



CAREER EXPLORATION EXERCISE

IN THIS EXERCISE WE WILL ASK THE MENTOR AND MENTEE TO EXPLORE THE FREE CAREER EXPLORATION WEBSITE **O*NET ONLINE**. THIS SITE ALLOWS YOU TO LEARN ABOUT DIFFERENT CAREERS AND CAREER FIELDS. BY TAKING AN ONLINE SURVEY YOU WILL BE PROVIDED WITH A LIST OF POSSIBLE JOBS YOU MAY BE INTERESTED IN. THIS EXERCISE SHOULD BE COMPLETED SIMULTANEOUSLY BY BOTH THE MENTOR AND MENTEE EITHER VIRTUALLY OR IN PERSON.

FOLLOW THE STEPS BELOW:

STEP ONE:

VISIT WEBSITE [HTTPS://WWW.ONETONLINE.ORG](https://www.onetonline.org)
AND SEARCH FOR SPECIFIC CAREERS

MENTORS: NAVIGATE TO YOUR SPECIFIC CAREER OR CAREER FIELD UNDER OCCUPATION SEARCH. THE SITE WILL LIST SPECIFIC ELEMENTS OF YOUR PROFESSION INCLUDING STANDARD EDUCATION LEVELS, PAY, AND DAY TO DAY RESPONSIBILITIES. DOES THE INFORMATION LISTED UNDER YOUR CAREER MATCH YOUR CURRENT JOB? DISCUSS THIS WITH YOUR MENTEE.

MENTEES: IF YOU HAVE A CAREER IN MIND (GENERAL OR SPECIFIC) NAVIGATE TO THAT CAREER UNDER OCCUPATION SEARCH. DOES THE DESCRIPTION OF THE CAREER MATCH YOUR UNDERSTANDING OF WHAT THE JOB IS? DOES YOUR CURRENT ACADEMIC PATH MATCH THE LISTED QUALIFICATIONS?



STEP TWO:

VISIT WEBSITE [HTTPS://WWW.MYNEXTMOVE.ORG/EXPLORE/IP](https://www.mynextmove.org/explore/ip) AND COMPLETE THE MY NEXT MOVE O*NET INTEREST PROFILER

BOTH MENTOR AND MENTEE SHOULD COMPLETE THE INTEREST PROFILER, DEPENDING ON WHETHER YOU ALREADY HAVE A CAREER OR A CAREER THAT YOU WANT TO DO. THIS IS A QUICK SURVEY THAT TAKES 5-10 MINUTES TO COMPLETE. IT WILL PROVIDE RECOMMENDED CAREERS AND CAREER FIELDS TO BOTH PARTICIPANTS.

MENTORS: DID THE PROGRAM RECOMMEND THE CAREER YOU ARE CURRENTLY IN? DISCUSS THE RESPONSES WITH YOUR MENTEE.

MENTEES: WHAT CAREER DOES THE PROGRAM RECOMMEND? WAS THE RESPONSE DIFFERENT THAN WHAT YOU WERE EXPECTING?

STEP THREE (NEXT STEPS):

AFTER USING THIS SITE, DOES THE MENTEE WANT TO MAKE ANY STEPS TOWARDS THEIR NEXT CAREER MOVE? DO THEY HAVE A BETTER SENSE OF THE CAREER THEY WOULD LIKE TO ENTER? ARE THERE ANY NEW CAREERS THEY HAD NOT THOUGHT ABOUT PREVIOUSLY?

MENTEES ARE ALWAYS WELCOME TO SCHEDULE A MEETING WITH **QCC CAREER SERVICES** TO DISCUSS OPEN POSITIONS OR INTERNSHIPS IN THEIR FIELD.

PLEASE REACH OUT TO CAREERSERVICES@QCC.MASS.EDU OR CALL (508) 854-4439 WITH ANY QUESTIONS OR VISIT [HTTPS://THEQ.QCC.EDU/ICS/STUDENT_SERVICES/CAREER_SERVICES.JNZ](https://theq.qcc.edu/ics/student_services/career_services.jnz) FOR MORE INFORMATION.