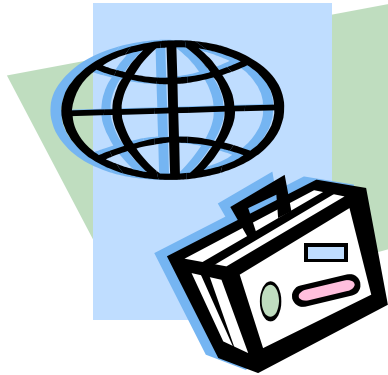


My Career Journey

A process of discovery to identify my career path



A Journey Booklet brought to you by
Minneapolis Community and Technical College
Career Development Services

Who I Am and Where I've Been

Name _____ Phone (____) _____
Address _____ City _____ State ____

The kind of work (paid, unpaid, volunteer) I've done in the past:

(job title)	(employer)	(dates)
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(job title)	(employer)	(dates)
-------------	------------	---------

(job title)	(employer)	(dates)
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(job title)	(employer)	(dates)
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What I like about the work I've done:

Some experiences I didn't like:

The education, training or classes I've pursued since high school:

(program/area of study) (college or training center) (accomplishments)

(program/area of study) (college or training center) (accomplishments)

(program/area of study) (college or training center) (accomplishments)

A few subjects I really enjoyed:

Point to ponder:

Would I be interested in pursuing these subjects as a career?

Subjects that were difficult for me and why:

Point to ponder:

Am I in a different place emotionally where I might be able to concentrate better or study differently in these subjects?

My interests and hobbies:

My three strongest skills:

Some occupations of friends and relatives that might interest me:

Friend/Relative:

Occupation:

Friend/Relative:

Occupation:

Friend/Relative:

Occupation:

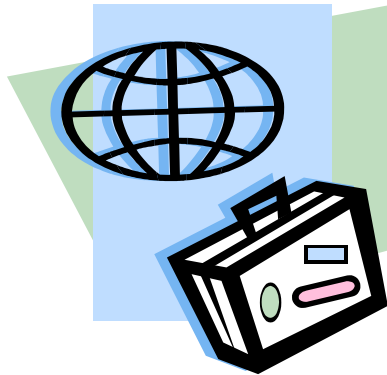
Friend/Relative:

Occupation:

What I wanted to be when I was younger:

Careers that I am interested in pursuing:

Careers that I would like to learn more about:



My Interest & Personality Inventory Record

Holland types from the Strong Interest Inventory (SII), MN Career Information System (MCIS) IDEAS or Career Assessment Inventory (CAI)

	Raw Score	Standard Score	Percentile
Realistic	_____	_____	_____
Investigative	_____	_____	_____
Artistic	_____	_____	_____
Social	_____	_____	_____
Enterprising	_____	_____	_____
Conventional	_____	_____	_____

Below are descriptions of the six interest codes. Take a minute and read the following descriptions for the areas that match your interest code. Do you think that it is a true statement about yourself? If not, review other interest code definitions to find one that is a close match for you.

Realistic: realistic people are often good at mechanical skills or athletic jobs. They like to work with things, such as machines, tools or plants, and they like to work with their hands. They are often practical and good at solving problems.

Investigative: investigative people like to watch, learn, analyze and solve problems. They often like to work independently, tend to be good at math and science and enjoy analyzing data.

Artistic: artistic people like to work in unstructured situations where they can use their creativity and come up with new ideas. They enjoy performing (theatre or music) and the visual arts.

Social: social people like to work with other people rather than things. They enjoy training, instructing, counseling or curing others. They are often good public speakers with helpful, empathetic personalities.

Enterprising: enterprising people also like to work with other people, but they particularly enjoy influencing, persuading and performing. They like to lead and tend to be assertive and enthusiastic.

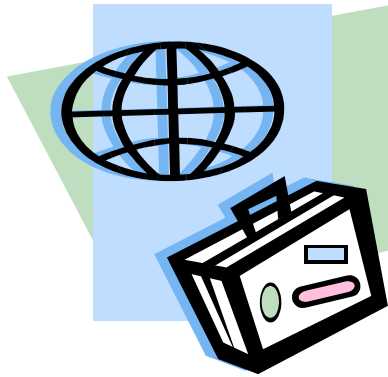
Conventional: conventional people are very detail-oriented and like to work with data. They have good organizational and numerical abilities and are good at following instructions. Conventional people also tend to like working in structured situations.

My MBTI four-letter code: ___ ___ ___ ___
 (Myers-Briggs Type Indicator- available through EOC)

MCIS IDEAS occupations of interest for me:

MCIS Occupation Sort occupations of interest for me:

Remember that assessments are not tests- there are no right or wrong answers for you. They are tools to help you with career exploration and are most useful when discussed with a counselor to help you make sense of the information. Assessments can suggest ideas but you are the final decision maker for your life.



My Worksheet for Information about Occupational Prospects
General information on my career of interest

Name of Occupation #1 _____

- definition of occupation, nature of work, and job functions performed:
- education, training, experience needed:
- personal qualifications, skills, abilities required:
- earnings (salary range- annual/hourly)
- resource and data gathered:
- earnings of recent graduates of MCTC's comparable program:
- working conditions, hours:
- location of employment
- employers:
- geographical areas:
- employment and advancement outlook:
- employment rates of MCTC graduates of similar programs
- how would I rate my personal satisfaction from this work?
- advantages and disadvantages of this work:
- related occupations:
- sources of information:

My Worksheet for Information about Occupational Prospects
General information on my careers of interest

Name of Occupation #2 _____

- definition of occupation, nature of work, and job functions performed:
- education, training, experience needed:
- personal qualifications, skills, abilities required:
- earnings (salary range- annual/hourly)
- resource and data gathered:
- earnings of recent graduates of MCTC's comparable program:
- working conditions, hours:
- location of employment
- employers:
- geographical areas:
- employment and advancement outlook:
- employment rates of MCTC graduates of similar programs
- how would I rate my personal satisfaction from this work?
- advantages and disadvantages of this work:
- related occupations:
- sources of information:

My Worksheet for Information about Occupational Interests
General information on my careers of interest

Name of Occupation #3 _____

- definition of occupation, nature of work, and job functions performed:
- education, training, experience needed:
- personal qualifications, skills, abilities required:
- earnings (salary range- annual/hourly)
- resource and data gathered:
- earnings of recent graduates of MCTC's comparable program:
- working conditions, hours:
- location of employment
- employers:
- geographical areas:
- employment and advancement outlook:
- employment rates of MCTC graduates of similar programs
- how would I rate my personal satisfaction from this work?
- advantages and disadvantages of this work:
- related occupations:
- sources of information:

Next Steps on My Career Journey

Now that you have some ideas about what occupations are of interest to you, here are some ideas to keep you moving forward:

- look for a part-time job to get experience- postings are available at the Counseling and Advising office
- sign up for courses in your area of interest to become familiar with the language and culture of the occupational area
- think about places where you might like to intern if your academic program has an internship requirement
- go to the library to find magazines and trade journals for your occupation of interest- ask a librarian for help in locating these
- look for volunteer opportunities to build skills
- talk to people working in the occupation to get insights
- even if your program doesn't have an internship requirement, consider doing one for the experience and connections
- ask questions of anyone and everyone for ideas and information on how you can pursue your path
- find professional organization that have student membership rates and join- your faculty will have lists of these organizations

