**Purpose:**

The purpose of this worksheet is to utilize career websites to gather information about occupations of interest and apply that information to your current major and career exploration.

**Description:**

There are many career databases available which allow you to gather information about occupations. This information available can include nature of the work, skills used, salary range and job outlook for occupations of interest. O*NET is a primary source of occupational information and contains hundreds of occupation descriptions. ISEEK is Minnesota’s comprehensive career and job resource. Both allow you to explore occupations based on your interests and skills.

**Directions:**

1. Go to one of the following webpages to explore specific occupations.

   O*NET\(^1\) or ISEEK\(^2\)

**Navigating O*NET**

If you already have some careers in mind that you would like to learn more about, you can do a simple keyword search in the “Occupation Quick Search” box in the upper right corner of the main page. When you get the search results, click on the career title that most closely matches your interests.

You can also find careers through several different search features: Find Occupations, Advanced Search, and Crosswalks. Each of these search tools allows you to browse through careers using information such as industry, skills, the Green Economy, and more. These search features can be found at the bottom of the main page.

O*NET also links to the site My Next Move\(^3\), which gives you the option to take a brief interest assessment to help you narrow down your career options.

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1. [http://online.onetcenter.org/](http://online.onetcenter.org/)
Navigating ISEEK

If you already have some careers in mind that you would like to learn more about, you can do a simple keyword search in the “Search for careers” box under the Explore Careers section on the main page. When you get the search results, click on the career title that most closely matches your interests.

If you have a general sense of your career interests but don’t have specific job titles in mind, click on the Explore Careers tab, and then under “Learn About Careers” click on “Start Exploring Careers.” This will take you to several options to browse through groupings of careers. You can also find interest and skills assessments that will help you see how your characteristics match with different career fields under “Assess Your Skills.”

2. Select two occupations that are of interest to you and use the information included on the attached worksheet for each occupation. Feel free to print extra copies of the worksheet as needed. If you have taken the Strong Interest Inventory, you can use your results to help you select occupations that you want to explore more in depth.

Reflection Prompts:

- What occupations were of interest to you? Why did you pick these?
- What did you learn about the occupations you chose?
- Did you explore any other occupations of interest?
- What would you like to explore further?
- How does this information impact your academic major decision?

Additional Career Websites to Explore:

CareerOneStop: http://www.careeronestop.org/

4 http://www.iseek.org/careers/research.html
5 http://www.iseek.org/careers/assessyourself.html
**Occupation:**

1. **Nature of work/necessary knowledge, skills, and abilities:**

   

   

2. **Education or training required:**

   

   

3. **Employment outlook/trends:**

   

   

4. **Typical salary/wages:**

   

**Finding a match:**
Place an “X” in the column that describes how well each characteristic of the occupation is a fit.

<table>
<thead>
<tr>
<th>Key Characteristics</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Enjoy nature of the work</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Have the necessary knowledge, skills, and abilities</td>
<td></td>
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</tr>
<tr>
<td>Have the desire to develop additional knowledge, skills, and abilities (if applicable)</td>
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<tr>
<td>Seems to fit my personality</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Education required is acceptable</td>
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