232091&title=Court%20Reporters

Do you like to read or write? A Desktop Publisher is a way to use computer software to design
layouts for books, newspapers, and other published items. Publishers enter information into databases or software programs, format digital documents, data, or images, and operate computers or computerized equipment.

DISCUSSION: After looking at the details of other careers in this field, discuss with your peers which two careers look the most interesting to you right now. Why? Consider what education you may need to qualify for this career after school. What is the projected future need for this career? What is your next step?

NOTES:
Education and Training - Activity #5

Would you like to get paid to help others learn new things?

AT-A-GLANCE: Education and training workers guide and train people. As a teacher, you could influence young lives. You could also support the work of a classroom teacher as a counselor, librarian, or principal. You could coach sports activities or lead community classes. You could also work with adults. For example, you could lead training to employees in a business. Or you could work as a university or college professor for undergraduate or graduate students. Careers in this category can be found at http://www.iseek.org/careers/education.html and http://www.mynextmove.org/.

ACTIVITY: There are many hobbies and activities you could explore to learn more about education and training. Try one or more of these activities:

- Business Professionals of America (BPA)
- Future Teachers of America (FTA)
- Coach a sports team
- Work as a library aid
- Teach a community education class
- Tutor a family member or neighbor
- Coach a local sports team
- Volunteer at a literacy program
- Work as a teacher assistant in an elementary or high school
- Become a part of organizations such as Teammates or Big Brothers/Big Sisters

Do you have fun with young kids? Preschool Teachers instruct young children in activities that are designed to promote social, physical, and intellectual growth. They assist students with special educational needs, develop instructional objectives, develop strategies or programs for students with special needs, and establish rules or policies governing student behavior.

Do you like fixing things and teaching others how to fix? A Home Appliance Repairer installs and fixes all types of household appliances, such as refrigerators, washers, dryers, and ovens. He or she lubricates equipment to allow proper functioning and repairs worn, damaged, or defective mechanical parts and also adjusts equipment to ensure optimal performance.

DISCUSSION: After looking at the details of other careers in this field, discuss with your peers which two careers look the most interesting to you right now. Why? Consider what education
you may need to qualify for this career after school. What is the projected future need for this career? What is your next step?

NOTES:
Law, Public Safety, Corrections, and Security - Activity #6

Do you like the idea of protecting people? Can you work in the face of danger? Do you want to help people figure out the legal system?

AT-A-GLANCE: Law, public safety, corrections, and security workers are found in a variety of settings. For example, you might guard the public and enforce the law as a police officer or security guard. Or, you might provide fire protection as a firefighter. Other workers provide legal services to people who commit crimes. For example, you might monitor activities within a prison, advise clients of their legal rights, or research legal procedures to support court cases. Careers in this category can be found at http://www.iseek.org/careers/law.html and http://www.mynextmove.org/.

ACTIVITY: There are many hobbies and activities you could explore to learn more about law, public safety, corrections, and security. Try one or more of these activities:

- Mock trial
- Debate
- Work as a page at the legislature
- Visit a local courthouse or public safety office
- Volunteer with programs for at-risk youth or ex-offenders
- Job shadow a lawyer at a legal firm
- Attend court hearings and other public legal procedures

Do you love and care about animals? Animal Control Workers investigate abandoned, neglected, or dangerous animals and testify at legal or legislative proceedings. They examine crime scenes to obtain evidence, interview people to gather information about criminal activities, and investigate illegal or suspicious activities. http://www.iseek.org/careers/careerDetail?oc=339011&title=Animal%20Control%20Workers

Firefighters control and put out fires andrespond to emergency situations. As a firefighter, you would administer first aid, rescue people from hazardous situations, respond to emergencies to provide assistance, and drive vehicles to transport individuals or equipment. http://www.iseek.org/careers/careerDetail?oc=332011&title=Firefighters

Do you like to watch criminal investigation shows and figure them out? A high school education is needed to enter the field as a Detective or Criminal Investigator. Detectives examine crime scenes to obtain evidence, examine records or other types of data to investigate criminal activities, interview people to gather information about criminal activities, and investigate accidents to determine causes. http://www.iseek.org/careers/careerDetail?oc=333021&title=Detectives%20and%20Criminal%20Investigators

DISCUSSION: After looking at the details of other careers in this field, discuss with your peers which two careers look the most interesting to you right now. Why? Consider what education
you may need to qualify for this career after school. What is the projected future need for this career? What is your next step?

NOTES:
Other Florida Resources:

**Labor Market Information**

1. [http://www.whatpeopleareasking.com/index.shtm](http://www.whatpeopleareasking.com/index.shtm) What People are Asking (WPAA) is an application designed to retrieve Florida job and wage data by area. It features Hot Jobs, What Hot Jobs Pay, and other information of interest.

2. [http://freida.labormarketinfo.com](http://freida.labormarketinfo.com) FREIDA is the Florida Research and Economic Information Database that includes almost all labor market information.


**Smart College Choices**

1. [http://smart-college-choices.com/](http://smart-college-choices.com/) Another resource for students and parents is the Smart College Choices web portal hosted by the Florida Department of Education. It is another resource that provides students and parents the ability to view data on how much they can expect to earn from a degree or certificate program, the percentage of graduates who secured jobs in Florida, and how many completed the program.

