

Name:

Date:

Introduction to the My Career Seeker Portal

Watch the videos (👁️), then answer the questions to journal about the Introduction to the My Career Seeker Portal. Be sure to complete the exercises (★) in the portal and answer any questions in the journal.

👁️ Watch Video - *Welcome*

👁️ Watch Video - *Introduction to My Career Seeker*

List the Career Seeker Roadmap's 3-Step Process

- 1.
- 2.
- 3.

👁️ Watch Video - *Inner and Outer Journeys*

INNER JOURNEY

List two Inner Journey exploration tools

- 1.
- 2.

OUTER JOURNEY

My biggest question about career exploration is...

List the three parts to a Career Opportunity Statement

- 1.
- 2.
- 3.

 Watch Video - *How to Use My Career Seeker*


What can I do to resume working on My Career Seeker?

Circle the correct answer.

A) Library entry **B) Codex number** **C) Bookmark link** **D) A-B-C**

 Watch Video - *About your Profile*

 Complete Exercise - *Complete Your Profile*

 Complete Exercise - *Your Name and Birthdate*

Who was the father of math?

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Inner Journey - Core Passion Assessment

Watch the videos (👁️), then answer the questions to journal about the Core Passion Assessment. Be sure to complete the exercises (★) in the portal and answer any questions in the journal.

- 👁️ Watch Video - *About the Core Passion Assessment*
- 👁️ Watch Video - *How to Take the Core Passion Assessment*
- ★ Complete Exercise - *Take the Core Passion Assessment*
- ★ Complete Exercise - *CPA Report*

My top five Codes of Core Passion are:

- 1.
- 2.
- 3.
- 4.
- 5.
6. (if tie with above)

👁️ Watch Video - *Inner Journey Travel Guide*

Three phrases from my Core Passion Assessment report that feel like me are:

- 1.
- 2.
- 3.

 Watch Videos - *Inner Journey Video Guide* (your top five codes)

Three phrases from my Inner Journey Video Guide that feel like me are:

- 1.
- 2.
- 3.

I am surprised to learn about myself that...

How are my driving forces important to my career search?

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Inner Journey - Core Passion Codex

Answer the following questions to journal about the Core Passion Codex. Be sure to watch the videos and complete the exercises for each of the six Reflection Points.

 Watch Video - *Introduction to the Core Passion Codex*

REFLECTION POINT 1: POWER NUMBER

 Watch Video - *About your Power Number*

 Complete Exercise - *Pick Power Number Statements*

My Power Number is: (See the top bar of the left side of the statements list.)

Three statements from my Power Number reflection point that are important to me are:

- 1.
- 2.
- 3.

I am surprised to learn about myself that...

How is my Power Number important to my career search?

REFLECTION POINT 2: HEART'S DESIRE

 Watch Video - *About your Heart's Desire*

 Complete Exercise - *Pick Heart's Desire Statements*

My Heart's Desire number is: (See the top bar of the left side of the statements list.)

Three statements from my Heart's Desire reflection point that are important to me are:


- 1.
- 2.
- 3.

I am surprised to learn about myself that...

How is my Heart's Desire important to my career search?

REFLECTION POINT 3: DESTINY

 Watch Video - *About your Destiny*

 Complete Exercise - *Pick Destiny Statements*

My Destiny number is: (See the top bar of the left side of the statements list.)

Three statements from my Destiny reflection point that are important to me are:


- 1.
- 2.
- 3.

I am surprised to learn about myself that...

How is my Destiny important to my career search?

REFLECTION POINT 4: CODES

 Watch Video - *About your Codes*

 Complete Exercise - *Pick Codes Statements*


Three statements from my Codes reflection point that are important to me are:

- 1.
- 2.
- 3.

I am surprised to learn about myself that...

How are my Codes important to my career search?

REFLECTION POINT 5: TALENTS AND ABILITIES

 Watch Video - *About your Talents and Abilities*

 Complete Exercise - *Pick Talents and Abilities Statements*

Three statements from my Talents and Abilities reflection point that are important to me are:

- 1.
- 2.
- 3.

I am surprised to learn about myself that...

How are my Talents and Abilities important to my career search?

REFLECTION POINT 6: VALUES

👁 Watch Video - *About your Values*

★ Complete Exercise - *Pick Values Statements*

Three statements from my Values reflection point that are important to me are:

- 1.
- 2.
- 3.

I am surprised to learn about myself that...

How are my Values important to my career search?

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Outer Journey - Career Opportunity

Watch the videos (👁️), then answer the questions to journal about Career Opportunities. Be sure to complete the exercises (★) in the portal and answer any questions in the journal.

