

Prerequisites: None

*Questions to consider...*

- *Who am I?*
- *What kind of work do I want to do?*
- *Who helps me decide my future? Family? Friends?*

Activity:

- You will learn about your personal career interests and skills.
- You will complete two computer-based self-assessments.
- You will print your results and put them in your Transition Portfolio behind this activity sheet.
- You will use these results to inform your career selection.

Computer Instructions for “Career Interest Areas”:

1. Go to [www.southseattle.edu](http://www.southseattle.edu) and type “WOIS” in the search box at the top.
2. Click on “WorkSource Career Resources”.
3. Click on “WOIS” in left column.
4. Click on “Assessments” in the left column.
5. Click on “Career Interest Areas” and read the explanation.
6. Click on “Start Activity.” There are 66 “Would you rather...” choices. Complete all of them, then click on “Find my interest areas.”
7. Read your results carefully.
8. Print your results and put it in your Transition Portfolio behind this activity sheet.
9. Click on the Career Area written in blue that is at the beginning of the row with the most blue bars to find careers that would be best for you.
10. Print this list and put it in your Transition Portfolio behind this activity sheet. Do you see a career that interests you or that you would like to learn more about?

Computer Instructions for “Interest Profiler”:

1. Repeat steps 1 to 4 above.
2. Click on “Interest Profiler” and read the explanation.
3. Click on “Start the Interest Profiler.” There are five pages of activities. You click “like” or “dislike” for each.
4. Read your results carefully.
5. Print your results and put it in your Transition Portfolio behind this activity sheet.
6. Click on “Occupations” to find a list of careers that match your interests. Are these results similar to those from the “Career Interest Areas” assessment? Do you see any careers that interest you or that you would like to learn more about?

Note:

The WOIS database is also available on-line through some public libraries including the Seattle Public Library ([www.spl.org](http://www.spl.org)). You will need the barcode number from the back of your Seattle Public Library card and your personal identification number (PIN) in order to log onto the database. If requested, the Site Key is: fce982

*Questions to consider...*

- *Who forms my support system? Who will I share this information with? Family? Friends?*

Variations:

- Follow steps 1 to 4 above, and complete the “Skills” assessment on WOIS.
- Follow steps 1 to 4 above, and complete the “Work Importance Locator” assessment on WOIS.
- [www.careerbridge.wa.gov](http://www.careerbridge.wa.gov) is another site to research careers and training programs in Washington state.

Prerequisites: None

If you are uncertain about your career choice, go to Activity 1.a.

*Questions to consider...*

- *What career do I want to have?*
- *Who helps me decide my future? Family? Friends?*

Activity:

- You will learn about a career of your choice. You will gather information about *one* career, but you may begin by reading information on several careers, if you like.
- As you read the information on the computer, you will need to take notes on another piece of paper. Use short answers. Do NOT copy or cut-and-paste from the website.
- When you have answered all the questions below in note form, type your answers.
- Save your work on your flash drive, print and put it in your Transition Portfolio behind this activity sheet.

Computer Instructions:

1. Go to [www.southseattle.edu](http://www.southseattle.edu) and type "Career Bridge" in the search box at the top.
2. Click on "WorkSource Career Resources".
3. Click on "Career Bridge" in left column.
4. Click on "Take a Quiz" in the left column.
5. Click on "Take a Quiz".
6. Click on the first letter of the occupations that you like. Click "Next".
7. Click on the activities you like to do and your personal qualities. Click on "Next".
8. Continue step 7 until you complete the 16 subjects.
9. Click on "Quiz Results" to review your top-scoring career clusters. You can click on each one to learn more about specific careers.
10. You have to option to save your results to your dashboard once you are registered with Career Bridge. Click on "Save to My Dashboard" to get started. You can click on "Cancel" and continue as a guest.

