



PEER REVIEWED

NATIONAL 4-H CURRICULUM
Product Number 08561

Build Your Future

choices...
connections...
careers



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Introduction

Welcome to Build Your Future: Choices, Connections, Careers.

When you think about your future are you excited, scared or apprehensive?

Do you know what you want to do, but you're not sure how to get there?

When you think of doing career building activities, what do you expect?

One teen who completed activities in this curriculum said, "I thought career activities would be boring, but it was fun." Some teens like doing career activities, others don't, and still others want to hurry up and get a job. This Career Journal is your guide to help you develop the skills and knowledge you need to build your future.

When we start to take steps to build our future, we set goals, learn what we like and don't like, and find out what careers match those choices and connections. We discover what kind of education we need and how to fund it. We learn about salaries and benefits a career may offer and how that fits with our goals. We explore a career through research, job shadowing and volunteering, and discover what we like and don't like. We learn the skills to find a job and see what it takes to keep it. Or, we learn to develop business plans and create the job we want by becoming an entrepreneur. All of these things and more are a part of this curriculum.

This journal, along with the activities you do with your career facilitator, will help you build towards a successful future. The activities will give you "hands-on" ways to find out what type of career you want, while others help you apply to a job today!

So grab your career journal, find your career facilitator and get ready for your future!

Skills...Choices...Careers

1
ACTIVITY

Opening Questions

1. Who am I?
2. What has 4-H taught me?
3. What is important to me?
4. What are my career interests?

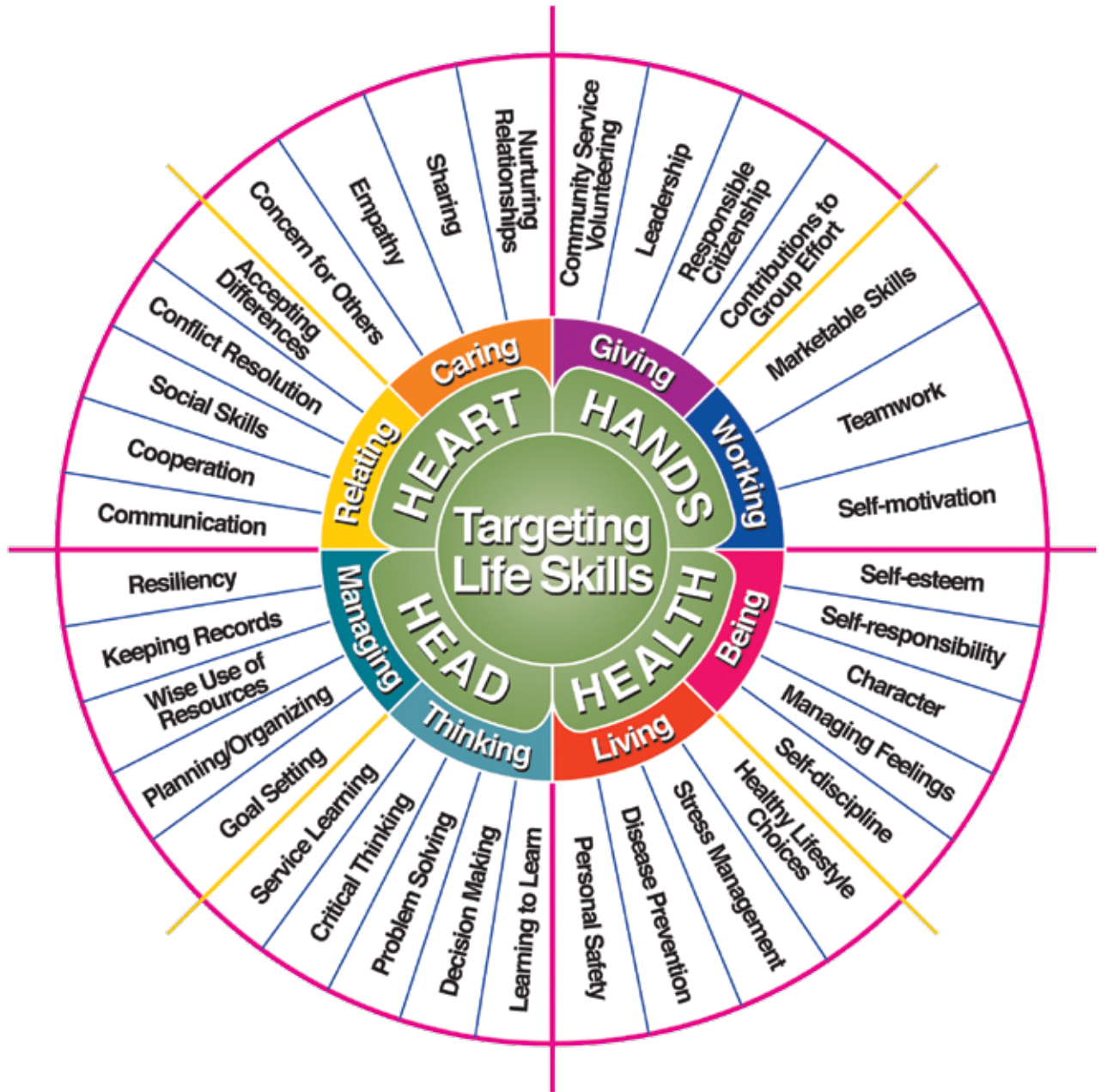
In This Activity...

