

Upgrade Program- San Antonio Education Partnership

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Name of Key Area	Career & College Exploration
Title	Career Research Tools
Goal	The goal of this document is to help individuals begin their personal career exploration.
Advisor & Date	Ilse Reyes, Spring 2019

Choosing a career can be intimidating. Thankfully, there are many tools that you can use for guidance as you begin to explore career paths. Let's explore these resources together!

Self-Assessment Tools

Self-assessment tools help match what you like and don't like to careers. These assessments make these connections through a group of questions with the goal to find careers that might interest you. It is important that when you are taking the assessment that you don't overthink your answers. Go with your first gut feeling. At the end of each tool, you will see a list of ideas for professions that match your interests.

- **Career Coach:** <https://alamo.emsicc.com>
 - Click on Take the Assessment
 - You will have the option for 6 questions or 60 questions. Choose whatever you prefer.
- **My Next Move:** <https://www.mynextmove.org/>
 - Click on Start in the "Tell us what you like to do." box.
- **Jung Typology Test:** <http://www.humanmetrics.com/cgi-win/jtypes2.asp>
 - Once you have your four letter personality type visit its companion website: <https://www.truity.com/view/types>

Career Exploration Tools

Once you have narrowed down your career options, you can start exploring what those careers look like.

- **My Next Move:** <https://www.mynextmove.org/>, click on Search Careers with key words
 - My Next Moves provides detailed profiles of different careers by including needed skills, abilities, knowledge, personality, etc. for the specific career of your search.
 - You can search careers by industry and key words.
- **CareerOneStop:** <https://www.careeronestop.org/default.aspx>
 - This website includes many resources for exploring careers, finding training, job search and finding local help.
- **My Skills My Future:** <https://www.myskillsmyfuture.org/>
 - My Skills My Future works as a companion website with CareerOneStop.
 - This website helps you find career matches based off of previous jobs you have had.
- **Occupational Outlook Handbook:** <https://www.bls.gov/ooh/>
 - Career information from the United States Department of Labor
- **Learn How To Become:** <https://www.learnhowtobecome.org/>

- Provides its users step-by-step guides on how to begin a career of your choosing.

Career Exploration Tools (in the region):

- Career Centers:

If attending a college or university, look for your campus Career Center. Career Centers are one-stop shops for career services. Services may look different from school to school, but overall Career Centers exist to help students go from being students to professionals in the work place. Most Career Centers will assist with resume writing, interviewing skills, internships, and much more. Depending on the school, most services offered to their students are free so take advantage of this resource!

- Workforce Solutions Alamo:

Workforce Solutions Alamo has Career Centers that help job seekers find opportunities for employment. The best part is that it is free of cost! The following are some of their many services:

- Job matching and referral
- Job development and placement assistance
- Career counseling
- Information on available training providers and programs
- Information and referral to available community resources for services such as childcare, transportation and housing assistance
- Financial assistance for training for qualified individuals
- Self-administered interest and aptitude tests
- Job search workshops on resume writing, job applications, conducting an effective job search and more

The following is the link to their website: <http://www.workforcesolutionsalamo.org/contact-us/location/career-centers>.

In addition the following is their list of in demand occupations for region:

<http://www.workforcesolutionsalamo.org/wp-content/uploads/2017/03/Copy-of-TDO-list.pdf>

- cafécollege:

Cafécollege also provides more resources for career exploration at the following website:

<https://cafecollege.org/career-exploration/>

- Upgrade:

If you are an adult with some college credits and you want to go back to school to finish your degree or certificate, Upgrade is here to help you explore your options. The following is the link to their website: <https://www.upgradesatx.org/>

- Goodwill Career Centers:

The Goodwill Career Centers is the first stop for career guidance. At the following website you can find a list of services they offer to the community for career guidance:

<https://www.goodwillsa.org/services/career-centers/26-good-career-centers>

Adapted from:

Workforce Solutions Alamo. (n.d.). Career Centers. Workforce Solutions Alamo: Career Centers. Retrieved April 17, 2019 from <http://www.workforcesolutionsalamo.org/contact-us/location/career-centers>.