

Utah High School to College and Career

Pathways

Student Guide

Utah Futures Edition

**FAMILY & CONSUMER
SCIENCES**

HEALTH SCIENCE

**SKILLED & TECHNICAL
SCIENCES**

MARKETING

**INFORMATION
TECHNOLOGY**

BUSINESS

AGRICULTURE

**TECHNOLOGY &
ENGINEERING**

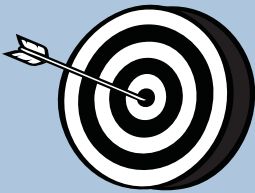
**An interactive guide to
help put you on the path
to personal success.**



Find the Pathway That's Right for You

An exciting world of learning and work awaits you! Unfortunately, there's not time to explore every nook and cranny (and, in fact, few people would want to), so here are some helpful tips to get you started in a direction that best suits you.

Identify Your Career Interests



The first step toward meaningful exploration of learning and work opportunities is to identify your career interests. This short activity is designed to help you think about your career interests and personal preferences in terms of your "career personality" (also known as "Holland Codes"). This is not a formal assessment, so be sure to compare your results to some other measure of your career personality. (And for more information about Holland Codes, talk to your school counselor.)



What are your strengths?

When you finish all the questions, take a look at your results. Write the names of your top interests here (e.g., Realistic, Conventional):

1. _____ 2. _____

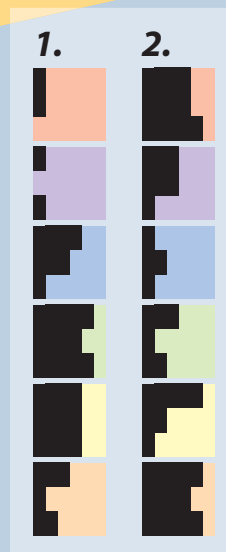
Bar Graph Examples

After you complete the exercise on the next page, you will have a bar graph that represents your individual characteristics.

A bar graph similar to **example 1** indicates strengths in *Social* and *Enterprising* activities.

A bar graph similar to **example 2** indicates strengths in *Realistic* and *Conventional* activities.

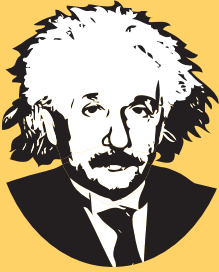
Knowing your Holland Code will help you find groups of careers and related coursework that supports your characteristics. For example, if your bar graph indicates you are *Social* and *Enterprising*, you might want to explore opportunities in education or government. Your school counselor can provide additional information and help you use your Holland Code as part of your **UtahFutures** search to find the opportunities most suited to you.



Create Your Own Career Interest Bar Graph

Read each of the following questions. Each time you answer “yes,” shade in one of the cells to the right of that question.

REALISTIC "Doers"	Would you describe yourself as: Sensible? – Mechanical? – Athletic? – Stable? — Determined?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you interested in: Working outdoors? – Planting a garden? – Being physically active? Working with animals? – Using tools?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you good at: Fixing things? – Playing sports? – Operating machinery? Following a plan? – Building things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
INVESTIGATIVE "Thinkers"	Would you describe yourself as: Curious? – Logical? – Scholarly? – A deep thinker? – Analytical?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you interested in: Reading scientific magazines? – Doing research? – Exploring new ideas? Performing experiments? – Using a microscope?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you good at: Solving math problems? – Understanding scientific theories? Analyzing data? – Creative thinking? – Interpreting formulas?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ARTISTIC "Creators"	Would you describe yourself as: Original? – Imaginative? – Independent? – Sensitive? – Creative?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you interested in: Going to concerts? – Working on crafts? – Expressing yourself? Attending plays? – Taking photographs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you good at: Drawing? – Playing a musical instrument? – Writing stories or poetry? Singing? – Designing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SOCIAL "Helpers"	Would you describe yourself as: Helpful? – Responsible? – Patient? – Kind? – Understanding?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you interested in: Helping people? – Participating in meetings? – Working in groups? Doing volunteer work? – Being a team player?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you good at: Teaching others? – Expressing yourself? – Leading group discussions? Planning activities? – Cooperating with others?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ENTERPRISING "Persuaders"	Would you describe yourself as: Self-confident? – Enthusiastic? – Persuasive? – Popular? A “people person”?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you interested in: Winning awards? – Being well known? – Starting your own business? Being elected to an office? – Being the boss?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you good at: Starting projects? – Selling things? – Inspiring people? Convincing people? – Giving speeches?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CONVENTIONAL "Organizers"	Would you describe yourself as: Efficient? – Careful? – Accurate? – Dependable? – Organized?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you interested in: Working under supervision? – Using computers? Processing information? – Keyboarding? – Organizing things?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Are you good at: Keeping records? – Doing paperwork? – Using email? Following procedures? – Attending to detail?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



7 Kinds of SMART

Einstein once said, "Imagination is more important than knowledge." That might have been the beginning of the idea that people can be smart in different ways.

Check the statements in the first column below that reflect what you know about yourself, then match your highest scores to the descriptions of your strengths.

