

Session Handout—Career Goals: Exploration and Next Steps

Key Takeaways

- Exploration is an important part of achieving career and employment goals.
- Career exploration may be intimidating to families, but there are tools and resources to guide you and them.
- After career exploration, you can work with families to break down their next steps towards their career goals: building skills, beginning the job hunt, addressing barriers, and securing employment.

Actionable Steps for Career Exploration with Families

1. Identify career interests.
 - a. Take a career assessment at [MySkillsMyFuture.org](https://www.myskillsmyfuture.org), [MyNextMove.org](https://www.mynextmove.org), or [CareerOneStop.org](https://www.careeronestop.org).
2. Research specific careers.
 - a. Use a career database: CareerOneStop.org offers [career profile](#) and [business finder](#) tools.
 - b. Consider [informational interviews](#).
3. Identify career of choice and assess fit.
 - a. Ask prompting questions to help families decide what to consider as they explore and assess careers.

Potential Barriers to Employment and Suggested Strategies

- Resume gaps/not securing employment when submitting applications
 - Offer to review the resume together to fill in gaps or alter its [format](#).
 - Create or connect parents with a [job club](#).
 - Encourage families to ask for [feedback](#) from the employers they applied to.
- Not having required education or training certifications for career of interest
 - Identify [level of education needed](#).
 - Research schools and compare programs (including calculating the full cost).
 - Build relationships with local community colleges.

Additional Webinar Resources

[Partnering with Families to Pursue Employment and Career Goals](#)

[Economic Mobility Toolkit for Head Start and Early Head Start](#)

CareerOneStop

- [Find the CareerOneStop training tool](#)
- [Learn about and find an American Job Center](#)
- [Format a resume](#)
- [Find a job club](#)
- [Learn how to ask for feedback](#)

For more information, please contact us:

PFCE@ecetta.info | 1-866-763-6481

This presentation was supported by the Administration for Children and Families (ACF) of the United States (U.S.) Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$5,900,000 with 100% funded by ACF. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACF/HHS, or the U.S. Government.