

# Career Exploration

Unique Approaches for Real Results

- **Icebreaker (10 minutes)**
- **Overview of Career Exploration Tools (30 Minutes)**
- **Deep Dive Into Hats and Ladders (30 Minutes)**
- **Program Highlight: Foster Pride (20 Minutes)**
- **Real Life Examples - Staff and Youth Panel (20 Minutes)**
- **Wrap Up (10 Minutes)**

- **In small groups discuss:**

- *What is your experience with helping youth explore career options*
- *Are there any trends you have seen in types of jobs that interest the youth you work with?*
- *Are there any creative approaches you have used when working with youth around career exploration?*

- **Sponsored by U.S. Department of Labor and a Partner of the American Job Center**
- **Many different ways to conduct career exploration:**
  - **Explore Careers Tab**
  - **Employment Tab**
  - **Toolkit Tab**
- **Many different resources**
  - **Find Support Tab**
  - **Education Tab**
  - **Toolkit Tab**
- **<https://www.careeronestop.org/GetMyFuture/FindSupport/foster-system.aspx>**



- **Specific to New York State**
- **Many different ways to conduct career exploration:**
  - **Interest Profiler**
  - **Skills Profiler**
  - **Work Importance Profiler**
- **Incorporates more than career exploration**
  - **College Preference and Explorer**
  - **Budgeting Tools**
- **<https://ny.headed2.com/assessments>**



- **Uses robust data to help individuals understand the career landscape**
- **Many different ways to conduct career exploration:**
  - **Bright Outlook**
  - **Career Cluster**
  - **Advanced Searches**
- **Many different resources**
  - **Onet Interest Profiler**
  - **Job Zone**
- **<https://www.onetonline.org/>**

### CareerExplorer by sokanu

- Uses advanced machine learning, psychometrics, and career satisfaction data
- <https://www.careerexplorer.com/career-test/>



TRUITY

- A career test based on Holland Code and Big Five systems
- <https://www.truity.com/view/tests/personality-career>



- A career test based on the Birkman Method
- <https://www.princetonreview.com/quiz/career-quiz>

**LEVELUP**  
**NYC**

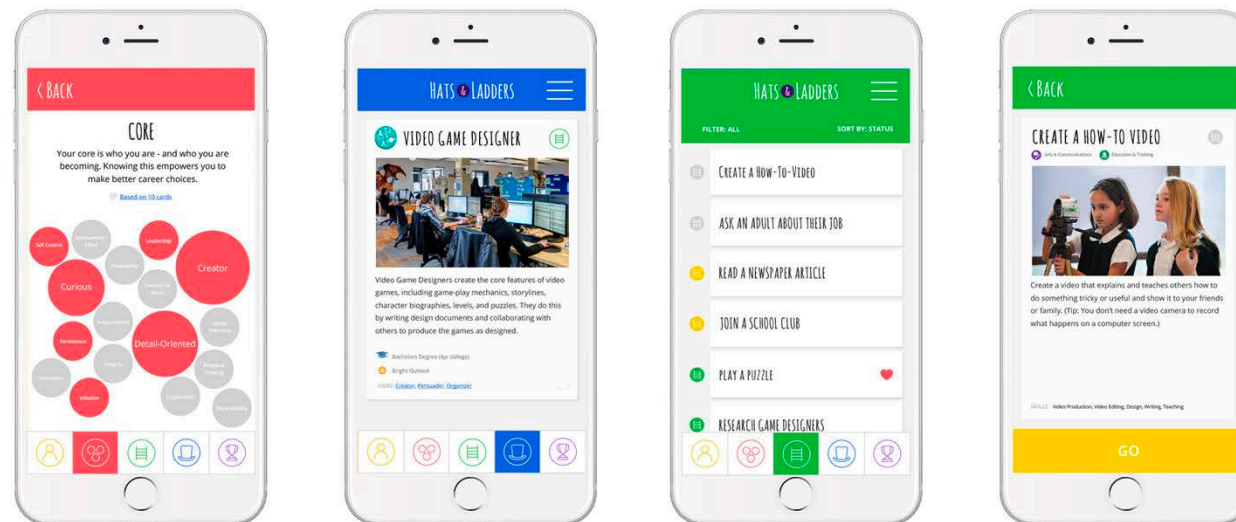
POWERED BY **SKILLUP**

- NYC specific site that provides career exploration tools, career coaching, training + education programs, and local employer connections
- <https://www.skillup.org/nyc/>



## Guest Speaker: Johann George

- **Hats and Ladders is a Career Readiness App that approaches career exploration in a fun and youth centric way.**
- **You can download the app by going to the following link: <https://myapp.hatsandladders.com/>**



## Guest Speaker: Zoë Cheswick

- **Foster Pride empowers children and teens in foster care to develop their talents, build self-esteem and reach their potential through mentoring relationships and the arts**
- **Foster Pride's programs include:**
  - **HandMade**
  - **Internships**
  - **Blavatnik Family Education Fund**
  - **And more**
- **[www.fosterpride.org](http://www.fosterpride.org)**



**Tammy Bullock**

Future Focus Coach  
Good Shepherd's Services

**Darnell**

Good Shepherd's Services

**Tamaine**

Youth Advisory Board Member



- **Which Career Exploration Tool is based on New York State?**
- **Which Career Exploration Tool has specific resources for individuals in foster care?**
- **Which Career Exploration Tool uses data to help people identify the quickest emerging jobs?**
- **Name 1 of the Career Exploration Tools that we mentioned but did not explore their website.**

- **Which Career Exploration Tool is based on New York State?**
  - **New York Career Explorer**
- **Which Career Exploration Tool has specific resources for individuals in foster care?**
  - **Career OneStop/Get My Future**
- **Which Career Exploration Tool uses data to help people identify the quickest emerging jobs?**
  - **ONet Online**
- **Name 1 of the Career Exploration Tools that we mentioned but did not explore their website.**
  - **Career Explorer by Sokanu , Truity , Princeton Review's Career Quiz , or Level Up NYC by SkillUp**

- **Mandatory Training Next Week: Real Talk Real Solutions**
- **As you are conducting career exploration you should use OneDegree (<https://www.1degree.org/nyc>) to find vetted training and education programs to help your youth with career development experiences.**
- **Career Exploration is often something done 1 on 1 but there are some great group activities that can help get youth ready for the workshop. Some great examples are:**
  - **YA WORC's Career Club - created by Columbia School of Social Work**
  - **NYSED and CUNY's Career Kit**
  - **NYC Department of Education's Work Based Learning Toolkit**