<ul style="list-style-type: none"> <input type="checkbox"/> I can easily remember what people say. <input type="checkbox"/> I am an avid reader. <input type="checkbox"/> I am a good speller. 	<p>Linguistic Intelligence You are good with language; love reading and writing and are a good listener as well as a confident speaker.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> I like music more than art. <input type="checkbox"/> Without music, life isn't any fun. <input type="checkbox"/> When I am alone, I usually have music playing or I hum or sing to myself. 	<p>Musical Intelligence You are sensitive to melody, rhythm, musical patterns, and pitch. You play one or more instruments and appreciate different types of music.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> I can multiply and add quickly in my head. <input type="checkbox"/> I have always been good with fractions. <input type="checkbox"/> I love <i>Sudoku</i>! 	<p>Logical-Mathematical Intelligence You easily learn patterns, numbers, calculations and math concepts. You like games, riddles, puzzles, brainteasers and computers.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> When I recall an experience, I mostly see a picture of it in my mind. <input type="checkbox"/> When looking at objects on paper, I can easily tell whether they are the same no matter which way they are turned. <input type="checkbox"/> I don't need GPS to know what direction I'm headed. 	<p>Visual-Spatial Intelligence You understand how objects and figures relate in 3-D space and are able to rotate shapes mentally to see them from all angles. You enjoy chess, puzzles, Legos™ and maps.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> It is hard for me to sit still for very long. <input type="checkbox"/> I learn best by doing. <input type="checkbox"/> I love working with my hands and building or making things. 	<p>Bodily-Kinesthetic Intelligence You are good at handling and manipulating objects. You have excellent body and/or fine motor control and move with grace.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> I can usually strike up a conversation with most anyone. <input type="checkbox"/> It's easy to talk for long periods of time on the phone with my friends. <input type="checkbox"/> I have served as a student leader. 	<p>Interpersonal Intelligence You get along well with, and understand other people and their feelings. You are a natural leader and/or mediator.</p>
<ul style="list-style-type: none"> <input type="checkbox"/> When I recall an experience, I mostly remember how I felt about it. <input type="checkbox"/> I enjoy my time alone. <input type="checkbox"/> I know how to put together a good plan. 	<p>Intrapersonal Intelligence You have keen insight into yourself and are able to successfully manage your emotions. You like setting goals and enjoy trying to achieve them.</p>

Increase Your Brain Power



Did you know that the connections between the cells in your brain increase as you develop new skills? It's true! You have been increasing your brain power over the course of your entire life so far, through both school and general life experiences.

There are three key skills that will serve you well as you continue on and beyond school. Think about your ability to use Math, Communication and Decision Making skills as you complete the puzzle below. You can start to identify your strengths, and perhaps discover some areas that need your added attention.

Write the letter associated with each statement in the box above the skill category to which it belongs. (The first letter has been done for you.)

V	I can tell others about my ideas in ways that they can understand.									
I	If I see a sign that says "25% off," I can figure out the final sales price of the item being advertised.									
E	I am a good listener.									
I	I can predict the difficulties that I will face as I outline a plan of action.									
H	I can estimate the total cost of materials required to complete a course project.									
L	I can list some intermediate steps that will lead me to a personal goal.									
A	I can understand information that is presented in a table or graph.									
S	I ask good questions that help me understand a teacher's presentation.									
L	When I am trying to solve a problem, I can usually figure out possible solutions.									
K	I have written some really great school reports.									
S	I am willing to take some risks to achieve my goals.									
		V								
MATH	COMMUNICATION			DECISION MAKING						

Foundation Skills = Foundation of Success!

Every worker needs strong foundation skills to be successful. Check to see if you have some of the skills you need by looking at the "occupations" section in UtahFutures.org.

1. Click on the "occupations" option and find an occupation that interests you and link to the description for that occupation.
2. Click on "skills and abilities" and view the skills required for your selected occupation.
3. View the video about the occupation.



Extracurricular

“Extracurricular” simply means “outside the regular school program,” but almost anybody would agree that participation in activities outside of the classroom is not only enjoyable, but offers other benefits as well – like making friends and developing skills. Your participation in extracurricular activities will definitely look good on a résumé!

Think about getting involved in extracurricular activities that satisfy your interests and support your pathway. For instance, if you’re in the *Nursing* pathway, you will definitely want to check out HOSA – the student leadership organization for Health occupations.

Here is a sampling of extracurricular activities that you may consider. Find the underlined words in the word search.



