DISCOVERING YOUR WORK SKILLS—Reflection

1. Utilizing the tables you completed for a non-school day and a school day and using the *Activities and Work Skills chart* as a reference, write down the WORK SKILLS that match your activities for both a non-school day and a school day
2. Write down the work skill that appears most often in your day:

Work Skill #1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Write down the work skill you would most enjoy using in a job:

Work Skill #2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Write down the work skill you think would be most important in getting a good job:

Work Skill #3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Log in to Career Cruising and click on **Careers**, then click on the **Start Career Selector** button.

Go to the **Core Tasks** section and select the work skill/core task that appears **most often** in your day *(Work Skill #1 from question 5 above).*

Click on the blue **View Results** button. Career Cruising will show you a list of occupations where people use the skill you selected.

1. Write down the top 5 jobs that relate to *Work Skill #1* from question 5 above.

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Select one of these top 5 jobs that interests you.

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1. Click on Job Description. Write down examples of how people in this career use the work skill you selected.

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1. Click on one of the two interviews.

Person’s name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Click on A Day in The Life. Write down examples of how the person uses the skill you selected in his/her workday.

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1. Use your browser’s back button to return to the Career Selector screen. Go to the **Core Tasks** section.

Deselect the work skill/core task you chose before *(i.e. click on it once to delete the checkmark).*

Now select the work skill that you would most enjoy using in a job (*Work Skill #2 above).*

Click on **View Results**

1. Write down the top 5 jobs that relate to *Work Skill #2* from question 6 above.

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Select one of these top 5 jobs that interests you.

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1. Read the Job Description and each of the interviewees’ A Day in The Life. Write down examples of how people in this career use the work skill you selected.

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