

July Life Skills Conversation | WORLD: Where Am I Going? Potential Careers for Me

Mentors - you are a greater resource for your mentee than you even realize. Think back to when you were graduating high school; how many possible careers did you know about or consider? Perhaps you knew what your parents and your friend's parents did for a living, but beyond that did you really understand all the possibilities?

This month, take time to help your mentee understand that there are a lot of possibilities out there for a career. They can have fun exploring those opportunities and you can help them understand that what they do today is preparing them to find a job that they will enjoy in the future.

Start by trying to understand what careers your mentee already knows about and what they may be interested in. Together with your mentee make a list of all of the careers they show interest in. Ask them what they know about these specific occupations and why these careers peak their interest.

Share your knowledge by helping your mentee add other possibilities to the list. Help them understand that even in a field like business, there are many different routes (sales, management, marketing, product development) and fields (small business, retail, healthcare, fortune 500).

Give this list of potential careers to your mentee and ask them to save it for future reference. They can look at it for inspiration and to add to it over time. Set a time in the future (one month,

2.1 Real-World Needs: How Will I Contribute?

<http://www.onetonline.org>

Go online and explore this expansive list of occupations.

Description: The O*NET program is the nation's primary source of occupational information. Central to the project is the O*NET database, containing information on hundreds of standardized and occupation-specific descriptors. The database, which is available to the public at no cost, is continually updated by surveying a broad range of workers from each occupation. Information from this database forms the heart of O*NET Online, an interactive application for exploring and searching occupations. The database also provides the basis for our Career Exploration Tools, a set of valuable assessment instruments for workers and students looking to find or change careers.