



WEEK 1:

Explore the world of work

During Week 1, participants will explore different career options and decide on careers they may like most.

Learning Objective: Using a variety of tools to explore careers, participants will learn more about how the world of work is organized, high growth careers and those in which they may be interested.

MCJ Tool: O’net Online and the Career Cluster Survey

CAM Activity: Participants will reflect on their top two career clusters, explore how career clusters are divided into various pathways with occupations within them and select their favorite career cluster, discover their top cluster based upon a survey and think about a few careers in which they are really interested.

Tips for Success:

- If you have currently worked with students on career exploration they may choose only those Week 1 goals that provide a refresher or those still of interest on which to work.
- When describing options, avoid using words like **traditional**, **nontraditional** or **other** and opt for words like **additional**. This helps create a positive environment for all students.
- Be sure to encourage participants to log onto their My Colorado Journey account so their work will be saved

What the research says:

It’s important for participants to explore many postsecondary options so they can make informed decisions. A 2017 Gallup survey found that about half of all U.S. adults would change at least one of the decisions they made along their education path, whether that be choosing a different major or field of study, a different institution or another degree type. What’s more, people who completed a trade or technical program were more positive about their education decisions than are individuals with an associate or bachelor’s degree. The activities in Week 1 will help students think deeply about their options so they enroll in the right program.



WEEK 1:

Discover Key Colorado Industries

During Week 1, students will investigate careers important to Colorado.

Learning Objective: Using the Careers in Colorado tool, participants will investigate key growth industries and pathways to Colorado.

MCJ Tools: Careers In Colorado tool.

CAM Activity: Participants will reflect on their chosen industry, pathway, and any surprises about selected careers.

Tips for Success:

- If students have a particular career in mind that does not appear on the Careers In Colorado tool, they can explore it on the U.S. Department of Labor's [CareerOneStop website](#).

WEEK 1:

Build a pathway based on my experience, soft skills, and likes

Beginning with a soft skills assessment, students build a pathway to identify the career of their choice.

Learning Objective: Using the soft skills survey students will explore preferences and make a choice on a career that they would like.

MCJ Tools: Soft Skills Survey

CAM Activity: Participants will take an assessment and enter preferences and experiences to receive suggestions on career recommendations to consider.

Tips for Success:

- Reinforce to students that any assessment recommendations are based upon how they answer the questions – and are just that, recommendations.
- Have students discuss whether the assessment recommendations make sense to them or helped them consider careers they had not thought about
- Encourage students to log into their My Colorado Journey account so their work will be saved.



WEEK 1:

Identify key trends from my career exploration

During Week 1, students will reflect on their careers of interest and find patterns in their careers of interest.

Learning Objective: Reviewing the career clusters and careers that they have previously saved will help with recognizing patterns within those careers and with making decisions on which to pursue.

MCJ Tools:

CAM Activity: Participants will reflect on the connections that they have to their career, and careers they love.

Tips for Success:

- Ask students to engage trusted friends and adults in discussing their career options and to reach out to those in a career of interest to find out what it is really like to work in a career.