Academic Competitions

Academic Clubs

Athletics

DECA; Association of Marketing Students

Debate

FBLA; Future Business Leaders of America

FCCLA; Family, Career and Community Leaders of America

FFA; Organization for Agricultural Education Students

HOSA; Health Occupations Students of America

Performing Arts

Service Organizations

SkillsUSA; Skilled and Technical Sciences Student Organization

Student Government

Student Publications

TSA; Technology Student Association

Y	H	D	B	S	D	K	R	Y	A	T
F	S	J	P	I	B	E	N	S	X	S
C	Y	H	U	M	B	U	B	J	F	C
G	D	F	B	L	A	P	L	A	G	I
O	A	N	L	A	C	E	D	C	T	T
V	S	L	I	A	Q	R	E	D	X	E
E	U	P	C	A	F	F	C	F	A	L
R	S	Y	A	C	V	O	I	T	B	H
N	L	T	T	F	F	R	V	W	A	T
M	L	N	I	A	R	M	R	O	S	A
E	I	Y	O	M	A	I	E	T	O	W
N	K	O	N	L	D	N	S	E	H	A
T	S	T	S	A	H	G	T	F	A	R

The First Step of Your Career Pathway is to _____*

Ninth grade marks the beginning of your high school career. Granted, there will be some courses that are required for graduation, but you will likely have room in your schedule to choose a few classes every year, too (see chart). Being aware of your occupational interests and skills will help you choose the electives that will help you achieve your occupational goals.



High School (grades 9-12)	
State requirements for graduation	
Subject	Credits
Language Arts	4.00
Math	3.00
Science	3.00
Social Studies	2.50
P.E./Health 1.50 P.E. .50 Health	2.00
Fine Arts	1.50
Financial Literacy	.50
Computer Tech.	.50
Career and Technical Education (CTE)	1.00
CTE or other Electives	10.00
TOTAL credits required	28.00

*Write the eight letters that are underlined in this paragraph and then unscramble them to spell the missing word in the title.

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One credit of Career and Technical Education (CTE) credit is required for graduation. If you choose that first CTE credit wisely, it provides the foundation for a complete Pathway within a CTE Area of Study.

Don't Settle for Less

The Utah State Office of Education reports an overall graduation rate of 88 percent of their students, compared to the national average of 74.7 percent. Considering high school is the *minimum* educational requirement for virtually every job in the U. S. economy, about 12 of every 100 students will have to accept low pay, unskilled jobs because they *didn't* take advantage of a high school education.

Make sure you're among the *graduates* at your high school by:

- Doing everything you can to graduate on time.
- Participating fully (*with* the help of your parents and school counselor) in your Student Education Planning (SEOP) process.
- Taking full advantage of the Career and Technical Education pathways offered at your school.
- Engaging in Work-Based Learning opportunities (e.g., internships, job shadows).
- Catching up as quickly as possible if you do fall behind. Take remedial courses, get a tutor — do whatever it takes!



UtahFutures

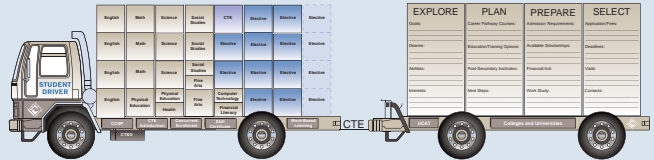
Career Information System

YOU are developing skills in your class work that may lead to exciting career opportunities. **UtahFutures.org** is a web-based career information system that will help you match these skills to a career.

Which Career Is Right for You?

Step 1: Rank each one of the required subjects below from 1 to 6, with one being your favorite and six being your least favorite.

English _____
 Math _____
 Science _____
 History _____
 Electives _____
 Physical Education _____



Step 2: Take your number one choice above and match it to the subject headings in the *Transferable Skills* box below. Look at the required skills for the occupations you selected.

Transferable Skills				
English	Math	Science	History	Electives/PE
<ul style="list-style-type: none"> ➤ Listening ➤ Reading ➤ Social perception ➤ Speaking ➤ Writing 	<ul style="list-style-type: none"> ➤ Analyzing ➤ Attention to detail ➤ Budgeting ➤ Calculating ➤ Decision making 	<ul style="list-style-type: none"> ➤ Analyzing ➤ Attention to detail ➤ Following procedures ➤ Science reasoning 	<ul style="list-style-type: none"> ➤ Analyzing ➤ Decision making ➤ Information gathering ➤ Reading ➤ Writing 	<ul style="list-style-type: none"> ➤ Active learning ➤ Estimating ➤ Listening ➤ Motor coordination ➤ Team work

Step 3: Log on to **UtahFutures.org** and check out the links and select the occupations that interest you.

Step 4: Find the five careers that seem to be the most interesting to you and explore which skills, job duties, and education are required for the careers that best match your transferable skills. Fill in the table below with five careers and list the skills and education required for each.

Top Five Occupations of Interest	Skills Required Other than those in step 2	Education Required 1-year, 2-years or 4-years
1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____
5. _____	_____	_____

Step 5: In UtahFutures.org explore the careers that match your interests. As a result of your findings answer the questions below:

While exploring the jobs that came up:	Check "Yes" or "No"	
➤ Were you surprised by what matched your interests?	<input type="radio"/> Yes	<input type="radio"/> No
➤ Had you thought about this type of job before?	<input type="radio"/> Yes	<input type="radio"/> No
➤ Are you willing to get the education required?	<input type="radio"/> Yes	<input type="radio"/> No
➤ Do you see any similarities in the five jobs you picked?	<input type="radio"/> Yes	<input type="radio"/> No



Step 6: Look inside at the poster and see which CTE Pathway you could explore.

Step 7: Discuss your findings with your parents and school counselor at your next SEOP meeting to develop or revise your high school four-year-plus plan.