



Overview of Job Exploration Counseling

What is Job Exploration Counseling?

Job Exploration Counseling is an opportunity for students to explore their interests and learn about the labor market. It is one of the five required Pre-Employment Transition Services and also promotes positive outcomes for postsecondary education, employment, and independent living skills.

Importance of Job Exploration

- Provides students with the ability to make informed decisions about their career paths
- Helps students identify their interests and dislikes in prospective careers
- Gives students opportunities to practice decision-making, which makes them more likely to determine a desirable and appropriate career

Job Exploration Activities

- Administer vocational interest inventories
 - Gather information about preferences, strengths, interests, and dislikes
 - Cover topics including social, occupational, and recreational activities
 - The process should be ongoing as students' needs and interests may evolve over time
- Help students understand their vocational interest inventory results
 - Ensure students understand and can interpret their results
 - Enable students to make informed decisions for employment
- Identify career pathways of interest to the student
 - Utilize assessment results to support students to better understand their own skills and interests and how they correlate to careers
- Research in demand industries, occupations, and labor market trends
 - By understanding the labor market, including labor laws and career projections, students can be more informed to make decisions about selecting a career
 - Help students understand skill and educational requirements for different career fields they are interested in
- Provide opportunities to learn about fields of interest from employers
 - Career speakers and career student organizations enable students to ask in-depth questions about careers and learn about the field
- Explore non-traditional employment opportunities
 - These are opportunities outside of the typical work setting, such as teleworking or self-employment
 - Often allow for a more flexible work schedule and/or environment
 - For additional information on non-traditional employment options, [see here](#)