

## Career Exploration Activity Resource

**Welcome to Career Exploration!** You have been assigned to the Career Exploration activity to help you identify your personal strengths and interests to help you to start your journey to a career. You'll be enrolled in Career Exploration for up to 3 months. Each month, you will complete a series of activities and meet with your START Worker once a month to review your progress.

How to Complete the Career Exploration Activity

### Month 1

1. Visit the websites below and complete the self-assessment questionnaires that are provided. Save verification that you completed the assessments to show your START Worker at your next Case Management Appointment.

Name of Agency and Assessment	Description of Assessment	Website	Verification
CalJOBS - Job Skills Assessment	Assess skills that are valuable in the workplace.	<a href="https://caljobs.lacounty.gov/vosnet/loginintro.aspx">https://caljobs.lacounty.gov/vosnet/loginintro.aspx</a>	Screen shot can be taken for verification purposes.
Futurescape – Self Assessment	Assess career options based on personality test findings.	<a href="https://futurescape.asa.org/explore">https://futurescape.asa.org/explore</a>	Screenshot of the welcome email sent to registered user.
123test - Career Aptitude Test	Assess personality, competency, work values, and career paths.	<a href="https://www.123test.com/">https://www.123test.com/</a>	Copy of the emailed report <i>Click "Save Report" to receive an emailed copy.</i>

2. Watch the series of videos listed below. As you watch, think about how you can use what you are learning in your personal life.

Video Title	Link
Work Ready: Careers in Skilled Trades (1:12:54)	<a href="https://bit.ly/3UkDK6P">https://bit.ly/3UkDK6P</a>
Life Skills for Emerging Adults: How to Succeed in Your First Job (54:35)	
Improving Your Job Search Mindset (1:22)	
Applying for a Job with a Criminal Record (2:33)	

3. Complete 30 Job Searches and complete the START 85 form.

- Attend the Case Management Appointment with your worker to review the results of your assessments, job searches and videos.

## Month 2

- Visit the websites below and complete the self-assessment questionnaires that are provided. Save verification that you completed the assessments to show your START Worker at your next Case Management Appointment.

Name of Agency and Assessment	Description of Assessment	Website	Verification
Career One Stop - Interest Assessment	Assess skills that are valuable in the workplace.	<a href="https://www.careeronestop.org/toolkit/careers/interest-assessment.aspx">https://www.careeronestop.org/toolkit/careers/interest-assessment.aspx</a>	Screen shot can be taken for verification purposes.
California Career Zone - Quick Assessment	Assess for careers of interest.	<a href="https://www.cacareerzone.org/assessments">https://www.cacareerzone.org/assessments</a>	Screen shot can be taken for verification purposes.
Principles You - Take the Free Assessment	Personality assessment and careers suitable for personality type.	<a href="https://principlesyou.com/">https://principlesyou.com/</a>	Screen shot can be taken for verification purposes.

- Watch the series of videos listed below. As you watch, think about how you can use what you are learning in your personal life.

Video Title	Link
Work Ready: Returning to Work (1:15:32)	<a href="https://bit.ly/480w5xv">https://bit.ly/480w5xv</a>
Conducting an Online Job Search (1:50)	
Work Ready: Get Going with LinkedIn (1:01:43)	
Using Social Media in Your Job Search (1:45)	

- Complete 30 Job Searches and complete the START 85 form.
- Attend the Case Management Appointment with your worker to review the results of your assessments.

**Month 3**

1. Visit the websites below and complete the self-assessment questionnaires that are provided. Save verification that you completed the assessments to show your START Worker at your next Case Management Appointment.

<b>Name of Agency and Assessment</b>	<b>Description of Assessment</b>	<b>Website</b>	<b>Verification</b>
Career Explorer - Online Self-Assessment Test	Online Self-Assessment Test.	<a href="https://www.careerexplorer.com/">https://www.careerexplorer.com/</a>	Screen shot can be taken for verification purposes.
High 5 Test - Online Self-Assessment Test	Personality assessment.	<a href="https://high5test.com/self-assessment-test/">https://high5test.com/self-assessment-test/</a>	Screen shot can be taken for verification purposes.
Truity - Holland Code Career Test	Assess skills that are valuable in the workplace.	<a href="https://www.truity.com/test/holland-code-career-test">https://www.truity.com/test/holland-code-career-test</a>	Screen shot can be taken for verification purposes.

2. Watch the series of videos listed below. As you watch, think about how you can use what you are learning in your personal life.

<b>Video Title</b>	<b>Link</b>
Interview Tips – Do's and Don'ts (6:22)	<a href="https://bit.ly/4bdWkUe">https://bit.ly/4bdWkUe</a>
Work Ready: How to Get LA County Jobs (1:11:48)	
Work Ready: Succeeding at Entry-Level Jobs (39:39)	
Work Ready: Exploring Job Search Websites (1:46:42)	

3. Complete 30 Job Searches and complete the START 85 form.
4. Attend the Case Management Appointment with your worker to review the results of your assessments.