



**Big Brothers
Big Sisters.®**

OF THE BIG BEND

Job Journal

Student: _____

Mentor: _____

Welcome to the Big Futures Program!

Congratulations on being selected to participate in the Big Futures Program sponsored by Big Brothers Big Sisters of the Big Bend! Our goal is to ensure that you are well informed and prepared to enter the workforce, attend college or enlist in the military after graduation. You will be matched with a mentor through Big Brothers Big Sisters, who will meet with you at school each week. Through this process, you will determine whether a path to college or a career will best suit your needs. Your mentor will guide you through a series of activities designed get you on track for a successful career, college or military transition! The instructions for the Job Journal are listed below.

The Job Journal is your personal guide for all things career, college and military related. Your mentor will be responsible for bringing this binder to your meetings each week.

Your Job Journal has a number of activities that are designed to be completed with your mentor. Some resources in the Job Journal, such as TalentHub, can and should be accessed at home. You may take a picture or make a copy of important links/instructions in this binder if you would like to conduct additional career research at home.

The reflective journaling portion of your Job Journal is a place for you to organize your thoughts. You can journal at any time and add it to the Job Journal later! Simply write your journal entry on a piece of paper and add it to your Job Journal the next time you meet with your mentor. You should write at least one journal entry each week, but you may write as many entries as you wish! Use this section of your Job Journal as a resource to explore your thoughts about different careers and experiences. These journal entries are great conversation starters for you and your mentor, so feel free to jot down any questions, notes or resources you want to visit again later.

Finally, your Job Journal is only as good as you make it. The more information you gather for your Job Journal, the better prepared you will be for your future career. While the Job Journal includes assignments and guided exercises, this curriculum was specifically designed with room for creativity-So have fun with it! Big Brothers Big Sisters of the Big Bend is excited to see all of the outstanding things you will accomplish. Best of luck, your Big Future awaits!

Big Futures Program Goals

August-September: Initial match meeting with your mentor.

October:

1. Assignment: “Take Career Aptitude Test” (located in the “assignments” portion of this packet)
2. Assignment “Create an Account on Talenthub”
3. Reflective Journal Entry Prompt: Have you thought about your career aspirations? Write about your current career goals and how you plan to achieve them. If you are unsure, discuss your current career interests and what careers you want to learn more about.
4. Assignment: “Explore Career Interests”

November:

1. Reflective Journal Entry Prompt: Were you surprised to learn about some of the careers listed on Talenthub? What career cluster interests you most at this time? Explain.
2. Discussion: Talk to your mentor about their career. How did they navigate the job market as a high schooler? Did they always know what they wanted to do after graduation?
3. Assignment: “Narrowing Down Your Career Choices”
4. Assignment: “Continue to Narrow Your Career Choices”
5. Reflective Journal Entry Prompt: Are you happy with the careers options you are currently investigating? What, if anything, do you think is missing? Are there additional careers you would like to consider? What are they?

December:

1. **Big Field Trip: Schedule TBD**
2. Reflective Journal Entry Prompt: What were your favorite things about the company you explored during the last field trip? Were there any careers at this company that sparked your interest? Explain why or why not.
3. Assignment: “Career Plan Worksheet Sophomore Year”
4. Video: watch the video, “Banking Explained.”



5. Reflective Journal Entry Prompt: Did you learn anything new from the video “Banking Explained?” Did anything surprise you? What tips will you use from this video when managing your own personal finances?

January:

1. Milestone: Do you have a bank account? Talk to your guardian about opening a checking and savings account.

2. Article: Read the article, “How Much Should a Teenager Save from a Paycheck?” Discuss some of the key ideas with your mentor and make a savings plan. How much will you contribute to savings each month?
3. Reflective Journal Entry Prompt: Do you feel confident managing your money? Have you started saving for living expenses after high school? How will you budget your money in order to achieve your career goals?
4. Game: Play the “Hit the Road Financial Adventure” game with your mentor. Can you make it to the end of the road trip without going bankrupt?

February:

1. Reflective Journal Entry Prompt: How did you feel about the Hit the Road Financial Adventure game? Were you able to finish the game? Did you use any particular strategies to budget? If so, what were they and why do you think they worked or didn't work? What would you do differently next time?
2. Video: Watch another video from the Crash Course YouTube Channel, “Business Soft Skills.”



