



Vermont Career Connect Reflection Activity

Self-Assess

What were your top three career clusters from the career interest survey?

- 1.
- 2.
- 3.

Think about your ideal work environment:

- Do you like to work by yourself or with other people?
- Do you prefer to be inside or out?
- At a desk or on your feet?

Think about your ideal lifestyle. How much do you need to make? Take the quiz at jumpstart.org/reality-check

Hourly salary:

Yearly salary:

Explore

Which career videos did you watch?

- 1.
- 2.
- 3.

Could you see yourself doing any of these careers? Why or why not?

Reflect & Plan

What is one career you're currently interested in?

What is it about this career that interests you? What about it feels like a good match for your interests and ideal work environment?

What is a typical salary for this career? You can use the salary finder at <https://www.careeronestop.org/>. Does this match or exceed the amount you determined above that you need to make for your ideal lifestyle?

What kind of education after high school does this job require? If not required, is there additional education or training that would help you advance in this career?

What classes do you need to take in high school and what skills do you need to cultivate to move you toward this career goal?

Are there volunteer opportunities, projects at home, camps, clubs, or part time jobs you can take part in to continue to explore this career? What can you start doing now to make this a real possibility for your future?

Bonus Exploration

Visit <https://www.vermontcf.org/McClureFoundation/Initiatives/PathwaystoPromisingCareers.aspx> to check out promising careers in Vermont. Is the job you're interested in listed there? If not, are there any similar jobs listed? What are they? Are any of them of interest to you?

Life doesn't always work out as planned, and down the road you may find that you're interested in more or less education or training after high school than you're currently considering. It can be helpful to consider what other jobs exist in the industry you're interested in at varying levels of education. This can also offer a potential career pathway for you by identifying entry level jobs that you could start in after high school to move you toward your ultimate career goal.

Think about the industry or career cluster for the job you're interested in, and then fill out the table below with jobs in that industry at each level of education or training. You can use websites like [CareerOneStop](#) or [MyNextMove](#) to explore jobs and salaries.

Education/Training	Job	Typical Salary
High School Diploma or GED		
Certificate or Associate Degree (2-year)		
Bachelor's Degree (4-year)		
Master's Degree, PhD, or additional education beyond Bachelor's Degree		

Could you see yourself being interested in any of these jobs? Why or why not?

This piece has been adapted from Oregon GEAR UP's Building a Career Pathways document, which can be found at <https://oregongearup.org/>