👁️ Watch Video - *Introduction to Career Exploration*

List the three components of a Career Opportunity statement

- 1.
- 2.
- 3.

👁️ Watch Video - *About Building your Career Opportunity*

👁️ Watch Video - *Tour of Careers*

Using one of the examples (Bill, Diana, or STEM), list its three components of a Career Opportunity statement

- 1.
- 2.
- 3.

 Watch Video - *How to Build your Career Opportunity*

 Complete Exercise - *Create First Career Opportunity*

My first Career Opportunity Statement:

(This is for something in the near future like a summer job or internship.)

 Watch Video - *Building Another Career Opportunity*

 Complete Exercise - *Create Second Career Opportunity*

My second Career Opportunity Statement:

(This is for a big-picture dream career like STEM, Education, Medical, etc.)

Name:

Date:

Measure!

Watch the videos (👁️), then answer the questions to journal about Measure!. Be sure to complete the exercises (★) in the portal and answer any questions in the journal.

👁️ Watch Video - *Introduction to Measure*

★ Complete Exercise - *Select First Opportunity and rate statements*

👁️ Watch Video - *Career Opportunity Report*

My first Career Opportunity statement is:

My Career Opportunity statement Illumination light color was

_____ and had a number score of _____

*Be sure to print your Career Opportunity report by clicking on the red **PDF REPORT** button on the Illumination page.*

Three *good* reasons to consider exploring this career are:

- 1.
- 2.
- 3.

Three reasons to *not* consider exploring this career are:

- 1.
- 2.
- 3.

Measure Again

Answer the following questions to journal about Measure Again.

★ Complete Exercise - *Select Second Opportunity and rate statements*

My second Career Opportunity statement is:

My second Career Opportunity statement Illumination light color was

_____ and had a number score of _____

*Be sure to print your Career Opportunity report by clicking on the red **PDF REPORT** button on the Illumination page.*

Three *good* reasons to consider exploring this career are:

- 1.
- 2.
- 3.

Three reasons to *not* consider exploring this career are:

- 1.
- 2.
- 3.

COMPARE OPPORTUNITIES

 Watch Video - *Compare Opportunities*

The Career Opportunity statement with the highest score is:

This Career Opportunity is better for these three reasons:

- 1.
- 2.
- 3.

Was its score high enough to be green? If not, try again.

 Complete Exercise - *Create Custom Career Opportunity and rate statement*

My revised Career Opportunity Statement is:

My revised Career Opportunity statement Illumination light color was

_____ and had a number score of _____

Repeat as necessary to get a green light.

My revised Career Opportunity Statement is:

My revised Career Opportunity statement Illumination light color was

_____ and had a number score of _____

My revised Career Opportunity Statement is:

My revised Career Opportunity statement Illumination light color was

_____ and had a number score of _____

My revised Career Opportunity Statement is:

My revised Career Opportunity statement Illumination light color was

_____ and had a number score of _____

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Pursue!

Answer the following questions to journal about Pursue!.

CAREER PATH

 Watch Video - *Career Path*

List the three parts to a Career Path

- 1.
- 2.
- 3.

 Watch Video - *Outer Journey Pursue Results*

What could you change (education, location, experience, salary, etc.) in your preferred Career Opportunity statement to make it an even better fit for you? Rewrite your statement to include these details.

 Complete Exercise - *Create Custom Career Opportunity and rate statement*

PERSONAL LEARNING PROGRAM

 Watch Video - *Personal Learning Program*

What education and training are steps towards your desired career?


Which institutions provide these degreed programs, training, and certifications? Are there local businesses offering internship experiences?

Find out if an education program or institution is a good fit for you by using the Core Passion Codex with a modified Career Opportunity Statement to rate the change in education. Write the modified statement here:

 **Complete Exercise - *Create Custom Career Opportunity and rate statement***

Which education program or institution had the highest Illumination score?


CAREER READINESS

 Watch Video - *Career Readiness*

How do you plan to get the experience for the ultimate career? List your steps of work experience, volunteer work, internships, passion projects and entrepreneurship.

★ Complete Exercise - *Create Custom Career Opportunity and rate statement*

Select one of the experience builders above, then create a Career Opportunity statement for it, next rate it with the Core Passion Codex. What was its Illumination score?

 Watch Video - *Journey Reflections*

Congratulations on completing the My Career Seeker program. You have come a long way from where you started.

Reflect on how you felt when you started the program by reading your journal.

My biggest surprise was...

My best Career Opportunity Statement was...

Knowing what you know now, how confident do you feel about exploring careers? Circle your confidence level.

7	6	5	4	3	2	1
Absolutely Confident						Not at all Confident

Best of luck in your journey!