**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](https://transitiontn.org/vr/wp-content/uploads/2021/04/JEC_L1_Non-Traditional-Employment-Opportunities.pdf).