

## FOR THE TEACHER:

### Introduction

The purpose of this activity is to help students understand their interests and how they relate to career choices. It also encourages them to look beyond their preconceptions about careers and investigate alternatives they may not have considered before. Finally, students will become familiar with Career Cruising's main assessment tool, Career Matchmaker, and learn how it can provide individualized feedback on their career ideas.

### Setting the Stage

Classroom discussion can focus on two issues: the relationship between people's interests and their career choices; and how much (or little) we really know about various careers. Ask students which occupations they are thinking about pursuing. Then ask them how much they know about those occupations. How do they know they will really like those careers? There are hundreds of occupations to pursue, yet many students only think of a handful when imagining their future career paths.

### Starting the Program

1. Click on your web browser.
2. Type **www.careercruising.com** into the web address box at the top of the screen, then press **ENTER** on your keyboard.
3. Enter your school's username and password, and click on **START CAREER CRUISING**.

## STAGE 1:

### Your Career Choice

From the Main page, click on **EXPLORE CAREERS**.

In the box beside **SEARCH FOR CAREERS**, enter the name of a career you would like to pursue or have seriously considered for yourself (e.g. lawyer, carpenter, fashion designer). Then click **GO!**

**Once you have found a career, write the name below.**

Career:

**1. Before learning more about your career choice, write down three things you think you would like about this career (e.g. on-the-job activities, work environment, or other interesting aspects).**

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**Note: At this stage of the activity, you do not have to do any research; just write down your thoughts on this career. In the third stage, you will learn more about this career and how it matches up with your interests.**

## STAGE 2:

### Identifying Your Interests

Click on the **ASSESSMENTS** button in the menu bar at the top of the page, and then click on the **CAREER MATCHMAKER** link.

Enter your first and last name, then click on **START NOW!**

Read the instructions on the Introduction page, then click **START!**

After you answer the first 39 questions, Career Matchmaker will suggest careers that match your answers.

We **strongly** suggest that you answer the second round of questions as well. Click on the blue **ANSWER MORE QUESTIONS** link in the IMPROVE RESULTS section on the right side of the Career Suggestions page. Answer as many additional questions as you can, and then click the grey **VIEW CAREER SUGGESTIONS SO FAR** button near the bottom of the page to see your updated list of career suggestions.

**Saving your results: When prompted to, save your career suggestions to your Portfolio. You can also save your results at any time by clicking on the gray SAVE TO MY PORTFOLIO button on the right hand side of the page. If you already have a Portfolio, just enter your Portfolio username and password and click LOGIN. If you don't have a portfolio, click on the NEW PORTFOLIO button and enter the required information. If you do not see the NEW PORTFOLIO button, ask your teacher or counselor for help. (To return to your Matchmaker results page after using the SAVE TO MY PORTFOLIO button, click on the GO TO CAREER MATCHMAKER button near the bottom of the Careers that Interest Me page.)**

## STAGE 3:

### Matching Up Your Interests with Careers

2. Does your career choice appear in the list of career suggestions?

Yes \_\_\_ No \_\_\_

If your answer is **Yes**, click on it.

If your answer is **No**, click on the blue **SEE HOW OTHER CAREERS MATCH UP WITH MY ANSWERS** link in the **OTHER OPTIONS** section on the right side of the page. Enter the name of your career choice in the box beside **SEARCH FOR CAREERS**. Click **GO!** Then click on the career.

**3. Once you have clicked on the career, a chart titled SUITABLE FOR YOU? will appear. From this chart, write down any Central and Secondary Aspects to which you answered Like or Like Very Much.**

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**4. Write down any Central and Secondary Aspects to which you answered Dislike, Dislike Very Much, or Does Not Matter.**

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## Summary – Your Views

Now that you have learned about your interests and how they match up with a career that you have considered, answer the following questions:

**5. In Question 1, you wrote down three things that you thought you would like about this career. Are any of these similar to the Central or Secondary Aspects of the career? Are you surprised by any of the aspects of this career? Why?**

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**6. How did your original career choice match up with your interests? Do you still think it is a good career choice for you? Why or why not?**

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**7. Do you think interests are important for career choices? Why or why not?**

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## Optional – Checking out one of your Career Suggestions

Click on the **BACK TO MATCHMAKER SUGGESTIONS** link near the top of the page. Click on one of your top five career suggestions (*choose one that you think might interest you, but not the one you already looked at*).

Career:

**8. Write down the Central and Secondary Aspects to which you answered Like or Like Very Much.**

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**9. Write down any Central and Secondary Aspects to which you answered Dislike, Dislike Very Much, or Does Not Matter.**

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## Summary – Your Views

**10. Are you interested in this career? Have you ever considered it before? What could you do to learn more about it?**

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