Questions:

1. List 2 or 3 *common work activities* of this occupation. Select those that are interesting or new to you.
2. Describe the *working conditions* common to this occupation.
3. List 2 or 3 *skills & abilities* needed for this occupation.
4. List 2 or 3 *interests* that people in this field typically have. Do you have these same interests?
5. What type of *training* or degree is needed to work in this occupation?
6. List 2 or 3 *hiring practices* that you learned.
7. What *wages* are paid in Washington State? Are the wages in Seattle the same? If not, how are they different?
8. What is the *employment & outlook* for the number of jobs that will be available in this occupation?
9. List 2 or 3 interesting things that you learned about this occupation that you didn't know before you began this assignment.

Note:

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*Questions to consider...*

- *Does this occupation still interest me?*
- *Who forms my support system? Who will I share this information with? Family? Friends?*

Variations:

- Research a different or related career.
- Use another site: [www.careerbridge.wa.gov](http://www.careerbridge.wa.gov) for careers and trainings in Washington state.
- Research schools that offer training (for Washington use WOIS or Career Bridge).

Prerequisite: Activity 1.b

Activity:

You will write ONE paragraph about your career goal.

Be sure to think about and include the following ideas in your paragraph:

- why you selected this career
- why this career is important or interesting to you
- who you consulted in your decision-making process
- what you learned from WOIS

Process:

1. Brainstorm your ideas.
2. Write one paragraph.
3. Check for a topic sentence, at least three supporting ideas and a concluding sentence.
4. Edit for grammar and spelling.
5. Peer-edit.
6. Type your paragraph.
7. Turn in your brainstorming and typed paragraph to your instructor for evaluation.
8. Retype your paragraph using your instructor's suggestions for improvement.
9. Save your paragraph on your flash drive.
10. Print a clean copy of your paragraph and put it in your Transition Portfolio behind this activity sheet.

Note: For independent learners, who are not enrolled in a class, skip steps #7 and #8.

Variations:

- Expand to a multi-paragraph composition.
- Write one paragraph about a different career that interests you.
- Write one paragraph about a career that you do NOT want to study.

Prerequisites: None

Note:

The following instructions are for students who plan to study at SSCC. If your program is not offered at SSCC, you will need to visit the website of the college you plan to attend.

Activity:

- You will gather information about the college program of your choice.
- As you find the answers to the questions at the college website, you will need to take notes on another piece of paper. Use short answers. Do NOT copy or cut-and-paste from the website.
- When you have answered all the questions in note form, please type your answers in a short, bullet-style format.
- Save your work on your flash drive, print and put it in your Transition Portfolio behind this activity sheet.

Computer Instructions:

1. Go to [www.southseattle.edu](http://www.southseattle.edu) (or the website of the college where you plan to study).
2. Click on "Programs."
3. Click on the program you are interested in that is located in one of the following sections:
  - "College Transfer"
  - "Professional & Technical"
  - "Georgetown Campus"
4. Now, read the information provided about the career program you have chosen and answer the questions below. If you cannot find the information you need on the SSCC website, you may need to make an appointment to see a counselor or advisor. For information about counseling/advising services at SSC, go to Activity 6.b.

Questions:

1. What program do you want to study? What college will you attend? When will you begin?
2. Does this program require English 101? If not, what English classes are required?
3. What math classes does this program require?
4. List the Transitional ESL, Developmental English and Developmental Math classes that you will take.
5. How many full-time quarters (15-20 credits) will you need to complete these Transitional and Developmental courses?
6. Does this program have any prerequisites (classes you must take before you are accepted into the program)? If yes, please list the prerequisite classes.
7. How many full-time quarters will you need to complete these prerequisites?
8. How many full-time quarters will you need to complete this program (after the transitional, developmental and prerequisite classes)?
9. Add the number of quarters from #5, #7 and #8 to find the total number of quarters that it will take to reach your educational goal.

Variations:

- Research the program at another college.
- Compare the programs at two or three different colleges.