

My Notes: CFNC.org/Choices Explorer

Fall 2009

CFNC.org

What tools would appeal to middle school students?

Should we start a 4 year plan?

SAT PREP

Info for students/parents

Choices Explorer Homepage GUIDEWAYS:

This Week's Highlights:

Ask Faith

WORK

Browse for careers by:

LEARN What programs /majors relate to my favorite class, art?

LIFE: Recreation Experts: _____

Volunteering? _____

Portfolio _____

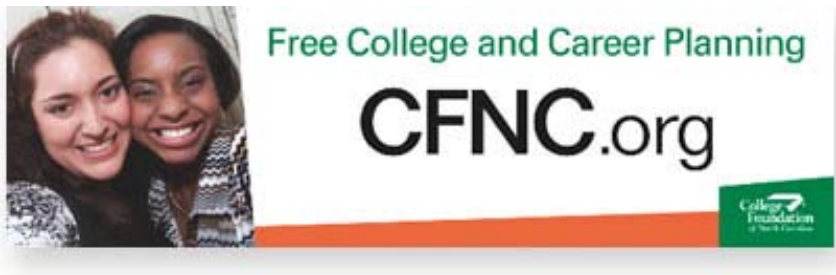
Lesson Plans: Where do I find the lessons? _____

Implementation Ideas _____

CFNC.org / Choices Explorer “Get Started” Activities

NOTE: as a prerequisite activity, Create CFNC Accounts, explained in August 6th grade activity

	6th	7th	8th
START HERE  CFNC.org	<input type="checkbox"/> August 6th gr. Activity <input type="checkbox"/> Career Key <input type="checkbox"/> Nov 6th gr. Activity <input type="checkbox"/> Career Center	<input type="checkbox"/> Fastest Growing Careers <input type="checkbox"/> August 7 th Gr Activity	<input type="checkbox"/> High School Planner <input type="checkbox"/> College Prep Opportunities <input type="checkbox"/> Student Planner Timeline
HOME	<input type="checkbox"/> This Week's Highlights <input type="checkbox"/> You Gotta Have Faith	<input type="checkbox"/> Get Started Guideway	<input type="checkbox"/> Moving Forward Guideway
WORK	<input type="checkbox"/> Career O'Matic <input type="checkbox"/> Career Videos <input type="checkbox"/> Today's Trivia <input type="checkbox"/> Jan 6th gr. Activity	<input type="checkbox"/> Description Car. Clusters <input type="checkbox"/> Your School Subjects <input type="checkbox"/> The Buzz <input type="checkbox"/> January 7 th Activity	<input type="checkbox"/> Math in Real Life <input type="checkbox"/> Going to work <input type="checkbox"/> Talking to a real-life
LEARN	<input type="checkbox"/> Your School Subjects <input type="checkbox"/> March 6th gr. Activity	<input type="checkbox"/> Browse Career Clusters <input type="checkbox"/> Alpha List <input type="checkbox"/> Keyword Search <input type="checkbox"/> Sept 7 th Gr. Activity <input type="checkbox"/> March 7 th Gr. Activity	<input type="checkbox"/> High School Planning <input type="checkbox"/> Oct 8th gr. Activity
LIFE	<input type="checkbox"/> Recreation Experts	<input type="checkbox"/> Recreation <input type="checkbox"/> Opportunities by Cluster	<input type="checkbox"/> Volunteering Advice <input type="checkbox"/> Nov 8th gr. Activity <input type="checkbox"/> March 8th gr. Activity
MY PORTFOLIO	<input type="checkbox"/> Journal Entry	<input type="checkbox"/> Journal Entry <input type="checkbox"/> What Next?	<input type="checkbox"/> Journal Entry <input type="checkbox"/> What Next?



How can **CFNC.org** and Choices Explore assist in meeting career planning

objectives from the North Carolina Guidance Standard Course of Study? Look at the [Get Started Guideway](#) connections to the NC standard course of study.

Get Started Guideway – found on the Home tab [CFNC.org / Career Center / Bridges Tools](#)

Step 1 Thinking about careers

- ✓ Competency Goal 4.03 Demonstrate the importance of planning

Step 2 Identify your top career cluster

- ✓ Competency Goal 5.02 Apply personal skills, interests, and abilities to current career choices
- ✓ Competency Goal 5.03 Demonstrate knowledge of the career planning process
- ✓ Competency Goal 5.04 Indicate the various ways careers can be classified

Step 3 Take the Career Quiz

- ✓ Competency Goal 6.02 Indicate personal preferences and interests that influence career choices and success
- ✓ Competency Goal 4.01 Develop skills to locate, evaluate, and interpret career information

Step 4 What do your results mean to you?

