Career Exploration

* 1. **Interests, Attitudes, and Values**

**Interests**- the feeling of a person whose attention, concern, or curiosity is particularly engaged by something

People = Friends, solve problems, listen

Information = ideas, facts, words, figures

Technology = tools, machines 🡪 to get things done

**Interest Inventory-** checklist that points to strongest interests

**Attitudes** - manner, [disposition](http://dictionary.reference.com/browse/disposition), feeling, position, etc., with regard to a person or thing; tendency or orientation, especially of the mind (Positive/Negative)

**Values –** relative worth, merit, or importance; to consider with respect to excellence, regard, or esteem highly

**Work Values –** things about work that are important to you.

**Economic Values –** how important money is to your happiness (Economic values influence economic goals)

**Basic Values**

Courage Compassion

Relationships Recognition

Achievement Responsibility

* 1. **Personality Learning Styles**

**Personality** - a person as an embodiment of a collection of qualities

* Actions
* Habits
* Feelings
* Thoughts

**Verbal/Linguistic**- related to words and language (Saying, hearing, and seeing words)

* + Likes to read books
  + Listens to and gives oral presentations
  + Communicates through written and oral messages
  + Likes discussions and debates
  + Likes to explain things

**Logical Mathematical** - reasoned, precise, accurate

(Categorizing, classifying, and working with patterns and relationships)

* + Likes to conduct experiments
  + Listens to work with numbers
  + Likes to explore patterns and relationships
  + Good at math, problem solving, and reasoning

**Bodily Kinesthetic**- physical activity, movement, and awareness through sensory perception – hearing, seeing, smelling, feeling

(Touching, moving, interacting with space and processing knowledge through bodily sensations)

* + Likes to move around, touch, talk, and use body language
  + Good at sports, dancing, gymnastics, and crafts

**Visual/Spatial** - Mental images, seeing, sight (visualizing, dreaming, and using colors and pictures)

* + Likes to draw, build, design, and create
  + Daydreamer and imaginative
  + Watches movies and plays computer games
  + Good at sensing changes
  + Good at puzzles and mazes and reading charts and graphs

**Musical/Rhythmic** - Sound arranged in patterns, tone, and pitch through music, poetry, color, painting, and photography (rhythm, melody, and music)

* + Likes to sing, hum tunes, listen to music, play an instrument
  + Good at picking up sounds, remembering melodies, noticing pitch, rhythm, and patterns
  + Good at keeping time

**Interpersonal** - Related to relationships with other people

(Sharing with others, collaborative groups, and teaching others)

* + Has lots of friends, likes to talk and join groups
  + Good at understanding people
  + Good at communicating
  + Good at mediation (resolving conflict)

**Intrapersonal** - Within self (Working alone, individualized projects, and self-paced instruction)

* + Likes to work alone
  + Reflective and self-aware
  + Instinctual
  + Original

**Naturalistic** - Related to nature and the environment

(By studying nature’s patterns, such as erosion and climate, learning how things work, and cause and effect relationships)

* + Likes to work outside
  + Enjoys geography, weather, learning about the environment
  + Good at categorizing, organizing, planning,
  + Interested in preservation and conservation
  + Likes to work with animals
  1. **Skills and Aptitudes**

**Skill** – the ability to perform a task due to training and experience (Mental, Physical, Social)

**Ability**- competence in an activity or occupation because of one's skill, training, or other qualification (skill you have already developed)

**Aptitude** - capability; ability; innate or acquired capacity for something; talent

**Job Specific Skills** – Skills necessary to do a particular job.

**Transferable Skills** - general skills used in school and various types of jobs.

* Communication
* Listening
* Problem Solving
* Technology
* Decision Making
* Organizing Planning

Study Guide 1.00 Career Exploration

Examine and explain the difference between skills and abilities.

Explain the difference between job specific skills and transferable skills.

Provide examples of transferable skills.

Be able to classify and organize the various forms of learning styles.

Compare and contrast positive and negative attitudes.

Create examples of work values, economic values and basic values.

Evaluate and explain the difference between values, interests, ideas, and attitudes.

Construct a model for the interaction between values, interests, ideas, and attitudes.