



How You Can Jumpstart Your Future Now

Toolkit



- 3 Nine Key Aptitudes for Career Performance
- 4 Career Exploration Resources
- 5 Career Clusters
- 6 Ways for Students to Develop Their Self-Awareness

Nine Key Aptitudes for Career Performance

1. Idea Generation
2. Numerical Reasoning
3. Spatial Visualization
4. Sequential Reasoning
5. Inductive Reasoning
6. Visual Comparison Speed
7. Timeframe Orientation
8. Vocabulary
9. Work Approach

Source: [YouScience](#)



Career Exploration Resources

O*Net Online

Free service providing detailed descriptions of over 900 jobs and an interest profiling tool you can use to get ideas for matching occupations.

My Next Move

A free self-assessment tool from the U.S. Bureau of Labor Statistics.

YouScience

Comprehensive assessment tool that matches you to a set of careers based on your innate aptitudes.

Career Girls

Free interest surveys that match you to college majors and careers, as well as hundreds of videos of different professionals explaining about their jobs.

Me3 Careers

Free quiz about college majors and careers.

MAPP Career Test

71 different questions regarding your 'likes' and 'dislikes' to find career interests.

Jobzology

Personal surveys and job-matching tools; membership fee.



Career Clusters

Source: ACTE

Agriculture, Food &
Natural Resources

Education & Training

Hospitality & Tourism

Manufacturing

Architecture &
Construction

Finance

Human Services

Marketing

Arts, A/V Technology
& Communications

Government & Public
Administration

Information
Technology

Science, Technology,
Engineering &
Mathematics

Business
Management &
Administration

Health Science

Law, Public Safety,
Corrections &
Security

Transportation,
Distribution &
Logistics

Ways for Students to Develop Their Self-Awareness

Try New Things

Take the fun elective, join the club you've been curious about, get a part-time job, volunteer somewhere new, etc.

Now is the time for breadth, not depth.



Reflect On What Makes You...You!

This can include knowing:

- Your strengths
- Your interests
- Your values
- Your aptitudes
- Your personality

This can be explored through self-reflection, conversations with those who care about you, or through various assessments

Why does this matter?



Notice Your Feelings

What do you look forward to?

What do you dread?

When does time seem to pass quickly?

When do you feel like you are in the "flow"?

Look Back to Plan Forward

List out past accomplishments, things that have come easy for you, things you are proud of, etc.

Are there any common themes?

Our past behavior is the greatest indicator of our future performance

Ways for Students to Develop Their Self-Awareness

(Continued)

Ask Yourself Better Questions

"What do I want to be when I grow up?" isn't that helpful.

Instead, try thinking about:

- Problems you want to help solve
 - People you want to help
- Topics and causes you care about
 - Things that motivate you

Keep It Positive

Sure, there is some value in knowing your weaknesses. And, don't dwell in this. The world needs the level of AWESOME that only you have. Focus on leveraging your strengths vs. constantly trying to improve your weaknesses.



It Is Never Too Early... And, You are Never "Done"

Fostering self-awareness in high school and thinking about career possibilities certainly isn't too soon.

Yet, this is a never-ending process. We are human beings who grow and evolve. The world of work is in constant change. Know yourself, and also know how to be resilient and adaptable.

You aren't making one decision for the rest of your life. You will be making the first of many decisions over the course of your career.
Deep breaths!