

## Worksheet A

### Explore Careers

### Career-Life Connections (CLC)

Deciding what you are going to do after graduation and achieving your career goals is based on research, evaluation and planning.

As you moved through grades 10-12, you refined your understanding of the links between personal development and career decisions. You also looked at how regional and global trends impact career options. You developed and refined your understanding of the career planning process and practised the skills required to develop a career.

You may have explored and experienced various career options before you discovered the most appropriate career direction for you. Your post-graduation transition may involve a direct path to further education. On the other hand, you may be on a direct path to the world of work. In either case, you have been developing ideas of what your work/life goals and plans might be.

The purpose of this activity is to help you prepare your integrated post-graduation career plan. This plan will be included in your capstone project. For your post-graduation career plan, you will need to identify, evaluate and assemble the evidence of what you learned during Career-Life Education (CLE) and Career-Life Connections (CLC). If your evidence is dated and doesn't reflect your current situation or view of the world, you may need to update your information.

There are four parts to this learning activity.

1. Identify and assemble evidence of your learning and achievements so you can begin to create your integrated post-graduation career plan. Your information will include:
  - a. Self-assessment.
  - b. Career-life choices.
  - c. Career-life pathways (education and/or work).
  - d. Financial supports.
  - e. Health and well-being.
2. Review your evidence to determine if it is sufficient to support your post-graduation goals and plans.
3. Use resources from WorkBC.ca for further exploration and research to ensure your information is up to date.
4. Create a way to pull all the evidence together so it is ready to include in your integrated post-graduation plan within the capstone project.

## Key Questions to ask yourself:

1. Do I have the right information in place to create my integrated post-graduation plan?
2. Can I show evidence of my self-assessment process, including my:
  - a. Interests and experiences.
  - b. Values:
    - What I am looking for from a job.
    - Where I will live.
    - Types of work environments I would like to work in.
  - c. Transferable skills:
    - Essential skills.
    - Employability skills.
    - Work skills.
    - Academic skills.
  - d. In-school and out-of-school courses that support post-graduation plans.
  - e. Community learning experiences.
  - f. Internal and external influences on personal development and career choices.
  - g. Achievements that support my career choices.
  - h. My career support network.
3. Can I identify and provide evidence of the aptitudes, attitudes and achievements that shaped my post-graduation goals and plans?
4. Can I identify and provide evidence of the learning experiences I completed that helped me choose a career pathway, including education and/or work?
5. Can I demonstrate that I gathered information on the finances needed to support my career plans?
6. Did I ensure that all my information is current?
7. Did I assemble the information in a format that will be useful to me when I create my integrated post- graduation career plan?

## Lesson Resources

[Career Compass](#)

[Career Trek](#)

[Explore Careers](#)

[Job Board](#)

## Instructions

### Part One: Identify and Assemble

The first task is to locate, identify and assemble the evidence of your learning and achievements that you will use to support the development of your post-graduation plans. The following are the elements that you should consider when gathering that evidence.

1. Self-assessment: You will have completed a number of self-assessment activities that allowed you to reflect on your personal attributes and how they relate to career planning. Evidence of self-assessment includes results of self-assessment quizzes and self-reflection on in-school or out-of-school learning experiences.

Areas of self-assessment could include:

- a. Interests and experiences.
  - b. Values:
    - What I am looking for from a job.
    - Where I will live.
    - Types of work environments I would like to work in.
  - c. Transferable skills:
    - Essential skills.
    - Employability skills.
    - Work skills.
    - Academic skills.
  - d. In-school and out-of-school courses that support post-graduation plans.
  - e. Community learning experiences.
  - f. Internal and external influences on personal development and career choices.
  - g. Achievements that support my career choices.
  - h. My career support network.
  - i. Additional career options you want to investigate.
2. Career choices: You identified career options based on your self-assessment, personal reflection and exploration of opportunities. Through career research and work experience, you will have determined which option or options are right for you. Your evidence will include your explanation of the choices you made and your basis for those choices.
    - a. Career options researched.

- b. Types of research conducted.
  - c. Findings of research.
  - d. Career decision/choice of occupation(s).
3. Career pathway options: You identified, explored and considered education and/or work pathways related to your career choice. Your evidence here will include research related to education and/or work pathways that will support your first post-graduation steps.
  4. Financial options: You will need to fund your post-graduation plans and manage your finances. Your evidence should include information on some or all of the following:
    - Budget.
    - Living costs.
    - Tuition, books and transportation costs.
    - Tool purchase for apprentices.
    - Scholarships, bursaries and student loans.
  5. Health and well-being: You identified health and well-being choices that will support your career transitions. You may have researched and reflected on self-care, work/life balance, and managing stress, maintaining healthy relationships, coping with change and staying safe at work. Your evidence will include some of the following:
    - a. Activities that demonstrate how you maintained work/life balance.
    - b. Strategies to manage stress and cope with change.
    - c. Learning and experience to keep you safe at work (WHMIS, safety training, personal protective equipment requirements).

## Part Two: Evaluate and Assess Evidence for Usefulness and Currency

Now that you have identified and gathered information related to the five elements above, you need to decide if the evidence is up to date and useful for your post-graduation integrated plan.

For each element, you need to choose which evidence is useful and current. Some information may be old or out of date, or you may find that you do not have enough information to support your plan.

Conduct an assessment of your evidence and put it into these three categories:

1. Does not support my career planning and decision-making.
2. Would support my career planning and decision-making, but it is out of date, so I need to update it.
3. Supports my career planning and decision-making, so I will catalogue and store it for future reference.

### Part Three: Use WorkBC Resources to Conduct Further Exploration and Research

If you identified some gaps in your evidence, make plans to conduct further exploration and research using the following resources.

[Career Compass](#)

[Career Trek](#)

[Explore Careers](#)

[Career Search Tool](#)

[Job Board](#)

### Part Four: Create a Way to Pull Together Your Evidence for Your Integrated Post-Graduation Plan

1. Determine the way you will store your information for later use. Some options could be:
  - a. Digital book using the Book Creator App on the iPad or similar app.
  - b. Slide presentation using Google Slide or Microsoft PowerPoint.
  - c. Poster using the Pic Collage app on the iPad.
  - d. Electronic folders for each element.
2. When you finish assembling your evidence, make sure you can answer the following questions:
  - I identified and assembled evidence of learning and achievements that will support the creation of my integrated post-graduation plan.
  - I evaluated and assessed my evidence for usefulness and ensured it was still relevant/up to date.
  - If I found evidence that was not current, I took action to bring it up to date.
  - I created a product that represents the evidence I collected to support my post-graduation plan.