

10th Grade Career Matchmaking

How can my budget needs help connect me to potential careers?

Brought to you by school counselors:

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10th GRADE TIMELINE

GET READY FOR COLLEGE TESTS.

Begin your year by practicing and then taking the PSAT (pre-SAT). Be sure to consult your counselor about your readiness to do so. You can also prepare for the SAT or ACT college entrance exams – which you will take in the 11th and/or 12th grades – by participating in their Question of the Day programs. To get started, go to sat.collegeboard.org/practice/sat-question-of-the-day and www.act.org/qotd.

GET TO KNOW YOURSELF.

Learn more about your personality, skills, abilities, likes and dislikes. An understanding of these will assist in determining what career will bring you the most satisfaction. There are many assessments available to aid you in learning more about yourself such as The Campbell™ Interest and Skills

Survey (CISS®), Myers-Briggs Type Indicator® (MBTI®), John Holland's SDS® Self-Directed Search® and the Strong Interest Inventory®. Check with your counselor to see which are available through your high school.

Talk to your family, friends, teachers and counselor and ask for their perceptions about what you do well. Then, ask yourself questions and make a list of your answers. Here are a few questions to get you started:

- What are five things I like to do?
- Which classes do I enjoy?
- Which classes do I least enjoy?
- How would my friends describe me?
- How would my family describe me?
- What are five of my strengths?
- What are five of my weaknesses?
- What three accomplishments am I most proud of?
- What careers or professions are attractive to me?

EXPLORE CAREERS THAT INTEREST YOU.

Consider volunteering or job shadowing in a career that interests you. Ask people whose jobs look or sound interesting to explain what they really do and how they got to where they are now. Here are a few questions to get you started:

- Describe your typical day.
- What did you study in college?
- What courses best prepared you for your career?
- What do you like most about your job?
- What do you like least about your job?
- What advice do you have for someone interested in this career?

RESEARCH JOB TRENDS.

Find out more about the careers that interest you. What level of education is required? What is the average salary? What are the expected job prospects? The U.S. Department of Labor Bureau of Labor Statistics at www.bls.gov/ooh offers answers to these questions and provides information about occupational projections by state, as well as career exploration information.

MAKE A LIST OF COLLEGES THAT INTEREST YOU.

- Do you wish to attend a large, medium or small-sized college or university?
- Close to home or far away?
- Public or private?
- Two-year or four-year?
- How important is cost?
- How important are clubs, activities and sports?
- Does your list include colleges and universities that offer your areas of academic interest?

Then, explore free college search programs, such as The College Board's Big Future at www.bigfuture.org or SUNY's campus search at www.suny.edu/attend/find-a-suny-campus.

BEGIN VISITING COLLEGE CAMPUSES.

It's not too early to begin visiting college campuses. Check websites for information about campus tours and open house programs, as well as summer opportunities such as workshops and camps – these are often referred to as pre-college programs. Remember, a visit is not a commitment to attend a college but rather an opportunity to experience a campus first-hand.

DON'T FORGET:

- The courses you take in high school are important.
- Take academics seriously and keep your grades up.
- Get to know your teachers, counselor and principal.
- Get involved.
- Make the most of your summer.

EXPLORE WAYS TO PAY FOR COLLEGE.

A college education is an investment in your future. Do your research, learn about college costs, and develop a financial plan. Here are a few resources to get you started:

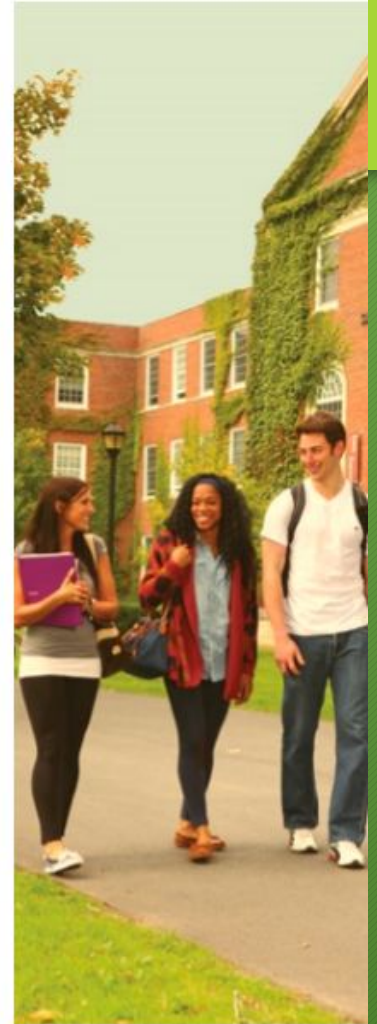
SUNY Financial Planning
www.suny.edu/smartrack/literacy

New York State Financial Planning
www.hesc.ny.gov

Federal Financial Planning
studentaid.ed.gov

Scholarships
www.fastweb.com

Links to non-SUNY websites and information are provided for your convenience and do not constitute an endorsement.



Some information from the Department of Labor and Labor Statistics' Occupational Outlook Handbook

- [Click here to see the Highest paying occupations](#)
- [Click here to see the fastest growing jobs](#)
- [Click here to see the most new jobs](#)





- Go to careerzone.ny.gov

Dollars and \$ense Survey

- Go to the Career Zone home screen and click the **Dollars and \$ense** icon
- Complete the survey regarding your desired lifestyle
- Check out your calculated monthly budgeting needs and required annual earnings
- Click occupations to see jobs and budgets

Explore various careers!

- Be sure to check out:
 - Occupation descriptions
 - Wages
 - Education/training
 - School Programs
 - interviews with professionals in the field

Which careers closely match all of your budget needs, interests, and values?



Submit Your Career List

- Save your “Occupations” list by clicking print and saving as a PDF
- Be sure to **include your name** in file name!

- Submit this in the google classroom assignment entitled **10th Grade Career Matchmaking Lesson**

Time Permitting...

Complete the Interest and Values Assessments!

Interest Assessment

- Click on the “Assess Yourself” icon.
- Read about each interest area, and click the one(s) that you have the most interest in.
- The “View Occupations” will connect you with job matches sorted by education/training requirements.

Work Values Assessment

- Click on the “Work Values” tab.
- Read about each value and click the one(s) that appeal to you most.
- The “View Occupations” will connect you with job matches sorted by education/training requirements

Check out the Counseling and Guidance Google classroom for career resources!

- Information can be found under the “Classwork” tab in the “Career Planning,” “ Summer Internships,” and “Job Posting” sections

You will find:

- Videos featuring professionals in various occupations across our region
- Upcoming career exploration events and presentations
- Internship opportunities
- Local job listings
- **Pay attention to the google classroom stream, school announcements, and newsletters!**

Other things to consider...

- Based on your results and your interests, did you sign up for the appropriate courses next year?
- What types of volunteer work may help you explore your career interests?
- What types of clubs and activities will help you develop your skills and explore your interests further?

Complete the Survey!

- Please follow this link to complete a survey about this lesson:
<https://forms.gle/vYFFsM24xMuLNR7h8>
- You can also access the survey with this code!

Thank you so much for your feedback!!

ASCA Mindsets and Behavior Standards Addressed

- B-LS 7 Identify long- and short-term academic, career, and social/emotional goals

[Click here to see full ASCA Mindsets and Behaviors document](#)

CDOS Standards Addressed

- Standard 1: Career Development

Students will be knowledgeable about the world of work, explore career options, and relate personal skills, aptitudes, and abilities to future career decisions.

- Standard 2: Integrated Learning

Students will demonstrate how academic knowledge and skills are applied in the workplace and other settings.

[Click here to see full CDOS Learning Standards document](#)