

Career Exploration: Learn about yourself to *Connect to Careers*

In this lesson, students will engage in self-reflection and career exploration by completing the CareerExplorer assessment. Through guided activities, students will identify their top career matches and personality traits, analyze themes in their results, connect their findings to their major, and examine potential career opportunities. The lesson culminates in setting a simple goal and reflecting on their career confidence. This activity can be done in class or asynchronously. (~60 minutes)

Learning Objectives:

1. Self-Discovery:
Students will identify their top three career matches and personality traits, increasing self-awareness regarding interests and strengths.
 2. Critical Analysis:
Students will analyze results, including patterns and surprising findings.
 3. Work Preferences & Strengths:
Students will evaluate their preferred work environments and skills, connecting these preferences to potential career opportunities.
 4. Action Planning:
Students will commit to a small, next step in their career exploration process.
 5. Confidence Reflection:
Students will assess and articulate their confidence in their current career direction based on their reflection.
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Connection to Islander Career Competencies:

Career Navigation & Growth

- Engages in self-assessment and reflection to recognize strengths and opportunities for personal and career development.

Communication & Professional Presence

- Clearly communicates ideas and insights in written and verbal responses.

Critical Thinking & Adaptability

- Uses logical reasoning to analyze assessment results and plan next steps.

Digital & AI Fluency

- Effectively uses digital tools and resources to inform career decisions.

Career Explorer Reflection Worksheet

Name: _____

Major: _____

Step 1: Take the career assessment at careereexplorer.com. Save your pdf file for reference later. This will take about 30 minutes.

From your results, list your top 3 career matches and top 3 personality traits.

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

Step 2: Identify Patterns

What themes do you notice in your results? (Examples: research, helping others, data analysis, leadership, design, structure, fieldwork, etc.)

Which results surprised you? Why??

Step 3: Connect to Your Major

Reflect on how your results do or do not connect to your current major:

My major is: _____

How my results compare to my major: (similarities, differences)

Step 4: Career Exploration

List **2–3 careers or roles** suggested by the assessment that are interesting to you.

- 1.
 - 2.
 - 3.
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Step 5: Strengths & Work Preferences

Answer briefly:

Work environments I prefer (labs, outdoors, teamwork, data, clinics, fieldwork, creative, etc.):

Skills I enjoy using (problem-solving, communication, analysis, hands-on work, creativity, leadership, helping others, etc.):

Step 6: Action Step

One small next step I will take based on this reflection (circle one or write your own):

- | | |
|---|---|
| ☐ Talk with a career counselor | ☐ Research careers further |
| ☐ Explore internships/research opportunities | ☐ Join a student org or research group |
| ☐ Conduct an informational interview with a professional | |
| ☐ Other: _____ | |
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Reflection Question

How confident do you feel about your current career direction after reviewing your results today?

- ☐ Very confident ☐ Somewhat confident ☐ Unsure ☐ Exploring options

Why?
