

# Jackson Career Explorer

## exploring my options

By completing the JCE, you have taken a very important step toward the thoughtful selection of your career. You have learned more about yourself, your interests, and how they compare to people studying and working in a variety of fields.

The sections below will help you discover more about your areas of interest in order to continue to build your career plan.

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Start by searching topics related to your top job groups. Online research can provide virtually endless information and resources. In particular, look for information on:

- Job descriptions, tasks
- Working conditions
- Salary, wages
- Knowledge, skills required
- Education, training
- Apprenticeship opportunities
- Professional associations
- Employment trends
- Job prospects, outlook
- Potential employers
- Employment statistics
- Local labor market
- Industry-leading companies
- Job postings

Make notes of your findings.

[illegible]

Also, check out the following websites, but let your search expand and grow as you generate alternatives, learn more, and eliminate options. Make notes of anything you find particularly interesting or useful.

- [www.onetonline.org](http://www.onetonline.org)
- [www.bls.gov/OCO](http://www.bls.gov/OCO)
- [www.careeronestop.org](http://www.careeronestop.org)
- [www.vault.com](http://www.vault.com)
- [www.wetfeet.com](http://www.wetfeet.com)
- [www.salary.com](http://www.salary.com)
- [www.campusprogram.com](http://www.campusprogram.com)
- [www.embark.com](http://www.embark.com)
- [www.princetonreview.com](http://www.princetonreview.com)
- [www.doleta.gov/oa](http://www.doleta.gov/oa)
- [www.apprenticeship-usa.com](http://www.apprenticeship-usa.com)
- [www.monster.com](http://www.monster.com)

# EXPLORE...

## Who should I talk to?

Talk to people who have experience and who are willing to share their knowledge with you. This is the best way to get the most accurate and up-to-date information about careers that interest you.

- People working in the field
- Career or Employment Counselors
- Teachers or Instructors
- Human Resource Professionals
- Guidance or Academic Counselors
- Family or Friends

## How do I move forward?

- Think about my Future.  
Answer the questions on the following pages to help you understand more about the type of career and lifestyle that you want.
- Learn the Requirements.  
Research certification, education, and training requirements in your area.
- Interview.  
Contact someone in the field and set up an “information interview” with them.
- Job Shadow.  
Go to work for a day with someone who works in the field.
- Get Experience.  
Apply or volunteer for a position in the field.

# ASK YOURSELF...

## Questions to consider before choosing a career...

The questions below provide help and direction if you feel overwhelmed by your career prospects. Your answers to these questions will change over time, but for now reflect on how you see your future by trying to answer each question.

### *What hours and work environment do I prefer?*

Select your preference(s)		
Live / work in small community	Live / work in large urban center	
Big organization	Small organization	
Indoors	Outdoors	
Work on a team	Work independently	
Sitting at a desk/computer	Standing	Driving

You may feel undecided about some choices and firm on others. It's important to note your thoughts as you answer these question.

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### Answer the following:

I want a job where I have to perform or speak in front of others	Yes	No	Sometimes
I want to be doing hands-on work	Yes	No	Sometimes

Summarize your findings.

Based on my answers, it seems as though I would like to work ...

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# ASK YOURSELF...

## *What schedule do I prefer?*

Select your preference(s)			
Regular hours (9-5)	Shift work	Flexible	Unpredictable
On-call hours	Casual	Overtime	Long hours
Days	Evenings	Weekends	

Make notes of any thoughts you have as you answer these questions.

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### Answer the following:

I want to travel as part of my job	Yes	No	Sometimes
I want to commute	Yes	No	Sometimes

Summarize your findings.

I would like my schedule to be ...

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# ASK YOURSELF...

## *What are my personal values?*

What are my priorities in life? (check all that apply)					
Work		Family		Travel	
Money		Leisure activities		Other (specify)	

### Answer the following:

I want to be able to leave my work behind when I go home at night	Yes	No	Sometimes
I want to be able to devote a lot of my free time to hobbies, sports, family, volunteering, or other things	Yes	No	Sometimes
I want a challenging career	Yes	No	Sometimes
I perform better under pressure	Yes	No	Sometimes
I want to be promoted to a manager (or higher) someday	Yes	No	Unsure

### What do I want to get out of my career?

### What do I find personally rewarding?

### How important are the following?

Salary	Important	Undecided	Not important
Benefits	Important	Undecided	Not important
Employee incentives	Important	Undecided	Not important

Summarize your findings.

I value the following things in my personal life ...

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# ASK YOURSELF...

## *How qualified am I?*

In what areas do I already have experience and knowledge?

What other experiences have I gained through hobbies, volunteer, or personal life?

Answer the following:

Do I have the education and courses I need for the career I'm considering	Yes	No	Unsure
Are my grades strong enough	Yes	No	Unsure
Do I want to invest time and money to get more education	Yes	No	Unsure

Summarize your findings.

I have experience and knowledge in ...

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I need to ...

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in order to ...

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# ASK YOURSELF...

## *What opportunities are available?*

Answer the following:

Are there opportunities in the field I'm interested in the community I want to live	Yes	No	Unsure
Will the opportunities be different once I'm done my education/training	Yes	No	Unsure

How competitive is it to get into the education/training programs and job market in the field that I'm interested?

What factors might increase or decrease the demand for people working in this field?

Make notes of any thoughts you have as you answer these questions.

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List potential employers

Summarize your findings.

It seems as though opportunities are ...

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I need to research ...

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