Finding the "U" in Occ"U"pation

Define:

Workplace Skills: _____

Values: _____

Personality Type: _____

Introvert: _____

Extrovert: _____

How are these terms connected to finding a career/conducting a career search?

Workplace Skills: Assign a number score to the following Workplace Skills to determine your individual strengths. 10 is the highest. 1 is the lowest. You are not allowed to use the same number twice. Briefly explain why you assigned the score to each skill.

Communication: _____ (1 lowest-10 highest)
Why did you assign the number score you did? Write at least two sentences.

Enthusiastic Attitude: _____ (1 lowest-10 highest)
Why did you assign the number score you did? Write at least two sentences.

Teamwork: _____ (1 lowest-10 highest)
Why did you assign the number score you did? Write at least two sentences.

Problem-Solving: _____ (1 lowest-10 highest)
Why did you assign the number score you did? Write at least two sentences.

Professionalism: _____ (1 lowest-10 highest)
Why did you assign the number score you did? Write at least two sentences.

FIRST STEPS

Addressing Values: Circle **3** of the values listed below that are the most important to who you are. Choose wisely: some are very closely related to each other. Write a brief explanation for a time when this value played an important role in your life. **TIP:** If you do not know the definition, use your tools to look it up.

Abundance	Daring	Intuition	Responsiveness
Acceptance	Decisiveness	Joy	Recognition
Accountability	Dedication	Kindness	Risk Taking
Achievement	Dependability	Knowledge	Safety
Adventure	Diversity	Leadership	Security
Advocacy	Empathy	Learning	Self-Control
Ambition	Encouragement	Love	Selflessness
Appreciation	Enthusiasm	Loyalty	Service
Attractiveness	Ethics	Making a Difference	Simplicity
Autonomy	Excellence	Mindfulness	Spirituality
Balance	Expressiveness	Motivation	Stability
Being the Best	Fairness	Optimism	Success
Benevolence	Family	Open-Mindedness	Teamwork
Boldness	Friendships	Originality	Thankfulness
Brilliance	Flexibility	Passion	Thoughtfulness
Calmness	Freedom	Peace	Traditionalism
Caring	Fun	Perfection	Trustworthiness
Challenge	Generosity	Performance	Understanding
Charity	Grace	Personal Development	Uniqueness
Cheerfulness	Growth	Playfulness	Usefulness
Cleverness	Happiness	Popularity	Versatility
Community	Health	Power	Vision
Commitment	Honesty	Proactive	Warmth
Compassion	Humility	Professionalism	Wealth
Cooperation	Humor	Punctuality	Well-Being
Collaboration	Inclusiveness	Quality	Wisdom
Consistency	Independence	Relationships	Zeal
Contribution	Individuality	Reliability	
Creativity	Innovation	Resilience	
Credibility	Inspiration	Resourcefulness	
Curiosity	Intelligence	Responsibility	

First Steps: Understanding the World of Work through Career Technical Education is a standard-based, CTE focused, career development curriculum for students in grades 7-8. The First Steps logo indicates instructional resources are aligned to the First Steps Standards and IDCTE approved!

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FIRST STEPS

Addressing Values:

Value #1: _____

Give an example of a time when this value played an important role in your life. Write at least two sentences.
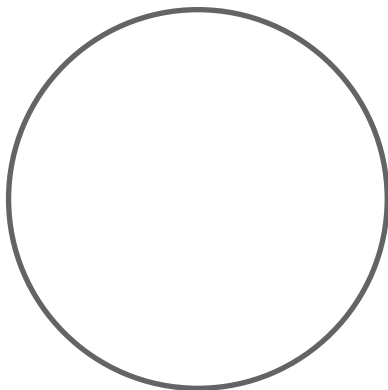
Value #2: _____

Give an example of a time when this value played an important role in your life. Write at least two sentences.

Value #3: _____

Give an example of a time when this value played an important role in your life. Write at least two sentences.

Personality Type: Most people are not 100% introverted or 100% extroverted. On the wheel below, divide the space into two sections to represent your own judgement of how extroverted you are and how introverted you are. Provide an explanation for your choices.

Why did you divide the wheel the way you did?
Write at least three sentences.

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FIRST
STEPS

Building Your Profile: Using your highest scores from the previous exercises, build your Personality Profile demonstrating what makes you unique in regards to your **Skills**, **Values**, and **Personality Type**.

Skills:

#1: _____

#2: _____

#3: _____

Values:

#1: _____

#2: _____

#3: _____

Personality Type:

#1: _____

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FIRST
STEPS

Finding the "U" in Occupation: Search for 3 Occupations of your choice using the web tool Career Search - Next Steps Idaho. Determine if they are a good match for you based off your Personality Profile from Step Four. Occupations that are a better match for you will better align to your Personality Profile.

Occupation #1:

Title: _____

What are the duties/responsibilities of this occupation? What does a typical day look like?

What skills/background training do you need for this occupation?

Is this occupation a good match for your Skills according to your Profile? Why or why not?

Is this occupation a good match for your Values according to your Profile? Why or why not?

Is this occupation a good match for your Personality Type according to your Profile? Why or why not?

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FIRST
STEPS

Finding the "U" in Occupation:

Occupation #2:

Title: _____

What are the duties/responsibilities of this occupation? What does a typical day look like?

What skills/background training do you need for this occupation?

Is this occupation a good match for your Skills according to your Profile? Why or why not?

Is this occupation a good match for your Values according to your Profile? Why or why not?

Is this occupation a good match for your Personality Type according to your Profile? Why or why not?

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FIRST
STEPS

Finding the "U" in Occupation:

Occupation #3:

Title: _____

What are the duties/responsibilities of this occupation? What does a typical day look like?

What skills/background training do you need for this occupation?

Is this occupation a good match for your Skills according to your Profile? Why or why not?

Is this occupation a good match for your Values according to your Profile? Why or why not?

Is this occupation a good match for your Personality Type according to your Profile? Why or why not?

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