3. Milestone: Do you have your learner's permit or a government ID? Talk to your guardian about getting your learner's permit and learning how to drive. Otherwise, you can get a government issued ID in the meantime.
4. Game: Play the “Claim your future” finance game with your mentor.

March:

1. Reflective Journal Entry Prompt: After playing the “Claim your future” game, do you feel prepared to manage your own finances after high school? Why or why not? Are there any skills you feel like you need more practice with?
2. Article: Read the article about preparing for the SAT. Even if you aren't sure about college, you should consider taking the SAT in your Junior Year of high school.



3. Article: Read the article about preparing for the ACT. Even if you aren't sure about college, you should consider taking the ACT in addition to the SAT. The two tests are designed very differently and most colleges accept your higher test score! Maximize your chances of getting into a competitive college by taking both in your Junior year of high school.



4. Reflective Journal Entry Prompt: After reading the articles about the SAT and ACT, do you feel that you are better suited for a particular test? When do you think you will take these tests? Use this space to make a study plan and write down potential test dates. Hint: research the dates each test will be held and jot down a few options. You should aim to take the SAT and ACT in the beginning of your Junior year.

April:

1. Big Field Trip:
2. Reflective Journal Entry Prompt: What were your favorite things about the company you explored during the last field trip? Were there any careers at this company that sparked your interest? Explain why or why not.
3. Article: Read the article from Indeed.com about narrowing your career.



4. Reflective Journal Entry Prompt: How do you feel about your potential career choices so far? Have you narrowed your choices down to 3 or less?
5. Video: Watch this video to learn more about dual enrollment at Lively Technical College.
<https://youtu.be/EmtPlw0R-84>



May: (Optional Curriculum) Mentor meetings will depend on student's exam schedule.

1. Game: Play the "Reality Check" finances game
2. Discussion: Discuss the results of the "Reality Check" game with your mentor.
3. Video: Watch another video from the Crash Course YouTube channel about soft business skills.



Big Futures Assignments

Reflective Journaling

Students are encouraged to journal once each week about some of the following topics.

- Opinions on different careers
- Check-lists or plans to achieve career goals
- Experiences meeting people in different careers
- Thoughts on current events related to the job market
- Experiences or questions about the college application process
- Notes you want to remember for a later time
- Career experiences or shadowing opportunities you would like to participate in
- Really anything related to your future career success!

The reflective journal is a space for you to put your thoughts on paper and get organized. You may find it helpful to discuss these topics with your mentor!

Take a Career Aptitude test

1. Take a career aptitude test on Careereplorer.com
2. Title a page in your Job Journal, "Aptitude Test Results." Draw this chart in your Job Journal and list the careers suggested by your career test in the left column. For each career, list the career cluster it belongs to. If you aren't sure, ask your mentor or do additional research.

Suggested Career	Career Cluster
Example: Heating and Cooling Tech	Architecture and Construction

List of Career Clusters

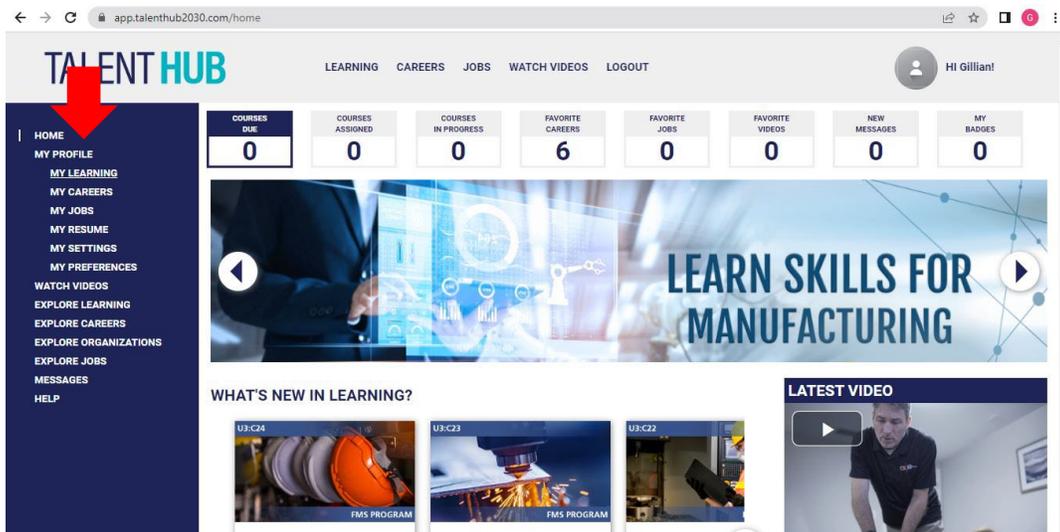
Agriculture, Food, and Natural Resources
Architecture and Construction
Arts, Audio/Video Technology and Communications
Business, Management, and Administration
Education and Training
Finance

