

Online Resources to help identify interests and explore careers

www.cfnc.org **College Foundation of North Carolina**

Little needs to set up an account (free); click “student” on the right, then choose high school and school not listed (so that the student has full access to all aspects of the website); they may know their NC Wise # as their lunch # (Adult should set up account the same way)

“Plan” page: “Plan for a Career” and then choose “Learn About Yourself”; for career exploration choose “discover your career interests”; career videos as well

- “Interest Profiler” and other surveys

“Plan” page: “Plan for a Career” , then choose “Explore Careers”

“Plan” page: “Plan for High School”

“Paws In Jobland”: geared for elementary students, does not require a login/ password

*For info and handouts on goal-setting, time management, importance of grades, and career exploration: on “Resources/ Videos” at the top of the home page in blue; click on “Curriculum Materials” and then “Student Activities”

<http://www.driveofyourlife.org> The Indiana Youth Institute: Fun online career exploration game; free but you do register by clicking “outside state” since it’s set for Indiana; kids get to narrow their job/ career interests while customizing their car (color, underbody lights, decals, license plate, etc.) very “cool”

www.mappingyourfuture.org Career Ship helps you determine your interest area and then explore careers related to it

www.onetonline.org Gives information about jobs and job responsibilities

<http://stats.bls.gov/k12/index.htm> Bureau of Labor Statistics career exploration

Other ways to identify interests

- Take the Interest Profiler on the College Foundation of North Carolina website (see CFNC Career Activity handout for instructions)
- Talk about what your Little thinks he/she is good at
- Talk about what you have noticed your Little is good at and/or seems to enjoy
- Go to the library and look up books and magazine articles about careers
- Look at websites for large companies that typically have a “Job Postings” page; for example, Mission Hospitals’ website has a “Careers” section and “Hot Jobs” area