You will:

- begin to connect your 4-H or extracurricular experiences, personal interests, skills, values, and personality to career options and college majors.
- work with your group facilitator as he or she guides you through the following pages during Activity 1.

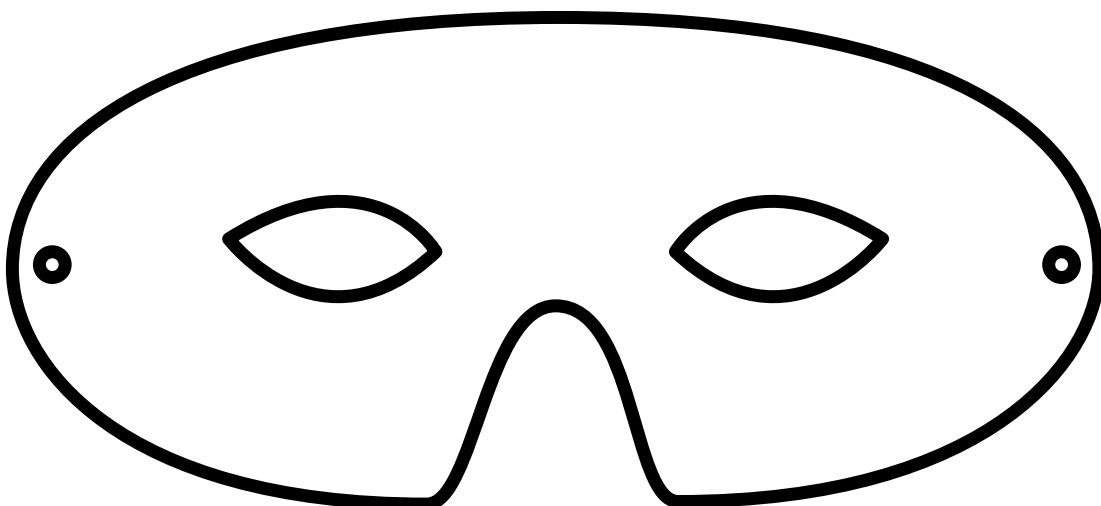
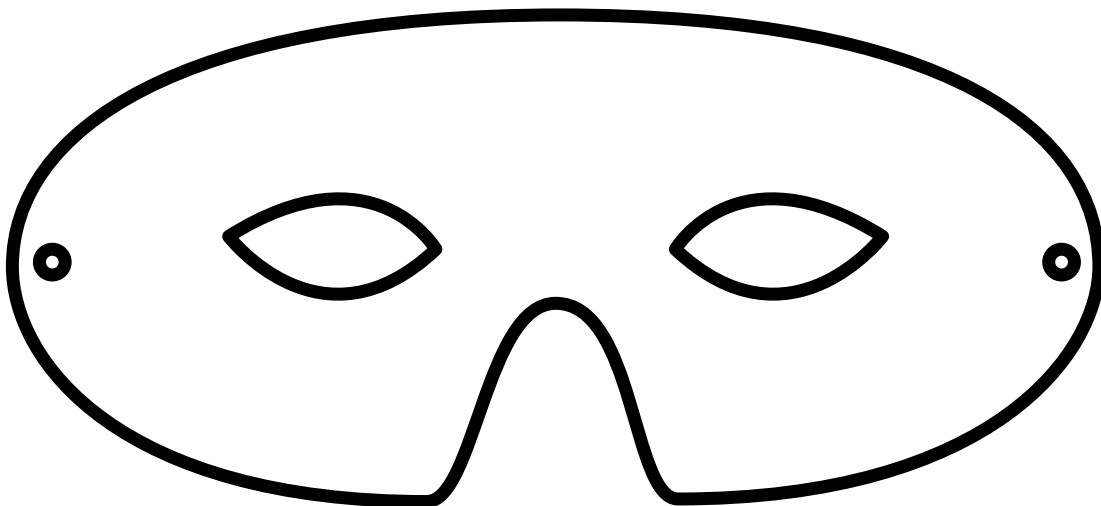
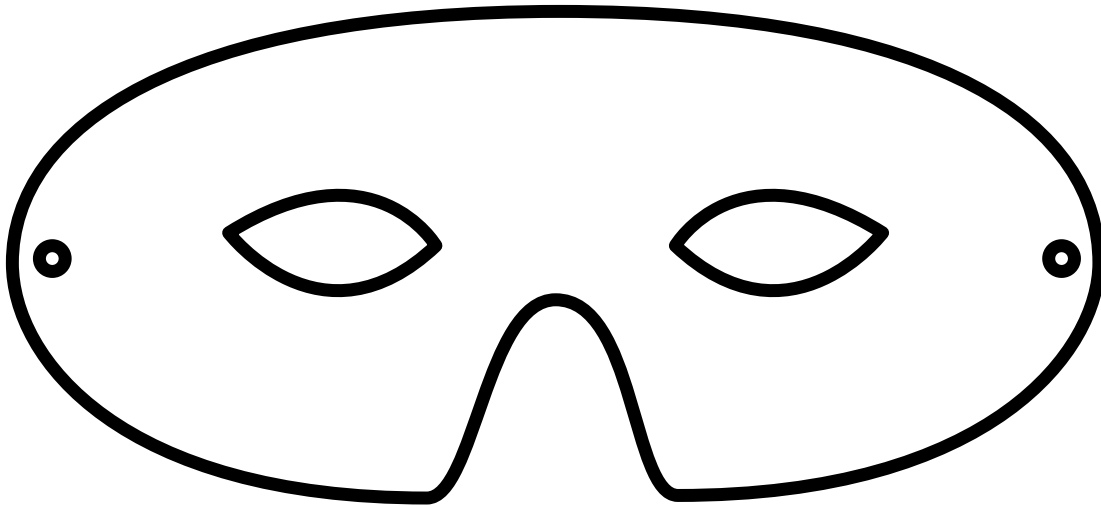


Targeting Life Skills Model for 4-H



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Activity Masks



Exploring Career Pathways: Get to Know Yourself Worksheet

activities



Activities that sound interesting to me

- preparing medicines in a pharmacy
- helping sick people
- working with animals
- helping with sports injuries
- studying anatomy and disease
- performing surgery



