

Exploring Interests with Career Coach: Worksheet

Career Exploration Center, Lane Community College

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Step One: Career Coach

It's mobile and tablet friendly!

- 1) Access the website: lanecc.edu/CareerCoach
Select "Sign Up" and follow the instructions to create your profile.
- 2) Select "Take the Assessment." Choose either the 6-question interest assessment or the 60-question assessment. **We recommend the longer one**; it takes only 5-10 minutes!
- 3) Your results will show your top three interest "traits" and how your interests match broad career clusters. *SAVE your results. What were your top three "traits?" Rank 1, 2, 3 below.*
Realistic___ Investigative___ Artistic___
Social___ Enterprising___ Conventional___
- 4) *Choose career clusters that interest you and "drill down" to find specific occupations and related Lane programs.*
- 5) To get more information about specific occupations, use the "**Overview**," "**About**," "**Wages**," "**Employment**," and "**Live Job Postings**" tabs. You can see Oregon statewide data or choose a specific region of our state. *SAVE* any favorite occupations to your Profile.
- 6) Under each occupation, you can see a link to specific Lane degrees, certificates, and transfer areas. Select "View Program Info" to link to that department's website. If Lane does not list a specific program for this occupation, come to the Career Exploration Center and we can help you find them! *SAVE* any favorite programs to your Profile.
- 7) You can also select the "**Programs**" tab at the top to see Lane's 8 Career Communities and "drill down" to see our degrees, certificates, transfer areas, and related career fields. *SAVE* any favorite programs to your Profile.
- 8) There's also a "**Résumé Builder**" tab to create your résumé, using keywords, skills, and job descriptions related to--and targeted to--specific occupations.

Reflection Question: *What occupations and Lane programs would you like to explore further, based on your interests and your results?*

Your Answer:

****Turn Over for Step Two!****

Search for “more” occupations, based on your top “interest traits” from Career Coach!

Step Two: O*NET

It’s mobile and tablet friendly!

- 1) Access the website: onetonline.org
- 2) Under the “Advanced Search” tab at the top, use the drop down menu to choose “Interests.”
- 3) Select your top Interest area: **Realistic** or **Investigative** or **Artistic** or **Social** or **Enterprising** or **Conventional**...look back at Step (3) on the front page.
- 4) You’ll get a list of occupations that matches that single trait/letter code.
Select *More Occupations* to see if the list expands.
- 5) Use the light yellow area to select a second and third trait/letter and get a more focused list.
Try a bunch of different two-letter and three-letter combinations!
NOTE: Often, the TWO-LETTER combinations seem to be the most useful.
Example: If your top three letters are RIS, make sure you search for all the two-letter combinations: RI/IR and IS/SI and RS/SR.
Look at all the one-letter and three-letter combos too, of course!

Take note of three things:

- a. The Interest column will show you all the different combinations of your two- or three-letter code. So, if you selected RIS, you might get RIS, RSI, ISR, IRS, SRI, SIR. Use the drop down menu if you want to see occupations with a specific code.
- b. *The Job Zone column gives you information about the Level of Training/Education needed for that occupation, from a scale of 1 (Little or No Preparation) to 5 (Extensive Preparation).* Select each number to see what it means. Use the drop down menu if you want to see occupations from a specific Job Zone.
- c. If you select any occupations that interest you, you will get information on tasks, work activities, skills needed, tools and technology, wages and outlook, education, etc...and you can search for any posted job openings by state. Try it!

Reflection Questions

- 1) **What different letter-combinations did you use in your search (R, I, A, S, E, C combinations)?**
Your Answer:
- 2) **What types of career fields/occupations/college majors would you like to explore further, based on your interests and your results?**
Your Answer: