

TD's Tips!

Career Exploration



What can I do?

1. Take an interest assessment to see what jobs match your interests. For example: [CareerOneStop Interest Assessment](#), [O*Net Interest Profiler](#), or [CareerExplorer](#)
2. Write or draw what your ideal job would look like. Circle the things that you *must* have and put a star next to the things you'd *like to have*.
3. Use a job search website like [Indeed](#), [Glassdoor](#), or [ZipRecruiter](#) to find industry job descriptions of a job that you are interested in. As you read them, identify:
 1. Job Title
 2. Job Purpose
 3. Job Duties and Responsibilities
 4. Qualifications
 5. Education

Pro Tip!

Ask a member of your transition team to do a mock interview with you. Ask them to give you feedback on how you can improve your interview skills.

How about an ultimate challenge?

Ask your transition team how you can participate in community-based career exploration activities, like a job shadowing of a job you are interested in.



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This tip sheet is aligned to the “Employment” lesson plan. You can search in the “resources” page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!