Activities that sound interesting to me

- predicting weather
- predicting or measuring earthquakes
- growing flowers or trees, gardening
- studying rocks and minerals
- raising fish or other animals
- working in a chemistry lab



Activities that sound interesting to me

- reading or writing stories or articles
- designing/building scenery for plays
- gardening
- taking photographs
- acting in a play or movie
- listening to or playing music

qualities

Personal qualities that describe me

- compassionate and caring
- good listener
- follow directions carefully
- conscientious and careful
- patient

Personal qualities that describe me

- enjoy helping others with problems
- nature lover
- physically active
- problem solver
- observant

Personal qualities that describe me

- imaginative
- creative
- outgoing
- enjoy using my hands to create things
- performer

free time

In my free time I would enjoy

- volunteering in a hospital
- taking care of pets
- exercising and taking care of myself

In my free time I would enjoy

- hiking
- participating in 4-H or FFA
- experimenting with a chemistry set

In my free time I would enjoy

- acting in a play
- drawing or painting pictures
- working on the school newspaper or yearbook

school

School subjects or activities that I enjoy or do well in

- math
- science
- biology
- chemistry

School subjects or activities that I enjoy or do well in

- math
- geography
- biology
- geometry

School subjects or activities that I enjoy or do well in

- social studies
- choir, chorus, or band
- creative writing
- art

values

I value

- living a healthy lifestyle
- time with family and friends

I value

- the environment
- animal wellbeing

I value

- art or music
- personal creativity

TOTAL NUMBER CHECKED:

TOTAL NUMBER CHECKED:

TOTAL NUMBER CHECKED:



Activities that sound interesting to me

- putting things together
- designing buildings
- working on cars, mechanical things
- using advanced math to solve problems
- gardening
- using tools



Activities that sound interesting to me

- interviewing people
- using a computer to do math
- typing letters, forms, banners
- keeping records, filing, taking notes
- working with numbers
- organizing files and paperwork



Activities that sound interesting to me

- helping people solve problems
- working with kids
- working with elderly people
- preparing food
- being involved in politics
- solving a mystery

activities

Personal qualities that describe me

- practical
- enjoy using my hands
- logical
- good at following directions
- observant

Personal qualities that describe me

- practical
- independent
- organized
- enjoy using machines
- enjoy being around people

Personal qualities that describe me

- friendly
- open
- outgoing
- good at making decisions
- good listener

qualities

In my free time I would enjoy

- building stage sets for a school play
- sketching cars, parts, or objects
- working on cars

In my free time I would enjoy

- being in a speech contest or debate
- using a computer
- volunteering in a hospital office

In my free time I would enjoy

- tutoring young children
- helping with a community project
- coaching kids in a sport

free time

School subjects or activities that I enjoy or do well in

- math
- geometry
- woodworking
- science

School subjects or activities that I enjoy or do well in

- speech
- language
- math
- marketing

School subjects or activities that I enjoy or do well in

- language arts
- history
- speech
- math

school

I value

- creating or overseeing projects
- using technology

I value

- change
- entrepreneurship

I value

- working with or helping others
- family and community

values

TOTAL NUMBER CHECKED:

TOTAL NUMBER CHECKED:

TOTAL NUMBER CHECKED:

Exploring Career Pathways: Get to Know Yourself Worksheet (cont.)

What did you find out about yourself? Below are descriptions of six career pathways or career clusters and the types of careers associated with each.



Arts and Communications Pathway: all forms of communication, as well as performing and visual arts.



Engineering, Manufacturing, and Industrial Technology Pathway: design, manufacture, and repair of products.



Human Services Pathway: serving, teaching, helping, and nurturing others.



Business, Management, Marketing, and Technology Pathway: all aspects of promotion, business, management, and technology.



Health Sciences Pathway: promoting health and treating injuries, conditions, and diseases.



Natural Resources and Agriscience Pathway: growing or producing plants and animals and preserving natural resources.

