



# Lesson 1 of 3

-Reminders

-Career Exploration

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# HOW DO I MEET WITH MY COUNSELOR OR ANOTHER MEMBER OF THE TEAM?



Make an  
Appointment

STUDENT SERVICES IS LOCATED *IN BETWEEN THE FRONT OFFICE AND THE ATRIUM:*

TO MAKE AN APPOINTMENT:

- SEE STUDENT SERVICES SECRETARY (FRONT DESK)
- STOP IN BEFORE SCHOOL, AFTER SCHOOL, OR DURING LUNCH
- EMAIL YOUR SCHOOL COUNSELOR

*ONCE YOU MAKE THE APPOINTMENT, YOU WILL RECEIVE A PASS IN YOUR CLASS TO COME VISIT YOUR COUNSELOR.*



# WHERE ARE THOSE PINK SLIPS????



# Attendance

--Your parent/guardian should email [mrhsabsence@hcpss.org](mailto:mrhsabsence@hcpss.org) every day you miss one or more classes

–Missing 4th period 1 day is like missing 2 consecutive days!

–Excused absences = Makeup work allowed (no penalty)

–Unexcused absences = Makeup work **not** allowed

–Every student is allowed 3 Local Discretionary Days

–Let your teachers know if you plan to be absent

Goal=96%  
(less than 8  
absences for  
the year)



# Career Exploration





TODAY WE  
WILL...



