

Career Cruising

Your Name: _____

Teacher: _____ Period: 1 3 5 7

1. Go to www.careercruising.com
2. Enter username: **semiahmoo**
3. Enter password: **careers**
4. Create your account: Click *Login to My Plan*, then *Create My Plan*. Enter your information and click on *Login*.
 - Username: include your first and last name, such as “brendalee”
My username: _____
Email address used: _____
 - Password: use your student number

You will be accessing this website again in Grade 12 and possibly even before then, so it's important to set up your account according to the guidelines so you can access your specific account later on.

5. Click on *Create My Plan*.
6. Agree to the Terms & Conditions, and click *Submit*.
7. Go to **Assessments** and **Start Matchmaker**, and then begin the worksheets in this package.

Remember – answer all questions truthfully and thoughtfully. Take your time. The more accurate you are, the better your results will be.

The list provided is just a guide. Be curious, and investigate careers with an open mind. You never know where life will take you!

Worksheet 3: Using Career Matchmaker

Log in to Career Cruising and click on **Assessments**, and then click on the **Start Matchmaker** button. Read the instructions on the Introduction page, label your Matchmaker session, and then click **Start Now**.

Answer the questions. (Do your best! The more thought you put into these answers, the better your results will be.) After you answer the first 39 questions, you will come to the Career Suggestions page which lists the careers that are suitable for you based on your responses to the questions.

We strongly suggest that you answer the second round of questions as well. Click on the **Answer More Questions** button in the **Improve My Results** section on the left side of the Career Suggestions page. Answer as many additional questions as you can, and then click the blue **View Career Suggestions** button to see your updated list of career suggestions.

Click on one of the suggested careers. (Those near the top are your best matches!)

Career: _____

1. Read the Suitable For You? information that appears for the career you have chosen. Answer the following questions:

What are the Central Aspects of this career?

What are the Central and Secondary Aspects to which you answered Like or Like Very Much?

Did you answer Dislike or Dislike Very Much to any of the aspects? Which ones?

Worksheet 3: Using Career Matchmaker

Page 2 of 3

Click on the **Back To Matchmaker** button to return to your list of suggested careers. Select another career.

Career: _____

2. Read the Suitable For You? information that appears for this career.

Write down the Central and Secondary Aspects to which you answered Like or Like Very Much.

3. Click on Job Description and Working Conditions.

In the Job Description and Working Conditions sections, try to find a job task or working condition that relates to two of the aspects you wrote down above.

Example:

Career: Website Designer
 Aspect: Having your own ideas about designs and styles
 Examples: Designing computer websites
 Deciding on colours, patterns, layout, and graphics

For Your Career:

Aspect: _____

Examples: _____

Aspect: _____

Examples: _____

Click on one of the two interviews.

Person's name: _____

Worksheet 3: Using Career Matchmaker

Page 3 of 3

4. Click on A Day In The Life and Breakdown Of Activities.

See if you can find other examples of aspects you have chosen in this person's workday activities.

Aspect:

Examples:

Aspect:

Examples:

Worksheet 4: Your Career Ideas and Career Matchmaker

Page 1 of 4

STEP 1: YOUR CAREER CHOICE

Log in to Career Cruising and click on **Careers**.

In the box beside **Keyword Search**, enter the name of a career you would like to pursue or have seriously considered for yourself (e.g. *lawyer, carpenter, fashion designer*), and click **Search**.

Once you have found a career, write the name below.

Career: _____

1. Before learning more about your career choice, write down three things you think you would like about this career. (e.g. *on-the-job activities, work environment, or other interesting aspects*)

Note: At this stage of the activity, you do not have to do any research; just write down your thoughts on this career. In the third stage, you will learn more about this career and how it matches up with your interests.

STEP 2: IDENTIFYING YOUR INTERESTS

Click the **Assessments** link in the menu bar at the top of the page, and then click on the **Start Matchmaker** button. (If you've already completed Matchmaker, you can load your Best Match or other results and skip ahead to Step 3.)

Read the instructions on the Introduction page, label your Matchmaker session, and then click **Start Now**.

After you answer the first 39 questions, you will come to the Career Suggestions page which lists the careers that are suitable for you based on your responses to the questions.

We strongly suggest that you answer the second round of questions as well. Click on the **Answer More Questions** button in the **Improve My Results** section on the left side of the Career Suggestions page. Answer as many additional questions as you can, and then click the blue **View Career Suggestions** button.

Worksheet 4: Your Career Ideas and Career Matchmaker

Page 2 of 4

STEP 3: MATCHING UP YOUR INTERESTS WITH CAREERS

1. Does your career choice appear in the list of career suggestions?

Yes _____ No _____

If your answer is **Yes**, click on it.

If your answer is **No**, click on the **Find Other Careers** button in the **Other Careers** section on the left side of the page. Search for the career that interests you and click on the career name.

2. Once you have clicked on the career, a chart titled **Suitable For You?** will appear. From this chart, write down any **Central and Secondary Aspects** to which you answered **Like** or **Like Very Much**.

3. Write down any **Central and Secondary Aspects** to which you answered **Dislike**, **Dislike Very Much**, or **Does Not Matter**.

Worksheet 4: Your Career Ideas and Career Matchmaker

SUMMARY – YOUR VIEWS

Now that you have learned about your interests and how they match up with a career that you have considered, answer the following questions:

4. In Question 1, you wrote down three things that you thought you would like about this career. Which of these are similar to the Central or Secondary Aspects of the career? What surprises you about some of the aspects of this career?

5. How did your original career choice match up with your interests? Do you still think it is a good career choice for you? Why or why not?

6. Do you think interests are important for career choices? Why or why not?

Worksheet 4: Your Career Ideas and Career Matchmaker

OPTIONAL – CHECKING OUT ONE OF YOUR CAREER SUGGESTIONS

Click on the **Back To Matchmaker** button to return to your list of suggested careers. Click on one of your top five career suggestions. *(Choose one that you think might interest you, but not the one you already looked at.)*

Career: _____

7. Write down the Central and Secondary Aspects to which you answered Like or Like Very Much.

8. Write down any Central and Secondary Aspects to which you answered Dislike, Dislike Very Much, or Does Not Matter.

SUMMARY – YOUR VIEWS

9. Are you interested in this career? Have you ever considered it before? What could you do to learn more about it?