Identify Your Skill Set: Career Pathway and Careers

My favorite career pathway: _____ Score: _____

Three careers to explore related to this pathway:

1. _____ 2. _____ 3. _____

My second favorite career pathway: _____ Score: _____

Three careers to explore related to this pathway:

1. _____ 2. _____ 3. _____

Career Pathways and Careers



ARTS AND COMMUNICATIONS CAREER PATHWAY

actor	coach	graphic designer	publisher
ad copywriter	comedian	graphic equipment operator	recording engineer
animator	commercial artist	interior decorator	sound technician
announcer	communication specialist	interior designer	special effects technician
art director	computer animator	journalist	station manager
artist/painter	costume designer	lighting technician	stunt performer
audiovisual service technician	critic	magician	stylist
broadcast technician	curator	makeup artist	tattoo artist
cable installer	dancer	model	TV or radio reporter
camera operator	desktop publisher	motivational speaker	video game developer
cartoonist	director	musician	videographer
casting director	disc jockey	photographer	website designer
choreographer	editor	producer	writer
circus performer	fashion designer	professional athlete	
	film and TV crew member	public relations specialist	



BUSINESS, MANAGEMENT, MARKETING, AND TECHNOLOGY CAREER PATHWAY

account executive	bookkeeper	database developer	franchisee
account manager	bus driver	database manager	fundraiser
accountant	business systems analyst	debt collector	gaming and resort manager
activity coordinator	butcher	debt counselor	golf course superintendent
actuary	cashier	department manager	health records professional
administrative assistant	caterer	desktop publisher	host
administrative support staff	chef	director of human resources	hotel manager
advertising account executive	chief executive officer	director of security	hotel/motel clerk
advertising copywriter	claims agent	diving instructor	human resources specialist
agent	club manager	e-commerce analyst	importer/exporter
analyst	commercial analyst	e-commerce director	industrial psychologist
appraiser	communication specialist	economist	insurance agent
art administrator	computer engineer	electronics engineering technician	insurance claims adjuster
art dealer	computer network specialist	electronics repairer	insurance underwriter
association manager	computer programmer	entrepreneur	interpreter
auctioneer	computer support person	event planner	investment advisor
audiovisual engineer	computer technician	executive assistant	kitchen manager
auditor	computer trainer	exhibit designer	legal secretary
auto salesperson	cook	fashion retailer	library assistant
baker	corporate trainer	fast-food worker	loan officer
bank manager	courier/messenger	financial analyst	loan processor
bank teller	credit report provider	financial planner	logistics specialist
bed and breakfast owner	curator	flight attendant	management consultant
bell attendant	customer service representative	food and beverage manager	market research analyst
billing manager	data entry specialist		marketing service manager
			marketing specialist

Career Pathways and Careers (cont.)



BUSINESS, MANAGEMENT, MARKETING, AND TECHNOLOGY CAREER PATHWAY (cont.)

media buyer	public accountant	service manager	tour bus operator
media specialist	public relations specialist	small-business owner	tour guide
medical secretary	purchaser	sports marketer	tourism developer
money manager	quality controller	sports official	trade show manager
mortgage broker	real estate agent	statistician	travel agent
office manager	receptionist	stenographer	treasurer
operations analyst	recreation director	stocks trader	valet attendant
operations manager	renovator	store manager/owner	video game developer
operations research analyst	repossession agent	systems analyst	virtual reality specialist
order processor	research analyst	tax preparer	waiter
payroll manager	researcher	technical sales representative	website designer
planning analyst	restaurant manager	technical security analyst	website manager
product planner	retail buyer	technical writer	
project manager	retail salesperson	telemarketer	
property manager	sales representative	telephone operator	



