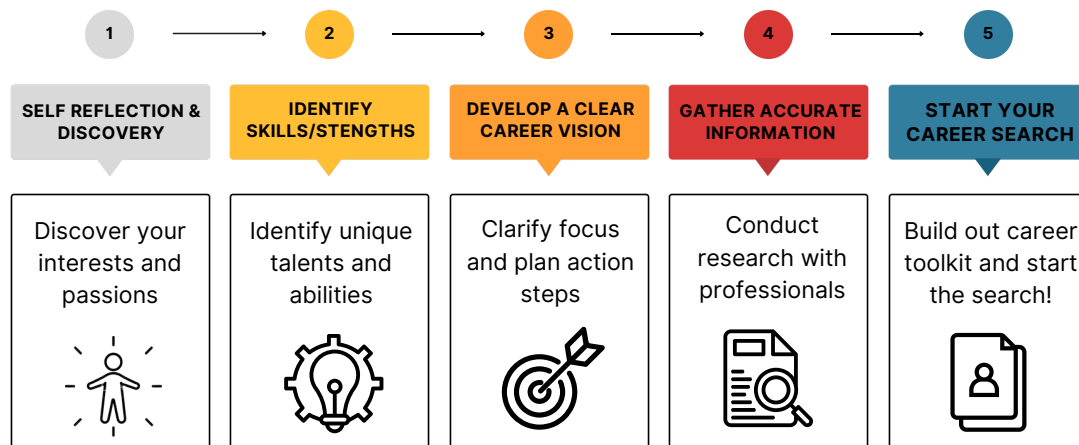




Mentoring Program

Discover and evaluate various careers to make an informed decision about your own path!

Career Exploration Guide



Identify a career that aligns with your interests, skills, values, and goals using this guide!

Step 1: Self Reflection & Discovery

The self discovery journey is the first step in identifying potential career paths for you





Engage in **self-reflection** to gain a deeper understanding of your interests and passions. Reflect on the following questions:

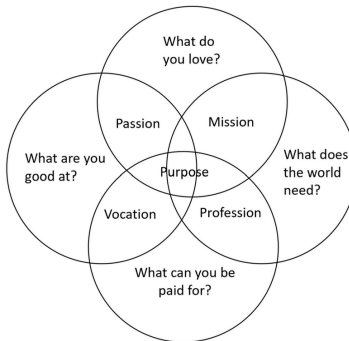
1. What are subjects you have enjoyed studying?
2. What projects have you felt passionate about?
3. What activities have brought you joy or relief?
4. What social causes resonate with your personal beliefs?

Now that you have reflected on the above questions, identify 3-4 of the following to broaden your self reflection. What are your:

1. Interests
2. Values
3. Drivers
4. Strengths
5. Skills

Once you have finished exploring the self, now make a list with answers to the following questions:

What do I love? 	What am I good at? 	What does the world need? 	What can I be paid for? 
--	---	---	--



Andres Zuzunaga

Reminder: Self-reflection and discovery are an ongoing process. As you gain more experience and exposure to various fields, your interests, skills, drivers, values, and passions may evolve. Embrace this exploration and remain open to new possibilities as you navigate your career journey.

Further Information:

Career Exploration Tools

[CareerOneStop](#) – [Interest Assessment](#)

[O*Net OnLine](#) – [O*Net Interest Profiler](#)

Step 2: Identify Skills & Strengths

Building self-awareness by identifying your skills and strengths is the foundation of career planning

Identify your unique **strengths and skills** to understand how those can translate into a career path. Reflect on the following questions:

- 1. What tasks or activities do I enjoy doing?
- 2. What feedback have I received from others (classmates, friends, family, teachers, co-workers) about my strengths?
- 3. What are my natural talents and abilities?
- 4. What types of projects have I excelled in?

Then ask yourself: **Why?**

From your list above, identify 4-5 of your top strengths and skills. Reflect on the question:

- 1. How can I use this strength or skill in a job?

Explore O*Net OnLine to find different job titles that match your skills and strengths:



Step 3: Develop a Clear Career Vision

Clarify your career focus and plan action steps to achieve your vision. Pro tip: Plan long- and short-term goals using the SMART goal method (Specific, Measurable, Achievable, Realistic, and Time-Bound)



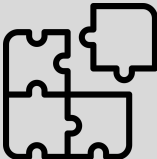

Reflect on the following questions:

- 1. What are you moving towards?
- 2. Why?

Now that we know your purpose and vision, set a long-term career goal:

Goal:

From your long-term goal, set up 3 short-term goals that will help you achieve your overall goal. Remember to use the SMART method:

Specific 	Measurable 	Achievable 	Relevant 	Time-Bound 
--	--	--	---	--

- Short-term smart goal 1:
- Short-term smart goal 2:
- Short-term smart goal 3:

Step 4: Gather Accurate Information



Conduct **research** or partake in informational interviews with someone in your field of interest to gain further information about industry trends, hiring processes, necessary skills/knowledge, and more.

Go through the list and check out different ways to learn about your industry of choice:

- ☐ Check out [O*Net OnLine](#) to view important credentials, trainings, certifications, and skills needed for a specific job title
- ☐ Explore LinkedIn groups by searching interesting topics, job titles, company names, or skills to learn more about industry trends
- ☐ Conduct informational interviews with professionals in the industry you are interested in

Step 5: Start Your Career Search



Now that you have engaged in self-reflection, understood your skills/strengths, interests, values, and drivers, created long- and short-term SMART goals, and conducted research, it is time to start your career search.

Check out the following websites to start your career search. Remember to look up **job titles**, **company names**, or **skills** that are relevant to your industry.

- LinkedIn
- Indeed
- Glassdoor
- Google jobs
- [Maryland Workforce Exchange](#)

Play around with **keywords**, **skills**, and **filters** to open or narrow your search
