

Virtual Career Exploration and Job Shadowing Resources

FREE Resources

Your FreeCareerTEST - <https://www.yourfreecareertest.com/>

Student-friendly free career test to help students discover career interests and ideal career work environment. Short 2-3 minute initial test. Also offers test for specific clusters such as Healthcare, Technology, Etc. Also offers teacher resources and free printable worksheets. All free and no registration required. Initial text available in various languages.

Shmoop Career Resources – (Life After School) - <https://www.shmoop.com/life-prep>

Career quizzes and career field information with some humor. Offers “the Real Poop” – narrative of a typical day, description of qualifications, and evaluation of stress, fame, danger, glory you can expect from a job. Some may find the humor to be too much but students would likely love it. Some free resources and more advanced options require login and even fees.

Career Exploration Road Map

<https://mind.ucsf.edu/article/mind-career-exploration-road-map>

While developed for post-grad students, this could be adapted and built into a program for high school students. There are several resources and videos within the site that could be helpful.

O*NET Career Exploration

Online resource with a set of self-directed career exploration/assessment tools to help students/workers consider and plan career options, preparation, and transitions more effectively.

Resource Center – www.onetonline.org

Career Exploration Tools - <https://www.onetcenter.org/tools.html>

- **Counselors:** Connect people to appropriate occupations with resources like the [Career Exploration Tools](#) and [O*NET OnLine](#). For self-directed career exploration, [My Next Move](#) is a great starting point. [Mi Próximo Paso](#) offers career exploration for Spanish speakers. [My Next Move for Veterans](#) supports veterans transitioning to the civilian workforce.
- **Students:** Discover occupations you might enjoy, by taking the [Interest Profiler](#) assessment online or from your phone. If you've already got an occupation in mind, learn more about it from [My Next Move](#).

Minnesota State CAREERwise Education [More made for adults and counselors]

- **GPS LifePlan** – <https://mygpslifeplan.org/app/home> - Resource for High School and Adults – tools to help with self-assessments, exploration, etc. Free but requires sign up/login
- **MN Career Pathways** - <https://www.mncareerpathways.org/pathways/index.html>

Career One Stop [More suited to high school]

<https://www.careeronestop.org/?category=4&subCategory=&keyword=&searchTab=&recommended=Y&recommendedCategory=&recommendedSubCategory=&frd=true>

U.S. Department of Labor source for career exploration, training & jobs.

- **Toolkit** to research career information, training or jobs:
<https://www.careeronestop.org/Toolkit/toolkit.aspx>
- **Video Library:** <https://www.careeronestop.org/Videos/video-library.aspx>
- **Resources for Career Advisors:**
<https://www.careeronestop.org/ResourcesFor/CareerAdvisor/career-advisor.aspx>

Virtual Job Shadow – Free resources from Virtual Job Shadow resource below.

<https://www.virtualjobshadow.com/public/files/download/virtualjobshadow-free-lesson-plans.pdf>

RESOURCES THAT REQUIRE FEES

Virtual Job Shadow - <https://www.virtualjobshadow.com/customers/#k-12>

Prepares students for today's competitive workplace through comprehensive career assessments, exploration and virtual job shadowing/mentoring. Offers a comprehensive 17-module career exploration course – LifePath – through the Canvas LMS platform. Has Junior version for Elementary/K-5 and higher education version as well. **[Note: Cheryl registered for webinar on Mar. 23 to learn more]**

More on this opportunity:

- <https://www.virtualjobshadow.com/features/>
- <https://www.wqed.org/sites/default/files/education/iqsp-rd/Ep%20506%20E2%80%93%20Career%20Exploration%20and%20Virtual%20Job-Shadowing.pdf>

I Could Be – Mentoring for the Digital Age

<https://www.icouldbe.org/>

Provides high school students with an online community of professional mentors, empowering teens to stay in school, plan for future careers, and achieve in life. iCouldBe works closely with each of our school partners to determine how e-mentoring can help students meet your college and career readiness goals. To learn more please contact our Director of Programs, Michelle Derosier (michelle@icouldbe.org or +1-917-608-7093)

Resource from Other States – Worth Looking at as Models/Examples

Career Connections – Video Collection – (based on Ohio in-demand jobs)

<https://tpt.pbslearningmedia.org/collection/career-connections/#.XnN98ohKgnJ>

Videos on various careers based on Ohio in-demand jobs. Short and developed more with students in mind. Offers a Share to Google Classroom link.

PA e-Mentoring: Career eMentoring for Teens and Young Adults

<https://pa-ementor.org/#2>

Program uses working and retired adults and mature college students serving as online career mentors, as well as a structured online curriculum to help give teens and young adults the knowledge and skills they need to "get real" about their futures - "real" about the demands and opportunities within the job market, and "real" about a plan that leads to their eventual success.