- ✓ Competency Goal 3.06 Demonstrate how school success and academic achievement enhance future career and vocational opportunities
- ✓ Develop a positive attitude toward work and learning

Step 5 Your best school subjects and careers

- ✓ Competency Goal 3.03 Determine the relationship between learning and work
- ✓ Competency Goal 1.12 Develop and awareness of personal interests, skills, motivations, and abilities
- ✓ Competency Goal 5.06 Demonstrate awareness of the education and training needed to achieve career goals

Step 6 All About Your Experiences

- ✓ Competency Goal 3.02 Consider co-curricular and community experiences to enhance the school experience

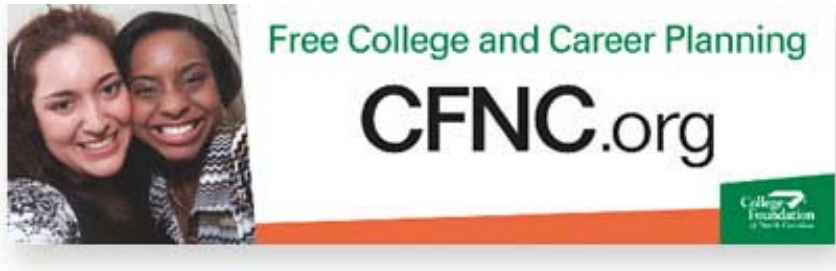
Step 7 Self-reflection

Step 8 Explore the Student Planner

- ✓ Competency Goal 5.07 Assess and modify their educational plan to support career goals

Step 9 Add to Your Portfolio

- ✓ Competency Goal 5.10 Maintain a career-planning portfolio
- ✓ CFNC.org and Choices Explorer: Great career planning activities to help meet your school objectives!



How can **CFNC.org** and Choices Explorer assist

in meeting career planning objectives from the North Carolina Guidance Standard Course of Study? Look at the [Moving Forward Guideway's](#) connections to the NC standard course of study.

Moving Forward Guideway – found on the Home tab [CFNC.org / Career Center / Bridges Tools](#)

Step 1 Use the Cluster Finder to learn more about careers.

- ✓ Competency Goal 4.01 Develop skills to locate, evaluate, and interpret career information
- ✓ Competency goal 5.04 Indicate the various ways which occupations can be classified

Step 2 Take the Career Quiz

- ✓ Competency Goal 2.05 Use assessment results in educational planning
- ✓ Competency Goal 5.02 Apply personal skills, interests, and abilities to current career choices
- ✓ Competency Goal 5.03 Demonstrate knowledge of the career planning process

Step 3 Think about college Majors.

- ✓ Competency Goal 5.06 Demonstrate awareness of the education and training needed to achieve career goals.
- ✓ Competency Goal 6.02 Indicate personal preferences and interests that influence career choices and success

Step 4 Create a course plan that fits your career goals.

- ✓ Competency Goal 5.07 Assess and modify their educational plan to support career
- ✓ Competency Goal 5.09 Select coursework that is related to career interests

Step 5 Think about volunteer activities you might like to do outside of work or school.

- ✓ Competency Goal 3.01 Demonstrate the ability to balance school, studies, extracurricular activities leisure time, and family life

Step 6 Think about recreation activities you might like to do outside of work or school

- ✓ Competency Goal 3.02 Consider co-curricular and community experiences to enhance the school experience

Step 7 Important Experiences

- ✓ 5.10 maintain a career-planning portfolio

Step 8 Write in your Journal

- ✓ Communicate how school success and academic achievement enhance future career and vocational opportunities

What's In Choices Explorer?

From the Professional Tools Resources for Educators – a memory aid!

When it comes to their post-secondary life, students have two things on their mind: careers and education. Use Choices Explorer to help students explore their work and school options as they get ready for life after high school.

Ask Faith: Meet Faith Powers. She's an expert on just about every career out there and she's always ready to share her knowledge. Students can ask Faith questions and check out recent questions and answers. You can find Faith on the home page of Choices Explorer.

Work

From the Work tab, students can investigate a wide range of possible careers. Because some students have clear career goals and others change their minds every day, students will find a number of different areas to explore.