ENGINEERING, MANUFACTURING, AND INDUSTRIAL TECHNOLOGY CAREER PATHWAY

aerospace engineer	bricklayer/stonemason	computer software engineer	flight engineer
air traffic controller	bridge inspector	computer-aided drafter	flooring installer
aircraft mechanic	building inspector	concrete mason	food scientist
airport ground crew member	bus driver	conservator	forensics specialist
anthropologist	cabinetmaker	construction tradesperson	freight inspector
appliance repairer	cable installer/repairer	crane operator	freight mover
archaeologist	calibration technician	custodian	furniture finisher
architect	carpenter	diesel mechanic	general contractor
astronaut	carpet installer	dispatcher	geologist
astronomer	carpet/upholstery cleaner	drafter/computer-aided design operator	glazier
astrophysicist	cartographer	drywall installer	heating, ventilation, and air conditioning technician
auto body repairer	chemical engineer	electrical engineer	heavy-equipment mechanic
auto dealer	chemical engineering technician	electrical engineering technician	heavy-equipment operator
auto salesperson	chemist	electrician	helicopter pilot
automated manufacturing technician	chimney sweep	electronic engineering technician	hoist/winch operator
automobile assembler	civil engineer	electronics assembler	home inspector
automobile mechanic	civil engineering technician	electronics repairer	hydrologist
automotive painter	clothing manufacturer	electronics technician	importer/exporter
aviation inspector	commercial driver	elevator installer/repairer	industrial designer
avionics technician	commercial pilot	engineer	industrial machine mechanic
bicycle mechanic	computer aided drafter	engineering technician	industrial technician
biological technician	computer engineer	flight attendant	industrial truck operator
boilermaker	computer programmer		inspector
bookbinder	computer science technician		insulator



Build Your Future: Choices...Connections...Careers

Career Pathways and Careers (cont.)



ENGINEERING, MANUFACTURING, AND INDUSTRIAL TECHNOLOGY CAREER PATHWAY (cont.)

inventor	mining specialist	race-car driver	taxi driver
ironworker	model maker	race-car mechanic	technical sales representative
land surveyor	motorcycle mechanic	real estate appraiser	technical writer
landscape architect	mover	renovator researcher	textile engineer
landscaper	office machine repairer	road construction worker	tile setter
line worker	operations research analyst	roofer	tool and die maker
logistics specialist	packager	safety coordinator	tow-truck driver
machine operator	painter	safety technician	train operator
maintenance staff/repairer	paleontologist	science/math teacher	transit operator
manufacturing engineer	parking lot attendant	scientist	truck driver
manufacturing machine operator	petroleum engineer	sheet metal worker	upholsterer
mathematician	physicist	ship captain	valet
mechanical engineer	pipefitter	shipping/receiving clerk	vending machine servicer
mechanical engineering technician	plasterer	small engine mechanic	warehouse manager
metallurgical engineer	plumber	solderer and brazer	waste collector
microbiologist	pool installer	sprinkler system installer	welder
milling operator	printing press operator	statistician	well driller
millwright	product design engineer	steam fitter	window washer
mining engineer	production woodworker	stock clerk	
	purchaser	surface driller	
	quality controller	survey technician	



HEALTH SCIENCES CAREER PATHWAY

acupuncturist	fitness instructor	nurse	physician assistant
anesthesiologist	genetic counselor	nurse practitioner	plastic surgeon
athletic trainer	gerontologist	nursing assistant	podiatrist
audiologist	health record professional	nutritionist	prosthetist/orthotist
biological engineer	healthcare administrator	obstetrician	psychiatrist
biomedical engineer	home-care worker	occupational therapist	psychologist
cardiovascular technician	laboratory technician	optical laboratory technician	public health nurse
chiropractor	licensed practical nurse	optometrist	radiation therapist
dental assistant	massage therapist	orthodontist	radiologist
dental hygienist	medical illustrator	paramedic	respiratory therapist
dental lab technician	medical imaging technician	pathologist	speech pathologist
dentist	medical lab technician	pediatrician	sports psychologist
dermatologist	medical secretary	pharmacist	surgeon
diagnostic technician	mental health nurse	pharmacologist	surgical technician
dietician	midwife	pharmacy technician	veterinarian
doctor	neurologist	phlebotomist	veterinary technician
family practitioner	nuclear medical technician	physical therapist	



Career Pathways and Careers (cont.)



