



## 8. CAREER EXPLORATION & DEVELOPMENT

Identify and articulate one's skills, strengths, knowledge, and experiences relevant to career goals, and identify training, education and competencies necessary for professional growth. The individual is able to navigate and explore career options, and understands and can pursue opportunities.

	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
<b>8.1 Identify, develop, and communicate personal strengths</b>	<p>I can name activities that I like to do.</p> <p>I can participate in activities and say whether I liked it or not.</p>	<p><b>With guidance, I can use feedback or a strategy (e.g. journaling, using a rubric, examining work) to reflect on things I do well or do not do well.</b></p> <p>I can participate in an activity <b>that will help me practice something that I like doing.</b></p>	<p>I can use feedback or a strategy (e.g. journaling, using a rubric, examining work) to reflect on things I do well or do not do well.</p> <p>I can <b>choose and</b> participate in an activity that will help me practice something <b>that I want to do well.</b></p> <p><b>I can examine a task</b> (e.g. project, activity, game) <b>and say which parts I feel confident that I can complete.</b></p>	<p>I can use <b>personal reflection and</b> feedback to identify <b>my areas of strength and areas where I can improve.</b></p> <p>I can choose and participate in <b>opportunities to practice and expand my existing skills and/or develop new skills that will help me meet my goals.</b></p> <p>I can <b>discuss how my strengths and knowledge will help</b> me complete a task (e.g. project, learning activity, job).</p>	<p>I can use personal reflection and feedback to identify my areas of strength and areas where I can <b>broaden or deepen my capacity.</b></p> <p>I can <b>locate</b> and participate in opportunities to practice and expand my existing skills and/or develop new skills <b>that align with my academic or career goals.</b></p> <p>I can <b>effectively communicate</b> my strengths, knowledge, <b>and experience</b> in relation to a <b>general or specific task, in written and oral formats.</b></p>	<p>I can use personal reflection and <b>elicit feedback from strategic individuals</b> (e.g. professors, mentors, colleagues) to identify my areas of strength and areas where I can broaden or deepen my capacity.</p> <p>I can locate, take advantage of, <b>or design</b> opportunities to practice and expand my existing skills, and/or develop new skills, that align with my academic or career goals.</p> <p>I can effectively communicate my strengths, knowledge, and experience in relation to a general or specific task, in written and oral formats, <b>and present strategies for mitigating my growth areas.</b></p>
<b>8.2 Build support networks</b>	<p>In a safe setting and with prompting, I can introduce myself to one or more people I don't know, using a friendly greeting.</p> <p>I can nicely ask someone for help.</p>	<p>In a safe setting, I can introduce myself to someone I don't know, <b>using a friendly greeting that is familiar to the person.</b></p> <p>I can nicely ask someone (e.g., classmate, teacher, coach) for help <b>on something that I have noticed she or he knows how to do very well.</b></p>	<p>I can <b>intentionally</b> initiate new <b>relationships with peers who share my interests.</b></p> <p>I can <b>seek out support from a trusted peer or adult in my network</b> (e.g., classmate, teacher, coach) <b>who has strengths or expertise related to a goal, project, or interest of mine.</b></p>	<p>I can intentionally initiate new relationships <b>with others who have interests, perspectives, or strengths that are different from mine and/or that I can learn from.</b></p> <p>I can seek out support from a trusted <b>individual</b>, within my network, who has strengths or expertise <b>relevant</b> to a goal, project, or interest of mine.</p>	<p>I can identify <b>and participate in formal and informal</b> networks of people who have interests, perspectives, experiences, or strengths that are different from mine and/or that I can learn from.</p> <p>I can seek out support from a trusted individual, within <b>or through</b> my current network, who has strengths or expertise relevant to a goal, project, or interest of mine.</p>	<p>I can <b>purposefully</b> participate in <b>diverse</b> (e.g., culturally, socioeconomically, politically) formal and informal networks of people who have interests, perspectives, experiences, or strengths that I can learn from.</p> <p>I can seek out support from a respected individual, through <b>or beyond</b> my current network, who has strengths or expertise relevant to a goal, project, or interest of mine.</p> <p><b>I can engage in a mentoring relationship, either as the mentor or mentee, to benefit from the sharing and receiving of wisdom from others.</b></p>
<b>8.3 Develop an educational and career pathway</b>	<p>With guidance, I can learn about different jobs and decide which ones are interesting to me.</p> <p>With guidance, I can make a goal and identify some steps I will need to follow to reach it.</p>	<p>I can <b>explore</b> different jobs and decide which ones are interesting to me.</p> <p>I can make a goal and identify some steps I will need to follow to reach it.</p>	<p>I can explore different <b>careers, based on my interests and strengths.</b></p> <p>I can articulate a goal and <b>describe the steps needed to attain it, as well as what help I might need.</b></p>	<p>I can <b>select and use resources (e.g. job centers, my network, research) to explore, practice and/or pursue</b> different careers, based on my interests and strengths.</p> <p>I can articulate a clear <b>educational/career goal</b> and describe the steps I will need to follow to reach it, as well as what help I might need.</p>	<p>I can <b>locate</b> and use resources (e.g. job centers, my network, research) to explore, practice and/or pursue different careers, based on my interests and strengths.</p> <p>I can articulate a clear educational/career goal <b>and a plan for meeting that goals that includes key actions/activities, steps, and deadlines</b> (if applicable), as well as any <b>support</b> I might need.</p>	<p>I can identify and use resources (e.g. job centers, my network, research) to explore, practice, and/or pursue different careers, based on my interests, strengths, <b>and goals.</b></p> <p>I can articulate a clear educational/career goal and a plan for meeting that goals that includes <b>a realistic time frame, key actions/activities, steps, and deadlines</b> (if applicable), as well as any support I might need <b>and possible resources to find that support.</b></p>