Government and Public Administration
 Health Science
 Hospitality and Tourism
 Human Services
 Information Technology
 Law, Public Safety, Corrections, and Security
 Manufacturing
 Marketing, Sales, and Service
 Science, Technology, Engineering, and Mathematics
 Transportation, Distribution, and Logistics

- Write a short 4-5 sentence reflection about your aptitude test results. Do you agree with the career options it suggested? Were there any careers not listed that you are interested in?

Create an account on www.Talenthub2030.com

- Create an account on Talent Hub with your personal email address, NOT your school address. Make sure you use the registration code BBBSBigBend.
- Click on the “my profile tab” and complete the information prompted.



Explore Career Interests

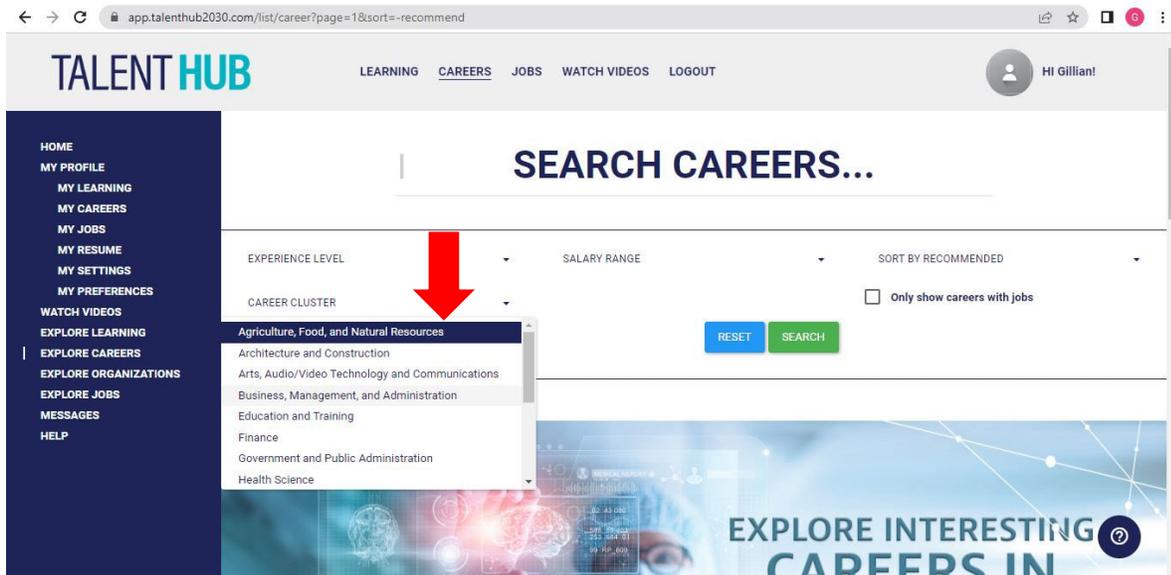
- Log into TalentHub
- Click the “Explore Careers” tab on the left side of the page.
- Refer to the table in your Job Journal and note any Career Clusters that appear more than once.

