



High School

Strengths, Interests, and Careers

Materials:

- Computers and internet access for each student
- Copies of the O*Net Abilities Assessment for each student (optional)
- Worksheet

Note: This lesson may take more than one class period to complete.

Brainstorm

Read the following statistic to students: A 2019 study by the Federal Reserve Bank found that only 27% of people work in a field related to their major. Why do you think that is? Accept student responses.

Discuss

Detail: Researchers attribute this finding to a number of reasons. One is that there are often not enough jobs available in the most popular fields. Another reason could be that students do not like the field they've chosen to study and decide to switch. But another reason could be that people choose to enter into programs of studies and jobs that do not align with their strengths and interests.

Dive in!

Many of you probably already have an idea about what you'll be doing after you graduate from high school, but some of you may not. Or, you may be unsure about the direction you've chosen to go in. So today, we're going to do some exploring of strengths, interests, and careers.

Activity

Have students complete the following three assessments:

1. Identify skills and match them to jobs with this online assessment:
www.careeronestop.org/Toolkit/Skills/skills-matcher.aspx/default.aspx
2. Identify abilities and occupations that utilize those with this assessment:
www.onetcenter.org/AP.html (Note: You will need to make copies of this questionnaire.)



High School

3. Identify interests with the online tool www.mynextmove.org/explore/ip

Have students use the worksheet to keep track of their findings and explore career interests. Then, have them answer the Reflect prompt.

Reflect

To wrap up the lesson, have students respond to the prompts at the bottom of the worksheet. Were there any surprises in the results from your skills, abilities, and interest profiles? What is one thing you'll do now that you know more about yourself?

Extend and Enrich

If time permits, have students use the resources below to explore careers (outlook, salary range, educational requirements) linked to their interests, abilities, and skills.

- US Department of Labor Occupational Outlook: www.bls.gov/ooh/
- US Department of Labor's Career Video Library: www.bls.gov/k12/students/videos/

Optional Home Connection → Have students share the results of their skills, abilities, and interest questionnaire with their families and see if they agree with the findings.

Professional Development

Take 5 minutes and reflect on your interests, abilities, and skills. Are you doing a job that reflects those?