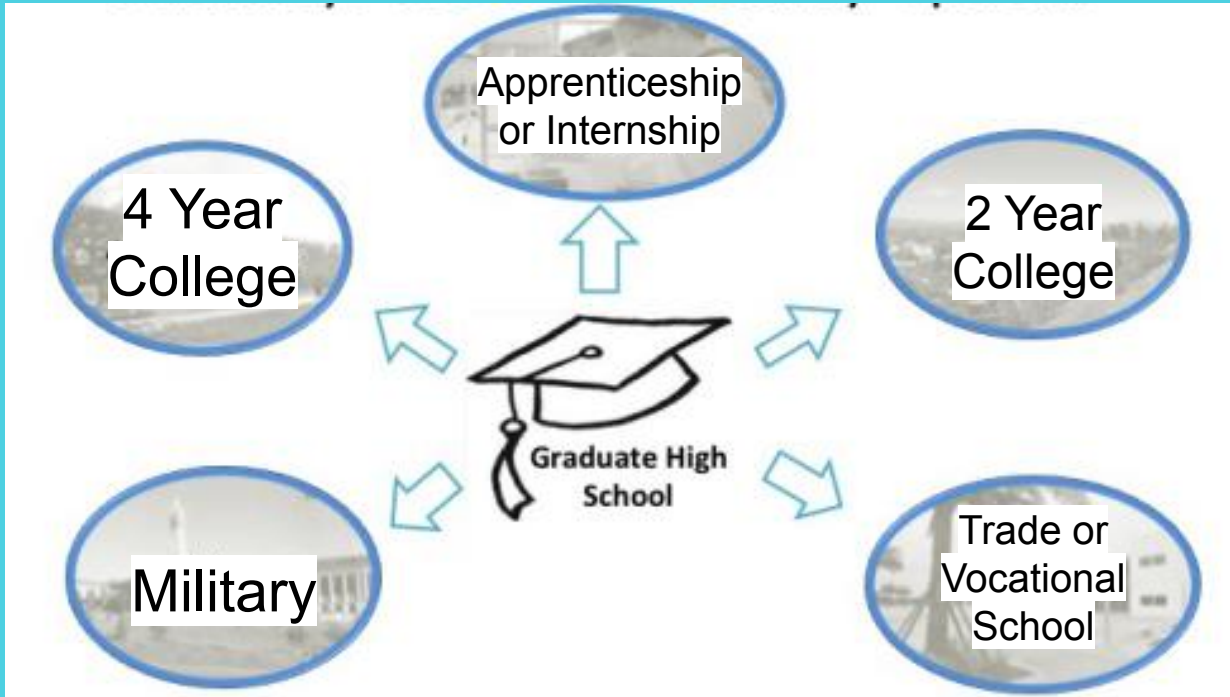
Warm up: Take the  
pre-test

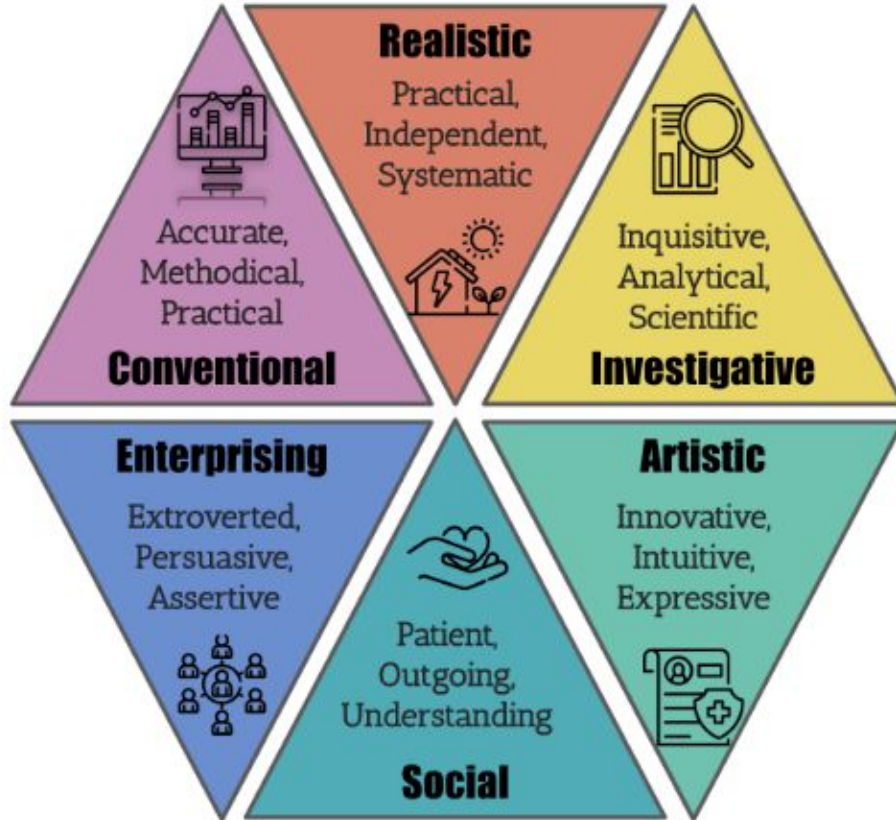
- ✗ examine Holland's Interest Codes;
- ✗ complete the Career Interest Profiler;
- ✗ explore options and resources after high school.

WHAT PROBLEMS DO YOU  
WANT TO SOLVE WHEN YOU  
GROW UP?



# Options After High School





Holland claims that most people fall into one of six personality types

(i.e. realistic, investigative, artistic, social, enterprising, and conventional),

referred to as Holland Codes or RIASEC (Career Key, 2015).

Was initially developed by American psychologist John L. Holland.

HOW TO

# FIND THE RIGHT CAREER



# Finding the Right Career - Video Summary

1. Make a list of your hobbies
2. Discover what you are good at
3. Identify your personality traits
4. Determine what you want out of a Career
5. Talk to Industry Experts
6. Research the job market
7. Discover Your Core Values



...e, Demo Downey!

Search for Colleges

Type a colle

- Self-Discovery Home
- Career Cluster Finder
- Career Interest Profiler
- StrengthsExplorer®



**Career  
Interest  
Profiler!**

welcome message seniors

English Go

Welcome to Mt. Hebron's Naviance Site

Please also check out the Student Services page on the Mt. Hebron website for additional resources: [www.mhhs.hcpss.org](http://www.mhhs.hcpss.org)

Student Services Staff

Read more

My Favorites

COLLEGES  
I'm thinking about

COLLEGES  
I'm applying to

COURSES  
I'm thinking about

CAREERS AND CLUSTERS  
I'm thinking about

SCHOLARSHIPS & MONEY  
Favorite Scholarships



Welcome, Demo Downey!


Search for Colleges

Type a college

SEARCH

- Self-Discovery Home
- Career Cluster Finder
- Career Interest Profiler
- StrengthsExplorer@

welcome message seniors English Go



My Favorites

- COLLEGES I'm thinking about
- COLLEGES I'm applying to
- COURSES I'm thinking about
- CAREERS AND CLUSTERS I'm thinking about
- SCHOLARSHIPS & MONEY Favorite Scholarships

Take the  
Career  
Interest  
Profiler!





## Career Interest Profiler

PROGRESS

0%

Question 1/60

Tell us how much each statement is like you.

Think about how you prefer to learn and work. Then choose the answer that best fits.



Develop a way to better predict the weather



Strongly  
Disagree



Disagree



Neutral



Agree



Strongly  
Agree

PREV

NEXT

## NEXT STEPS:

1. Answer each question.
2. Note there are 60 questions.
3. The questions may be repetitive. Necessary to determine your holland's code.
4. Respond to the question with:  
Strongly Disagree, Disagree, Neutral, Agree, Strongly Agree

[← Back to Self-Discovery](#)

## Career Interest Profiler

[START ASSESSMENT](#)

The **Career Interest Profiler** captures your interests to help identify your personality traits and suggests careers based on the U.S. Department of Labor's data.

