

# Career Alignment Research

**Instructions:** In this activity you will use your completed Interest Inventory to research careers that align with your interests, strengths, and desired lifestyle. This information will help you begin to understand which careers might be of interest to you and will provide valuable information for the next activity.

**For this first section, copy over information in each area from your Interest Inventory.**

My Interests:		My Strengths:	
My Intrinsic Values:	My Extrinsic Values:	My Lifestyle Values:	

**In this section, identify your purpose and goals in life as they relate to the areas above.**

When I think about my purpose in life as an adult, I think of...	Some of my goals for my life include...
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**Now, taking into consideration your interests, strengths, values, purpose, and goals for your life, brainstorm and conduct some initial research on careers that might be in alignment with these areas.**

Possible Careers Aligned to my Interests, Strengths, Values, Purpose, and Goals...
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**For this final section, select 3-5 of the possible careers you identified and conduct further research on each one to identify the information listed below.**

Careers I aligned with that I want to investigate:	Career Option 1:	Career Option 2:	Career Option 3:	Career Option 4:	Career Option 5:
<b>Demand</b> (How many positions available each year and how many candidates?)					
<b>Salary Range</b>					
<b>Is this salary interesting to me?</b>	Yes    No	Yes    No	Yes    No	Yes    No	Yes    No
<b>Education / Training Requirements</b>					
<b>Schools / Orgs that offer these degrees / training</b>					
<b>How many years will it take to advance to your desired level?</b> How much will the degree(s) or training cost?					