

Exploring Career Possibilities with MySkills MyFuture

Recommended for students early in their career exploration (years 1-2)

Purpose: This activity introduces students to career exploration by helping them recognize how their current experiences, interests, and developing skills can transfer into a variety of occupations. Students will use MySkills MyFuture to discover careers they may not have previously considered.

Learning Outcomes

By completing this activity, students will:

- Identify transferable skills from previous experiences.
- Explore occupations related to their existing skills.
- Interpret labor market information.
- Connect academic experiences with future career possibilities.

Estimated Time: 30–45 minutes

Step 1: Reflect on Your Experiences (5–10 minutes)

Think about experiences you've already had, such as:

- Part-time jobs
- Volunteer work
- Student organizations
- Internship experiences
- Athletics
- Performing arts
- Leadership roles
- Family responsibilities

Choose **one experience** that required you to use several different skills.

Step 2: Access MySkills MyFuture

Visit: <https://www.myskillsmyfuture.org/Target.aspx>

Enter a job title or previous experience that most closely matches the experience you reflected on.

Examples:

- Camp Counselor

- Barista
- Retail Sales Associate
- Tutor
- Office Assistant
- Research Assistant

Step 3: Explore Similar Careers

Review the careers suggested by the website.

Choose **three occupations** that interest you.

For each occupation, record:

Occupation	Why it interests me	New skills I would need

Step 4: Investigate One Career

Choose one occupation that interests you most and answer:

- What does someone in this career do?
- What education or training is typically required?
- What is the projected job outlook?
- What is the median salary?
- What surprised you most?

Step 5: Reflection

Answer the following:

1. Which transferable skills (skills you have already developed and are transferable to another type of job or experience) do you already possess?
2. What skills would you like to develop during future internships, co-curricular activities, campus jobs, etc.?

3. Did you discover a career you had never considered? Why does it interest you?
4. What is one action you can take this semester to learn more about this career?

Examples:

- Conduct an informational interview
 - Attend a career event
 - Join a student organization
 - Meet with a Career Advisor
 - Explore internship and other experiential learning opportunities
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Deliverable

Submit a two-page reflection summarizing:

- Your previous experience
- Three careers explored
- One career investigated in depth
- Two transferable skills you already possess
- One skill you hope to develop