### How it Works



Plan to spend at least 15 minutes on this assessment.



You'll answer 60 questions about your interests.



The **Career Interest Profiler** then maps your results to Holland's 6 personality traits.



Naviance then shows you careers that map to your traits and educational aspirations.

### What's in it for you



You'll learn your personality traits according to the Holland Code and how those help with career exploration and planning.



You'll inform your career planning process with career recommendations based on your personality.



Teachers and counselors will understand you and careers that might be a good fit for you.

**Approximately 10 minutes to take survey.**

[← Back to Career Interest Profiler Intro](#)

# Career Interest Profiler

PROGRESS 0%  
Question 1/60

Tell us how much each statement is like you.  
Think about how you prefer to learn and work. Then choose the answer that best fits.



Develop a way to better predict the weather

- Strongly Disagree
- Disagree
- Neutral
- Agree
- Strongly Agree

PREV NEXT

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# Career Interest Profiler

COMPLETED Mar 28th 2022

RETAKE

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## SUCCESS!

### Summary

The Career Interest Profiler helps you find careers by mapping your interests to six basic types of personalities, together called the Holland Code. The higher you score, the more you are like that type.

### What's Next

-  Take a look at the traits where you received your **highest scores** and then view the related careers for those types.
-  **Consider your education and training aspirations.** You have to level up your skills to break into any occupation. Different careers require different certification, licenses, and degrees. These can take anywhere from a few months to over 5 years. Filter related careers by education to find careers that match your needs.
-  **You are unique.** Not every career that matches a personality type will be a match to your interests, skills, aspirations, or desired lifestyle. The trick is to discover the

When you complete the Career Interest Profiler your results will populate on a new screen.

1. Review your results.
2. Take the next few minutes to explore possible careers of interest.
3. After exploring, save at least one career to your “favorite list” that are of interest to you!

Survey Says...

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you are like that type.

### What's Next



Take a look at the traits where you received your **highest scores** and then view the related careers for those types.



**Consider your education and training aspirations.** You have to level up your skills to break into any occupation. Different careers require different certification, licenses, and degrees. These can take anywhere from a few months to over 5 years. Filter related careers by education to find careers that match your needs.

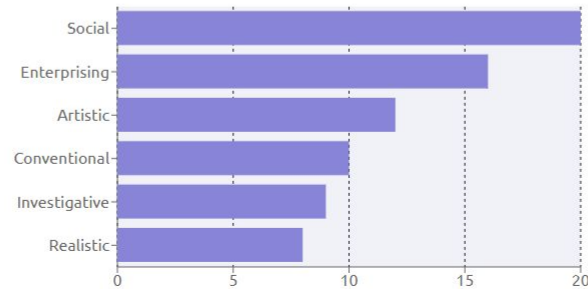


**You are unique.** Not every career that matches a personality type will be a match to your interests, skills, aspirations, or desired lifestyle. The trick is to discover the ones that do.



Be sure to **favorite careers** that interest you to save them for later.

### Your Overall Scores by Holland Trait



Scroll down for more...



Show Me How

Type here to search



51°F Clear 6:40 AM 9/29/2022

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### Your Top Holland Traits

 **SCORE: 20**

#### Social

**HOLLAND TRAIT**  
Likes to do things to help people -- like, teaching, nursing, or giving first aid, providing information. Generally avoids using machines, tools, or animals to achieve a goal.

[VIEW CAREERS](#)

 **SCORE: 16**

#### Enterprising

**HOLLAND TRAIT**  
Likes to lead and persuade people, and to sell things and ideas. Generally avoids activities that require careful observation and scientific, analytical thinking.


[VIEW CAREERS](#)

 **SCORE: 12**

#### Artistic

**HOLLAND TRAIT**  
Likes to do creative activities like art, drama, crafts, dance, music, or creative writing. Generally avoids highly ordered or repetitive activities.

[VIEW CAREERS](#)

 **SCORE: 10**

#### Conventional

**HOLLAND TRAIT**  
Likes to work with numbers, records, or machines in a set, orderly way. Generally avoids ambiguous, unstructured activities.

[VIEW CAREERS](#)

Scroll down for more details about each trait






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## Complete Results


 **Social** **SCORE: 20**

Likes to do things to help people -- like, teaching, nursing, or giving first aid, providing information. Generally avoids using machines, tools, or animals to achieve a goal. Is good at teaching, counseling, nursing, or giving information. Values helping people and solving social problems and sees self as helpful, friendly, and trustworthy.

Persons having a Social personality type "dominate" this environment. There are more of them than there are people of other personality types. For example, in a hospital, school, or counseling service there will be more persons having a "Social" personality than there will be people who have a Realistic type.