HUMAN SERVICES CAREER PATHWAY

4-H youth development
professional
addiction counselor
adoption counselor
ambassador
animal handler
animal-control officer
archivist
art/music therapist
assessor
bailiff
border inspector
building inspector
career coordinator
census clerk
child/youth worker
child-care director
child-care provider
child-care worker
city manager
civil litigator
clergy
coach
coast guard
combat engineer
commissioner
community service director
community worker
computer trainer
conservation officer
corporate lawyer
corporate trainer
correctional officer
corrections educator
cosmetologist
county clerk
court clerk
court reporter
criminal lawyer
criminologist

curriculum developer
customs agent
detention deputy
dispatcher
distance learning teacher
driving instructor
dry cleaner
early childhood educator
economic development
officer
economist
elementary teacher
embalmer
employee benefits
representative
employment counselor
English as a second
language teacher
environmental health
inspector
event planner
family/consumer scientist
federal agent
federal aid coordinator
firefighter
fitness instructor
florist
food inspector
foreign-language teacher
foreign-service officer
forensics specialist
forest fire fighter
funeral director
gaming investigator
gerontologist
gunsmith
hairstylist
hazardous materials
responder
high school teacher
highway control pilot

historian
home-care worker
housekeeper
humanitarian aid worker
immigration officer
infantry soldier
instructional coordinator
internal revenue investigator
interpreter
judge
legal secretary
librarian
library technician
lifeguard
locksmith
mail carrier
manicurist
marriage/family therapist
mayor
mediator
military officer
mortician
motivational speaker
mover
music instructor
nail technician
nanny
national security officer
paralegal
parent educator
park warden/ranger
parole officer
pedicurist
personal financial advisor
personal trainer
pet groomer
police detective
police officer
political activist
political advisor
political lobbyist

political planner
politician
postal clerk
principal
prison warden
private investigator
probation officer
professor
program administrator
public policy analyst
public safety officer
recreation therapist
rehabilitation counselor
religious worker
researcher
revenue officer
school counselor
sea warfare officer
security director
security guard
security systems technician
sheriff
sign language interpreter
ski patrol
small business owner
social worker
spa attendant
special agent
special education teacher
speech pathologist
sports instructor
sports psychologist
statistician
superintendent
tailor/dressmaker
tax auditor
teacher assistant
translator
tutor
volunteer coordinator
wedding planner



Build Your Future: Choices...Connections...Careers

Career Pathways and Careers (cont.)



NATURAL RESOURCES AND AGRISCIENCE CAREER PATHWAY

agricultural engineer
agronomist
animal breeder
animal caretaker
animal trainer
aquaculturist
arborist
beekeeper
biological technician
biologist
botanist
butcher
cartographer
commercial driver
conservation officer
ecologist

environmental consultant
environmental engineer
environmental technician
farm equipment mechanic
farmer
fieldworker
fisher
food inspector
food scientist
forester forestry technician
fruit/vegetable grower
gardener
geologist
golf course superintendent
greenhouse grower
greenhouse worker

heavy-equipment mechanic
heavy-equipment operator
horse trainer
horticulturist
hydrologist
land surveyor
landscape architect
livestock rancher
marine biologist
meteorologist
microbiologist
miner
mining engineer
nutritionist
oil drilling technician
park warden/ranger

petroleum engineer
plant breeder/geneticist
power-plant operator
recycling technician
surface driller
survey technician
tree harvester
veterinarian
veterinary technician
waste collector
water-treatment plant
operator
water-well driller
wildlife biologist
zookeeper

Did You Know?

Cooperative Extension offers careers in many of these pathways. Ask your mentors, cooperative extension agents, or 4-H professionals to tell you about their careers.