EXAMPLE:

Suggested Career	Career Cluster
Surgical Technician	Health Sciences
Medical Assistant	Health Sciences
Nuclear Engineer	Science, Technology, Engineering, and Mathematics

Civil Engineer	Science, Technology, Engineering, and Mathematics

4. Search each of those career clusters in TalentHub

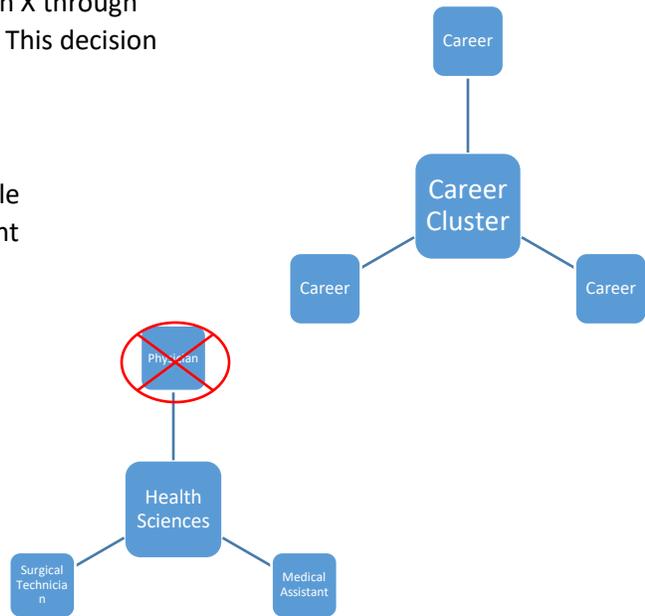


5. Favorite any careers that interest you based on the name of brief description. Don't worry about researching these careers yet. Select as many careers as you can, you will narrow them down later.

Narrowing down your career choices

1. Start a new page in your Job Journal titled "Career Map."
2. Log into Talenthub and Click on the "My Careers" tab on the left. Click on one career profile at a time and read about what each career entails. Note the career cluster each career belongs to and complete the following chart in your Job Journal. You will need to make one chart for each Career Cluster.

3. As you research each career, place an X through the careers that do not interest you. This decision may be based on factors such as:
- Required education
 - Average Salary
 - Work-life Balance or Schedule
 - Opportunity for advancement
 - Job security
 - Job responsibilities



Continue to narrow your career choices

- Review the Career Maps you made in your Job Journal. Highlight any jobs that haven't already been eliminated. Turn to a new page and title it "Career Analysis." Select one of the highlighted careers from your Career Maps and make a Pro's and Con's list. Follow the example below.

Career: Surgical Technician

Pro's	Con's

- Make a chart for each job highlighted in the Career Maps section of your Job Journal. When completing your Pro's and Con's charts, consider the following factors:
Job availability: when choosing a job or career path, you should make your research and update yourself on the types of jobs that do not go out of season or jobs that would replace you in the long term due to the advancements in technology. It can be exhausting to get jobs that have a limited life span and would not grant you any job satisfaction. Even though, the job market continues to displace more people and replace them with machines, there are still openings where people can get good employments and proceed in their career journey. Research for job openings in your desired career field before making your decisions.

Interest and passion: some questions which are necessary to ask one when planning on choosing a career path are; what do I enjoy doing the most? What job can I do and be happy even without getting paid? What are my interests? Many people are out there who do not get the job satisfaction they desire because they are not happy with their careers and jobs. Therefore, it is important to identify your interest and passion and align them to your career, only then would you achieve your job satisfaction.

Skills: your skills are like your strengths which allow you to do your job properly. When you go for an interview, many employers may ask what your skills are; this means what you can bring to boost the company's growth. Time efficiency, great management skills, team player are some of the known skills needed to secure a good job. If you are also skilled in handling people of different age groups, you may do well in a healthcare sector or education. Above all, endeavor to note your skills and plan your career path accordingly.

Talent and strength: your talents help you to succeed in whatever you do. Everyone has one or two talents and it is vital you understand what yours are before choosing your career path. Your strengths can also be termed as your skills and good skills enhance your career path.

Level of education: your level or degree of education is key in advancing in your career path, even if you got employed without the need of a degree, if it is still necessary and important you obtain such degree as it would give you an edge over a competitor whenever the need of a promotion arises. Some jobs require you to obtain some form of degree while, others may just need you learn on the job with some forms of training which would be given to you. Either way, possessing some forms of education is very important.

