

Career Exploration Is Simply **Learning About Various Occupations and Their "Fit" With Your Unique Career Preferences**, E.G. The Skills, Interests and Values You Want Satisfied by Your Career. Ideally, You Engage in Career Exploration During or After Identifying Your Career Preferences Through Self-Assessment.

# Career Exploration and Skill Development

Finding a Job Can Be a Challenge for Youth. They Must Determine What Careers Are Available, What Their Interests Are, And What Skills They Have or Need to Develop. Numerous Resources Are Available to Help Youth Get a Sense of Their Interest and Skills as Well As Gain Employment Experience and Learn About Employment Opportunities.

## Mentoring

Mentoring—Matching Youth Or “Mentees” With Responsible, Caring “Mentors,” Usually Adults—Has Been Found To Be An Important Support For Youth As They Transition To Adulthood And The Workforce.<sup>1</sup> Mentoring Provides Opportunities For Youth To Develop Emotional Bonds With Mentors Who Have More Life Experience And Can Provide Support, Guidance, And Opportunities To Help Them Succeed In Life And Meet Their Goals.<sup>2</sup>

*Career-Focused Mentoring*, A Type of Instrumental or Topic-Focused Mentoring, Can Take a Variety of Forms and May Focus on Different Pieces of Career Development and Employment. Some Examples Include Assisting with The Following:

- Writing Resumes and Cover Letters;
- Conducting Mock Interviews and Providing Support for Answering Interview Questions;
- Exploring Possible Careers and Assisting with Job, Internship, Or Program Searches;
- Developing On-The-Job Skills (Soft Skills or Technical Skills);
- Modelling Behaviour, Attitudes, Or Skills in The Workplace (Job-Shadowing); And
- Career Planning and Goal Setting.<sup>3</sup>

Apprenticeships And Internships Can Provide On-The-Job Opportunities to Integrate Mentoring into Employment Experiences for Youth. You Can Find Out More About Both Apprenticeships and Internships for Youth Below. Learn More About Mentoring And the Benefits for Youth and Their Mentors.

## Assessment, Testing, And Counselling

Self-Assessments Help Teach Youth About Themselves So That They Can Find a Career That Is a Good Fit for Their Interests and Skills. They Allow Youth to Explore

- What They Do and Do Not Like,
- How They React to Certain Situations,
- Their Skills, and
- Values.

A Professional, such as a Counsellor at A High School, Trade or Vocational School, College, Or Career Training Centre, Can Help in Selecting an Appropriate Assessment, Interpreting the Results, And Providing Career Counselling.