Career Clusters: Does everyone interested in law become a lawyer? Of course not -- that's why students need to check out careers related to the ones they're interested in. We've divided careers into 14 interest-based clusters for students to explore. Within each career cluster, students can check out the list of related careers, or browse through the other features:

The Buzz: There is always something new happening in the world of careers. The Buzz keeps students up to date on trends in the career clusters they're interested in. They'll also find information on self-employment opportunities.

News from the World: We link to the latest news headlines about the careers they're interested in. Students can get the current info on careers in each cluster and find out about a career's outlook in the real world.

Get Involved Now: There's more to career planning than what students learn in school. Volunteering is a great way for students to find out more about careers they're interested in, and hobbies can act as gateways to career exploration. We show students volunteer and recreational opportunities related to each career cluster.

Find Careers By: How many career options are available to today's grads? Students often don't realize the variety of careers out there. Have them check out our alphabetical list of over 900 careers. If a student has a clear goal in mind, they can go straight to their targeted career to find out more. Students can also browse through a list of all of the career articles that include video clips, or use the keyword search to further focus their research efforts.

Going to Work: We offer a collection of articles on the working world, divided into five topics: job hunting, starting a business, apprenticeships, career planning and surviving in the workplace.

Math in Real Life: Every student who's ever wondered why they have to learn math should take a look at this collection of math activities. Because they're all linked to actual careers, students

can learn the real-life applications of percentages, equations and even trigonometry. The list is grouped by math concept. Within each concept, exercises are categorized by their level of difficulty.

Career Finder: Career Finder asks students to rate themselves and their interests in key areas. When they've finished this quick exercise, they'll have a list of possible careers to explore. Working with the list, they can get the inside scoop on each career, including the job market outlook, salary stats and an interview with people actually working in each career.

School Subject Clusters: Even students who haven't decided which careers interest them know which subjects they like best in school. With the school subject clusters, they can access a list of careers based on their favorite classes.

Word on the Street: Follow our blogger as she balances work, school and the decision making that comes with graduating from college.

Talking to a Real-Life...: Students can find out what it's like to work in a certain career from our panel of career experts. In Q&A format, they give the real story about the working world. In addition, each month the Work main page will feature a different interactive career expert who will answer questions submitted by students.

Today's Trivia: Get a different factoid every day and have a little fun! Each trivia question links to a related article in Choices Explorer.

Learn

Help students answer that ubiquitous question, "What's your major going to be?" Using our exploratory areas, students can find out what courses and programs match their interests and career goals.

Major Clusters: What if a student is interested in medicine but doesn't have the grades to get into med school? There may be other programs in the Health and Medicine cluster they'll find interesting. We've grouped majors into 14 different clusters, so students can check out all the programs that match their interests.

Find Majors By: There's a lot more to post-secondary programs than reading, writing and arithmetic. Have your students check out our list of educational programs, arranged alphabetically. They can also use the keyword search to narrow their research focus.

College: Students can find tips on preparing for college, from acing the SATs to landing a big scholarship.

Major Finder: Here's an easy way for students to investigate their post-secondary possibilities. Have your students check off the words that interest them. From there, they can go through a list of programs based on their skills and interests. Each profile includes a description of the program and information from students who have taken it.

School Subject Clusters: If a student loves art class, that doesn't necessarily mean art is the only program they should consider. In the school subject clusters, students can choose their favorite high school class and find out about related programs.

Getting Ready for College: It's one thing to read about different programs, but what's it really like to start post-secondary education? Find out from our bloggers as they chronicle their college experience.

Student Planner: There is one thing that students and teachers can agree on -- getting ready for post-secondary school can be overwhelming. The Student Planner lays it all out in an easy-to-follow chronology. Students just select their grade to find out what they should be doing and when.

Life

Because there's more to life than school and work, here's a list of volunteer and recreation opportunities sorted by interests.

Your Portfolio

With all the exploring that students can do in Choices Explorer, they can certainly use a place to store information on their favorite careers and educational programs. That's not all that's available in the Portfolio: students can record all the info on what they like, what courses they're studying and how they see their future.

Assessments

Assessments -- Introduction

Go to the Choices Planner assessments [now](#) or continue reading about this section:

The assessment tools in Choices Planner are designed to assist users in determining their career area interests, work values and work skills. The assessments provide a key link between users and the occupational information contained in the Choices Planner databases. They help users to thoroughly explore occupational possibilities and to assess whether or not they may want to consider these occupations as possible career choices.

Note that the assessments are not designed to tell users which are the only careers to pursue. They are, however, useful for generating leads for further research.

