

# 7<sup>th</sup> Grade Career Exploration

San Dieguito Union High School District

SDUHSD Families,

This week your student was introduced to *California Career Zone*, a career exploration tool introduced to all 7<sup>th</sup> grade SDUHSD students. Students completed an assessment where they identified their top three personality traits (*Holland Codes*) and career interests. Students were asked to share information gained from the activity with you this past week. Each year your student will have an opportunity to further explore school to career pathways, colleges and other post high school options with the counseling department.

When talking with your student about future careers keep the conversation lighthearted & think of yourself as their coach - someone who helps and encourages them!

## Suggestions:

### SHARE POSITIVE WORK EXPERIENCES!

Sharing your job experiences is a great way to show how career goals are shaped and changed.

Share what you have liked most about jobs you've had.

Share how skills you have learned in a variety of settings helped you in different ways

### ENCOURAGE INVOLVEMENT IN ACTIVITIES & CLASSES THAT FURTHER EXPLORE INTERESTS!

### START CAREER RELATED CONVERSATIONS!

What is your dream job?

Would you ever want to work for yourself?

What activities are you most excited about or committed to?

### About California Career Zone

The California Career Zone site is a resource of the California Department of Education. It allows students to explore the world of work at their own pace through a variety of activities. The activities include information about interests, occupations, budget, and post-high school education.

### How do students login?

[cacareerzone.org](http://cacareerzone.org)

#### Username:

Last name, first initial, last 4 digits of student ID.

#### Password:

Permanent student ID number

Students are encouraged to return to the California Career Zone site to continue their career exploration by doing additional activities and assessments.