"Social" people create an "Social" environment. For example, they particularly value people who are helpful, friendly, and trustworthy -- who are good at good at teaching, counseling, nursing, giving information, and solving social problems.

[VIEW CAREERS](#)

 **Enterprising** **SCORE: 16**

Likes to lead and persuade people, and to sell things and ideas. Generally avoids activities that require careful observation and scientific, analytical thinking. Is good at leading people and selling things or ideas. Values success in politics, leadership, or business and sees self as energetic, ambitious, and sociable.

Persons having an Enterprising personality type "dominate" this environment. There are more of them than there are people of other personality types. For example, in a business or legal setting there will be more persons having an "Enterprising" personality than there will be people who have a Investigative type.



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 **SCORE: 20**

### Social

**HOLLAND TRAIT**  
Likes to do things to help people -- like, teaching, nursing, or giving first aid, providing information. Generally avoids using machines, tools, or animals to achieve a goal.

[VIEW CAREERS](#)

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[VIEW CAREERS](#)

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[VIEW CAREERS](#)

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### Conventional

**HOLLAND TRAIT**  
Likes to work with numbers, records, or machines in a set, orderly way. Generally avoids ambiguous, unstructured activities.

[VIEW CAREERS](#)



Scroll up to explore career options matching each personality trait.



**Find Careers that Interest You.** You're ready to discover interesting careers and Naviance is here to help. Here you can filter careers by education, national salary, career cluster, and more. Each filter you add to your search. Experiment and see what you discover!

**Results from the Career Interest Profiler assessment** Narrow your search or select "Reset" in that menu in order to view all careers.

Approximately 2 minutes to explore.

Search:   Sort By:



**Patient Representatives**  
Assist patients in obtaining services, understanding policies and making health care decisions.

**Education**  
2 Year College

**Median Salary**  
\$42,630



**Tour Guides and Escorts**  
Escort individuals or groups on sightseeing tours or through places of interest, such as industrial establishments, public buildings, ...

**Education**  
2 Year College

**Median Salary**  
\$27,600



**Social and Community Service Ma...**  
Plan, direct, or coordinate the activities of a social service program or community outreach organization. Oversee the progra...

**Education**  
4 Year College


**Median Salary**  
\$67,150



**Clergy**  
Conduct religious worship and perform other spiritual functions associated with beliefs and practices of religious faith or denomin...

**Education**  
Graduate/ Professional

**Median Salary**  
\$50,400



→ What if I don't know what I want to do?

→ What if I keep changing my mind?

REFRAMING IS A TECHNIQUE TO HELP CREATE A DIFFERENT WAY OF LOOKING AT A SITUATION FROM A SLIGHTLY DIFFERENT PERSPECTIVE.



INSTEAD OF THINKING:

TRY:

I CAN ONLY PICK ONE CAREER PATH	<b>ON AVERAGE, PEOPLE CHANGE JOBS 12 TIMES.</b>
MOST PEOPLE HAVE IT ALL FIGURED OUT	<b>PLENTY OF US ARE JUST MAKING EVERYTHING UP AS WE GO.</b>
IF I FOLLOW MY PARENTS WISHES I'LL BE HAPPY.	<b>MAYBE! BUT NOT NECESSARILY. CHOOSE WHAT WORKS FOR YOU.</b>
I SHOULD ALREADY KNOW WHAT I WANT TO DO	<b>FIGURING IT OUT IS A LIFELONG PROCESS.</b>
EVERY SUCCESS STORY STARTS WITH A FOUR-YEAR DEGREE	<b>A FULFILLING LIFE IS BUILT ANY WAY YOU CHOOSE.</b>
LUCK WILL LEAD ME TO THE RIGHT CAREER	<b>HARD WORK (&amp; A LITTLE BIT OF LUCK) WILL LEAD YOU .</b>

## SHIFT YOUR WAY OF THINKING

- It is okay to not know what I want to do yet.
- It is okay that I am undecided.
- It is okay that I know what I want to be when I grow up.
- I won't compare my path with anybody else's. My path is unique to me.

**THERE IS NO ONE PATH.**

**#ROADTRIPNATION**

# Holland's Results, now what?

Resources to explore options  
after high school...

**March 2  
Future**

**Student  
Services  
Canvas**

Consider...

**JumpStart  
(HCC)**

**Internship  
(Intern/  
Mentor)**

**Career  
Academy  
(Course  
Catalog-pgs  
55 - 72)**



Exit ticket: Take the  
post-test

**ON YOUR OWN... REVIEW YOUR RESULTS!**

- Add careers that you have considered.
- Learn more about the careers you favored.
- Consider course requests that reflect your interests.
- Complete the [Career Interest Profiler worksheet](#).