2. [http://www.flbog.edu/aboutsus/universities/](http://www.flbog.edu/aboutsus/universities/) Florida State Universities
Florida’s State University System website which provides a list and links to each of the state universities.

Florida’s Department of Education website can be found at The Florida College System and District Technical Centers are located within the Florida Department of Education. Their websites can be accessed at:


**Additional Resources for Teachers/Project Coordinators:**

1. [http://www.ngcproject.org](http://www.ngcproject.org) - The National girls Collaborative Project (While the focus is on girls in STEM, many of the resources can be used for all students in HSHT programs)

   The vision of the NGCP is to bring together organizations throughout the United States that are committed to informing and encouraging girls to pursue careers in science, technology, engineering, and mathematics (STEM).

   The organizations selected to host local Collaboratives are impressive in their knowledge, experience, and diversity. As a group, the local Collaboratives have an extensive network of organizations and individuals engaged in pursuing this common goal and the opportunity to share with and learn from each other. They vary in focus areas and populations served, and
include higher education institutions, community-based organizations, and private non-profits, but all work to increase gender equity in STEM fields. **Currently, 31 Collaboratives, serving 39 states**, facilitate collaboration between **12,800 organizations** who serve **8.35 million girls and 4.5 million boys**. To find a Collaborative in your area, click your state on the **NGCP Map**.

2. [https://youth.workforce3one.org/](https://youth.workforce3one.org/)

Included on this website is information About Youth Connections

The Youth Connections Community of Practice (CoP) is an online learning destination for public workforce system staff and partners who serve youth. This Website supports Secretary Solis’ vision of “Good Jobs for Everyone” by providing a central Community for youth workforce practitioners, stakeholder partners, and others to discuss and share promising practices, access technical assistance tools, and share your own knowledge and expertise with your peers across the nation. Additionally, by participating in the Youth Connections Community you will gain specific information on training opportunities for youth and youth workforce professionals; toolkits and other resources to help you do your job better; and you’ll easily stay on top of all announcements about upcoming youth related events.

YOUR contributions and participation on this Community are welcomed and encouraged. To get started right away, please **join** our community! It only takes a moment to gain access to all of these great resources:

- **Find Information**: Finding the exact information and resources you’re looking for is easy! Navigate to our Resources page and can click on a topic or the type of resource that you’re looking for. Or, enter a search term that describes what you’re looking for in the Search box at the top of any page. Or, click on any topic on the menu bar on any page, or navigate our most popular resources and searches listed on the Home page to see what your peers are finding useful. Our resources are cross-listed in multiple ways, so they’re easy to find no matter what you’re looking for!
- **Participate in Discussions and/or Community Chats**: On our Discuss page you can ask questions, get answers, or share your own expertise to build and network within the youth employment field with your peers to advance their workforce programs.
- **Share your own Resources**. If you have important resources you want other community members to have, click on Share Your Content on the right side of our Home page.
- **Find Upcoming Events**: Find and register for upcoming events listed in the Calendar section.
- **Be “In the Loop”**: Subscribe to our site updates to receive E-mail Notifications about new discussions, expert posts, resources, or training items posted on the Community. You can choose whether you want to be notified instantly, daily, or weekly.
- **Get Help**: If you have questions about how to use this Community site, visit our Help page for step-by-step tutorials and videos. If you have questions and you can’t find a resource, announcement, or a discussion about it, try asking the question on the Discuss forum, or you can Contact Us and we’ll try to help.
Resources with disability related information:

1. [http://www.dol.gov/odep/categories/youth](http://www.dol.gov/odep/categories/youth) - ODEP (Office of Disability Employment Policy) works to influence national policy and promote effective workplace practices to ensure that today’s - and tomorrow’s - workforce engages all people, including people with disabilities. As a result, one important policy focus area is youth transitioning from school to adulthood and the world of work.

2. [http://www.dol.gov/odep/wrp/](http://www.dol.gov/odep/wrp/) - The Workforce Recruitment Program for College Students with Disabilities (WRP) is a recruitment and referral program that connects federal and private sector employers nationwide with highly motivated college students and recent graduates with disabilities who are eager to prove their abilities in the workplace through summer or permanent jobs. The U.S. Department of Labor's Office of Disability Employment Policy (ODEP) and the U.S. Department of Defense's Office of Diversity Management & Equal Opportunity (ODMEO) manage the program, which continues to be successful with the participation of many other federal agencies and sub-agencies. Since the program's expansion in 1995, over 7,000 students and recent graduates have received temporary and permanent employment opportunities through the WRP.

3. [http://www.ncwd-youth.info/](http://www.ncwd-youth.info/) - The National Collaborative on Workforce and Disability for Youth (NCWD/Youth) assists state and local workforce development systems to better serve all youth, including youth with disabilities and other disconnected youth. The NCWD/Youth, created in 2001, is composed of partners with expertise in education, youth development, disability, employment, workforce development and family issues. Funded by a grant from the U.S. Department of Labor's Office of Disability Employment Policy (ODEP), the NCWD/Youth is housed at the Institute for Educational Leadership in Washington, D.C. NCWD/Youth offers a range of technical assistance services to state and local workforce investment boards, youth councils and other workforce development system youth programs. Provided the Guideposts and other materials/publications used in HS/HT nationally.