The self-assessment surveys available in Choices Planner are:

1. Interest Profiler (English and Spanish versions)
2. Work Values Sorter
3. Basic Skills Survey
4. Workplace Skills Checklist
5. Transferable Skills Checklist
6. Ability Profiler (optional add-on)

The assessment surveys are not tests. They contain instructions and can be self-administered. However, it can be helpful for the on-site Choices Planner specialist to review the instructions with the individual user or group of users before they begin.

All assessments have the same structure, with a starting page that explains what the assessment is, why you may want to use it, how to complete it and how long it might take. The time taken will be affected by the age and reading abilities of users. No time limit should be imposed, and everyone should be allowed to finish their assessment.

The results of each of the assessments are automatically scored by the Choices Planner program so that they can be used immediately to focus in on corresponding occupations. Assessment results can also be imported into the Career Finder.

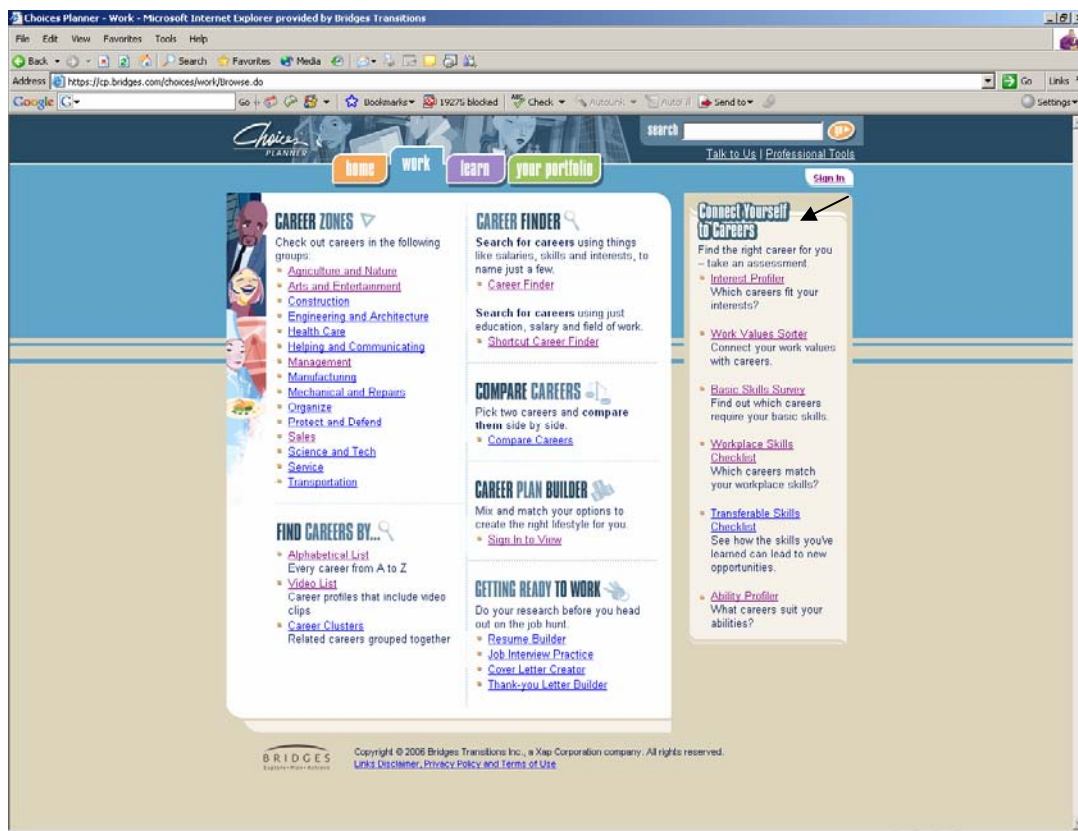
When taking an assessment, users are encouraged to create or open a portfolio. Then their results will be automatically saved to the portfolio. Users retain the option, however, of reviewing their selections or clearing their existing results and completing an assessment again.



Counselors and paraprofessionals are encouraged to use the most appropriate assessment tool based on the needs of their particular user or group of users. Having users complete both checklists that measure skills, for instance, may prove confusing and unfruitful.

All the assessment tools have been tested for reliability and validity. See the following sections for each tool's development and background information.

- [Interest Profiler \(English and Spanish versions\)](#)
- [Work Values Sorter](#)
- [Basic Skills Survey](#)
- [Workplace Skills Checklist](#)
- [Transferable Skills Checklist](#)
- [Ability Profiler \(optional add-on\)](#)



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