**Name:**

**Mentors Name:**

**Date:**

**Discussion:**

**Talk to your mentor and ask him/her her major and career plans after college. Ask how many times he/she switched her plans/major – you may be very surprised to her what they have to say! After, we will share as a group.**

**What are some qualities that are important to you in your future career? For example, a job that has flexible hours, good pay, is interesting, is interactive, etc:**

**If you could pick anything to do, career-wise, what would it be and why? Aka. What is your “Dream Job?”**

**On-line Career Development**

1. **Go to** [www.cfnc.org](http://www.cfnc.org)**. If you do not have an account, make one now.**
2. **Click “Plan” 🡪 “For a Career”**
3. **Click “Learn More About Yourself”**
4. INTERESTS: Complete [INTEREST PROFILER](https://www1.cfnc.org/Plan/For_A_Career/Learn_About_Yourself/Interest_Profiler/Interest_Profiler.aspx) Figure out what interests you have and match them to careers. Click the “Careers Matching your Interests” button.
5. E-mail your results page (in the top right corner) to yourself and your mentee.
6. After you complete the Interest Profiler: Answer the Question: **Your reflections on your Interest Profiler results:** Do these interests sound like you? Why or why not? How do these interests match your career plans?
7. Now, pick a couple of your suggested careers and go through the tabs on the left (“What They Do,” “Is it For You?” “Money and Outlook” etc. ) Write your impressions for each in the table below:

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  |  |
| Career 1: |  | Career 2: |  |
| What they Do: |  | What they Do: |  |
| Is it for you? |  | Is it for you? |  |
| Skills They need: |  | Skills They need: |  |
| What to Learn: |  | What to Learn: |  |
| Money & Outlook: |  | Money & Outlook: |  |
| Military Options, Connections & Interview (Optional) |  | Military Options, Connections & Interview (Optional) |  |
| Complete at least one “Real World Activity” with your mentor and comment on it:  |  | Complete at least one “Real World Activity” with your mentor and comment on it:  |  |
|  |  |  |  |

8. CAREER CLUSTER SURVEY: Match your interests and personal qualities to Career Clusters to explore future options. Learn how the activities you like, your personal qualities and your favorite subjects are related to Career Clusters.

After you complete the CLUSTER SUVEY, E-MAIL the answers to yourself and your mentee.

1. Answer this question **Your reflections on your Career Cluster Survey results:** Do these Career Clusters sound like they would involve careers in which you would be interested? Why do you think these clusters were suggested for you? Compare these results from the results above –what are the similarities and what are the differences?
2. Explore your highest-ranking cluster. Pay attention to the tabs on the left “Introduction” “Careers” “Program of Study”

|  |  |  |  |
| --- | --- | --- | --- |
|  | Notes/thoughts |  |  |
| Introduction |  |  |  |
| Careers |  |  |  |
| Programs |  |  |  |
| Recommended Plans of Study |  |  |  |
| Volunteering & Recreation |  |  |  |
|  |  |  |  |
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|  |  |  |  |

Post activity (if time permits): What did you learn from this activity and how do you plan to apply it the next three years of high school? Were you surprised by anything in particular?