



GET INTO THE ZONE: FINDING A CAREER THAT'S RIGHT FOR YOU CONT.

MY NEXT MOVE

1. Go to the My Next Move website: <http://www.mynextmove.org>
2. Click the Start button under “Tell us what you like to do” on the right side. This will start a self-assessment quiz to help you discover occupations that match your personal preferences.
3. After completing the quiz, you will see a RIASEC profile result like the one in the image below. RIASEC is a widely used system for measuring work preferences.
4. Print the results page and keep it for later reference, or write your score here.



5. Click Next to choose the Job Zone you want to explore. Job Zones reflect the experience, education and training an occupation requires. A cashier would be considered Job Zone 1. A lawyer or doctor would be in Job Zone 5.
6. Look through the different job zones.
7. Write up to five jobs from each zone in you might be interested in.

	JOB ZONE 1	JOB ZONE 2
I'm interested in:		
I'm interested in:		
I'm interested in:		
I'm interested in:		
I'm interested in:		

	JOB ZONE 3	JOB ZONE 4
I'm interested in:		
I'm interested in:		
I'm interested in:		
I'm interested in:		
I'm interested in:		

	JOB ZONE 5
I'm interested in:	
I'm interested in:	
I'm interested in:	
I'm interested in:	
I'm interested in:	



FINDING A CAREER THAT'S RIGHT FOR YOU CONT.

8. Choose one occupation from Job Zone 3 (medium preparation required). You will see a screen like the following one with a lot of information about the occupation.

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HOME SEARCH INDUSTRIES INTERESTS

Dental Assistants Print Share

Also called: Certified Dental Assistant (CDA), Dental Assistant (DA), Expanded Duty Dental Assistant (EDDA), Registered Dental Assistant (RDA)

What they do: Assist dentist, set up equipment, prepare patient for treatment, and keep records.

On the job, you would:

- Prepare patient, sterilize or disinfect instruments, set up instrument trays, prepare materials, or assist dentist during dental procedures.
- Record treatment information in patient records.
- Expose dental diagnostic x-rays.

KNOWLEDGE	SKILLS	ABILITIES
Health <ul style="list-style-type: none"> • medicine and dentistry Arts and Humanities <ul style="list-style-type: none"> • English language Business <ul style="list-style-type: none"> • customer service Education and Training <ul style="list-style-type: none"> • teaching and course design 	Basic Skills <ul style="list-style-type: none"> • listening to others, not interrupting, and asking good questions • reading work related information Social <ul style="list-style-type: none"> • looking for ways to help people • understanding people's reactions 	Verbal <ul style="list-style-type: none"> • listen and understand what people say • communicate by speaking Hand and Finger Use <ul style="list-style-type: none"> • keep your arm or hand steady • put together small parts with your fingers Ideas and Logic <ul style="list-style-type: none"> • make general rules or come up with answers from lots of detailed information • use rules to solve problems

This is just a screenshot. To see more go to the <http://www.mynextmove.org> website.

9. Work with a partner to answer the following questions about the occupation you chose. You can find information about your choice through the “Check out my state,” “Local Salary Info,” and “Find Training” buttons on the page.

OCCUPATION CHOSEN:

How many people are employed in this occupation, nationally and in New York State?

Nationally =

New York State =

What are the high, median and low wages in the occupation you selected above?

High = \$

Median = \$

Low = \$

List two specific training programs/colleges within 25 miles of your ZIP code that offer this training.

1)

2)

Adapted from My Next Move Worksheet from the Young Adult Career Development Curriculum, 2013

Occupation Review

Hopefully, you discovered several career options that sparked your interest. Choose the seven occupations that interest you the most and complete the following brief chart. For each job, use the following websites:

www.mynextmove.org | www.jobzone.ny.gov | www.careeronestop.org | www.myskillsmyfuture.org



FINDING A CAREER THAT'S RIGHT FOR YOU CONT.

OCCUPATION

I'm interested in this occupation because

I can expect to earn

Entry

Median

High

Education / training needed

I can get the education / training at

OCCUPATION

I'm interested in this occupation because

I can expect to earn

Entry

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