Attitude to work: people react differently when in the same work environment. Your attitude to work is a crucial part in choosing a career path, if you have a positive approach to work and can work in a stressful environment, you can opt for a more high position or career that is more challenging and fulfilling. If you are the type that cannot cope with too much stress which may be due to your family or personality, it is then better to choose a career path that is less stressful but yet fulfilling to you as well.

Salary structure: although this should not be like the center of your decision making in choosing a career path, but it is also quite important when you consider the amount of money you used in obtaining your degree in the university. You can make your research on the salary structure in your desired career just to have it at the back of your mind and also allow you to do your job properly. If you are the type that made use of student loans to fund your education, getting a job that would pay you well may be on the top of your list.

Job experience: your relevant job experience can be criteria to get your dream job in your desired career. Many big companies and organizations tend to employ individuals with some level of experience because; they feel they are the capable hands needed to do their jobs effectively. You can acquire experience in your desired career path by volunteering, undergoing internships, or participating in some other jobs which might not pay you for your services but at the end of the day, you are able to get the level of experience which is required for you to get your dream job.

Course availability: since all institutions may not offer the same course or teach in the same way, it is better to crosscheck your desired career path if it has been taught in your preferred

institution. Most times, people have to change their preferred careers due to the unavailability of such courses in the university or institution where one is been accepted to study. It becomes paramount to check for such courses or for other related courses of your future job before applying to any institution to avoid cases of you changing your career field upon graduation.

Course relevance: this factor is very important in choosing a career path. A lot of careers and jobs are becoming less important and obsolete since they are replaced by new technologies and science. Therefore, when you intend choosing your career endeavor to check for the course relevance in the job market as well. An example is the case of ATM machines replacing some of the jobs of a banker and manufacturing machines replacing the jobs of most manufacturers. A relevant career today might become obsolete tomorrow, so do well to check for careers with long term relevance.

Your personality: your personality plays a very vital role in being who you are. Your personality tells people about how you think, feel or act. When choosing a career path, put your personality into consideration.

Market availability: endeavor to crosscheck if your career path is favorable in the job market, are there more job openings and it is for a long term? Find out all you need to know about your career path in the job market.

Your lifestyle in relation to your career: change is something that is very constant in the life of man. You are likely to change in the ways you perceive challenges and your lifestyle may also be affected when making these decisions. When choosing a career which you may want stay long in your choose path, it is very important you choose a career that you would enjoy as you grow older. For example, if you are the type that doesn't like to work out and follow a strict diet plan, you may find jobs that require you staying fit at all times not so good for you as time goes on. Your career path should make a great impact in your lifestyle and the two must always work in unison for you to have a great life.

Achieving your long term goals: when you are choosing your career, it is very important to checkmate your dreams and aspirations with your career. Everyone has dreams which we may want to achieve in the long run; it may be job satisfaction, financial freedom or fame, whichever case it may be, your career paths should be able to fit into your goals and dreams. Generally, your job should give you the satisfaction you need, it is not all about the monetary value but for you to do your job and be happy with yourself too.

Availability of funds: this is also important in choosing a career path, because you need to check your financial status when opting for a course to study. Except you are been funded either through a scholarship or other forms of grants, it would not be wise to choose a course which would create big holes in your pockets. For example if you need to study as a medical student, you are required to purchase a lot of textbooks and materials for effective learning and it is not news, that medicals books are quite exorbitant, therefore if you cannot see yourself through school studying medicine, you can choose to go for a lesser expensive course if your choice is to be in the medical field. Other courses you can opt for is biochemistry or microbiology.

Additional Resources about how to narrow down your career choices:

Indeed.com



Clevergirlfinance.com



Complete the Career Plan Worksheet Titled "Career Plan Worksheet: Sophomore Year"

Career Plan Worksheet Sophomore Year

Student's Name _____

Date: _____

Mentor's Name: _____

Refer to your previous career worksheet. Please select your top 3 career choices and update the information below.

	Career	Description	Why this career interests me	Certification/Education/Training	Salary	How will I get there?
1						
2						
3						

Please answer the following questions:

1. Where do you see yourself living in 5 years?
2. How do you envision your work schedule? What hours of the day would you like to work?
3. Describe your dream work environment.

Big Futures Resource Guide

Finding your Perfect Career

Video: How to Narrow Your Career Choices

-A short video explaining how you should narrow your career choices.



