**Career Exploration Worksheet**

| Job Candidate: | Date: |
| --- | --- |
| Specialist: | PJ Case Manager (if applicable): |

|  | |
| --- | --- |
| Complete the [ONET Interest Profiler](https://www.mynextmove.org/explore/ip) |  |
| ONET IP Scores | Realistic:  Investigative:  Artistic:  Social:  Enterprising:  Conventional: |
| Description of highest interest categories |  |
| Which job zone did you select? |  |
| List the jobs you are most interested in from the list of results |  |
| What did you learn about yourself?  What are your next steps? | |
| **JOB #1** | |
| Name of Occupation  SOC (for future reference) |  |
| What duties does this job entail? |  |
| Are there any parts of the job that may be challenging? |  |
| What is the work environment?  Does this present any challenges? |  |
| What training, education or experience does this job require? |  |
| What is the starting wage for this job?  [**Iowa Labor Market Information**](https://www.iowaworkforcedevelopment.gov/iowa-wage-report) |  |
| Will the starting wage meet the financial needs of my family? |  |
| List some employers in the area that hire people in this occupation?  Search Engines:  [**Indeed.com**](https://www.indeed.com/)  [**Iowa*WORKS***](https://www.iowaworks.gov/vosnet/jobbanks/joblist.aspx?enc=d3hNw62wsKgEk1rBeduNBybpWEXf3Vzwm8wU6/u1j0s=) |  |
| Are there current job openings? If so, where? |  |
| What is the application process? |  |
| What are the work hours?  What is the impact on child care?  What is the impact on transportation? |  |
| **JOB #2** | |
| Name of Occupation  SOC (for future reference) |  |
| What duties does this job entail? |  |
| Are there any parts of the job that might be challenging? |  |
| What is the work environment?  Does this present any challenges? |  |
| What training, education or experience does this job require? |  |
| What is the starting wage for this job?  [**Iowa Labor Market Information**](https://www.iowaworkforcedevelopment.gov/iowa-wage-report) |  |
| List some employers in the area that hire people in this occupation?  Search Engines:  [**Indeed.com**](https://www.indeed.com/)  [**Iowa*WORKS***](https://www.iowaworks.gov/vosnet/jobbanks/joblist.aspx?enc=d3hNw62wsKgEk1rBeduNBybpWEXf3Vzwm8wU6/u1j0s=) |  |
| Are there current job openings? If so, where? |  |
| What is the application process? |  |
| What are the work hours?  What is the impact on child care?  What is the impact on transportation? |  |
| **JOB #3** | |
| Name of Occupation  SOC (for future reference) |  |
| What duties does this job entail? |  |
| Are there any parts of the job that may be challenging? |  |
| What is the work environment?  Does this present any challenges? |  |
| What training, education or experience does this job require? |  |
| What is the starting wage for this job?  [**Iowa Labor Market Information**](https://www.iowaworkforcedevelopment.gov/iowa-wage-report) |  |
| List some employers in the area that hire people in this occupation?  Search Engines:  [**Indeed.com**](https://www.indeed.com/)  [**Iowa*WORKS***](https://www.iowaworks.gov/vosnet/jobbanks/joblist.aspx?enc=d3hNw62wsKgEk1rBeduNBybpWEXf3Vzwm8wU6/u1j0s=) |  |
| Are there current job openings? If so, where? |  |
| What is the application process? |  |
| What are the work hours?  What is the impact on child care?  What is the impact on transportation? |  |