Article: Narrowing Your Career Choices from Indeed.com

-This is an article explaining different factors to consider when thinking about your future career.



Finance

Video: Personal Finance for High School Students

-A short overview of things you should know about finances as a high school student.



Game: Claim Your Future Finance Game

-Choose an imaginary career and make financial decisions using your annual salary. This is a great way to explore the ways you can budget with your desired career's expected salary.



Game: Reality Check

-This game will ask you to answer questions about your projected lifestyle. After you answer all of the questions, it will calculate how much money you need to make in order to afford your desired lifestyle.



Video: Banking Explained (Money and Credit)

-This video gives a brief overview of what you need to know about banking and credit.

<https://www.youtube.com/watch?v=fTTGALaRZoc>



Game: Hit the Road Financial Adventure

-Help budget and plan a cross country road trip-Can you make it to the end without going bankrupt?



<https://www.mycreditunion.gov/financial-resources/hit-road-financial-adventure>

Article: How much should I save?

<https://modernteens.co/how-much-should-a-teenager-save-from-a-paycheck/#:~:text=A%20good%20rule%20of%20thumb,you%20want%20to%20buy%20yourself.>



Business Skills

Video Series: Business Soft Skills by Crash Course

-A series of videos about business soft skills and how to apply them in any workplace.



Article: Interviewing Tips

-A short article about the Do's and Do not's of job interviews.



Applying to College

Article: How to Apply to College

-This article provides a helpful overview of the college application process. Explore more resources on Myfuture.com for more college application tips!



FAFSA Application

Use the link or QR code to access the Free Application for Financial Aid (FAFSA) website.

<https://studentaid.gov/h/apply-for-aid/fafsa>



Article/Video: FAFSA Webinars and additional training

<https://financialaidtoolkit.ed.gov/tk/training.jsp>



Article: A Complete Guide to the College Application Process by US News

<https://www.usnews.com/education/best-colleges/articles/college-application-process>



-US News explains everything you need to know about applying to college.

Article: How to Prepare for the SAT

<https://blog.collegeboard.org/what-best-way-prepare-sat>



Article: How to Prepare for the ACT

<https://blog.prepscholar.com/how-to-prepare-for-the-act>



ACT Fee Waiver

<https://www.act.org/content/act/en/products-and-services/the-act/registration/fees/fee-waivers.html>



SAT Fee Waiver

<https://satsuite.collegeboard.org/sat/registration/fee-waivers>



Scholarship Finder:



Applying for Jobs

Article: How to Build a Resume

<https://www.indeed.com/career-advice/resumes-cover-letters/steps-for-building-a-resume>



Video: How to Get a Job in High School

<https://www.youtube.com/watch?v=6Leo2Rxn2QE>

-This video, made by a fellow high school student, explains how to get your first job in high school.



Video: How to Get a Job with No Experience

<https://www.youtube.com/watch?v=OF8nx8Pt0tI>

-This video talks about the common misconceptions first time job applicants face. Watch this video to find out how you can stand out as an applicant with little to no work experience.



Military

Article: How to Prepare for the ASVAB

<https://study.com/academy/popular/how-to-study-for-the-asvab-test.html>



Article: Join the Military

[https://www.usa.gov/join-](https://www.usa.gov/join-military#:~:text=The%20U.S.%20military%20has%20six,Marine%20Corps%2C%20and%20Space%20Force.)



[military#:~:text=The%20U.S.%20military%20has%20six,Marine%20Corps%2C%20and%20Space%20Force.](https://www.usa.gov/join-military#:~:text=The%20U.S.%20military%20has%20six,Marine%20Corps%2C%20and%20Space%20Force.)

-Learn about the different branches of the military.

Video: Careers in the Military

<https://www.youtube.com/watch?v=wB0FI7t5Qbl&t=48s>



Internships

Volunteer Leon:

[Volunteer Leon \(galaxydigital.com\)](http://galaxydigital.com)

Scholarships and Career Training

AmeriCorps:

<https://americorps.gov/join>



Job Corps:

<https://info.joinjobcorps.com/nsp>



Keiser University:

<https://degrees.keiseruniversity.edu/>



Lively Technical College:

<https://www.livelytech.com/>

