Hi! I’m Carson the Career Cat! What’s your name?

Follow the Career Cat!

Just like my whiskers make me aware of things around me, I’ll help you develop career awareness for discovering the thousands of career opportunities in our big world!
Developed by Oregon’s Partnership for Occupational and Career Information, a partnership among the Oregon Career Information System, Oregon Employment Department, Oregon Department of Education and the Oregon Department of Community Colleges and Workforce Development.

Questions: Contact Jason.M.Payton@oregon.gov, 503-947-1233.

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*Activities in this booklet are based on South Dakota Career Aware, 2004 Edition*  
South Dakota Department of Labor, Labor Market Information Center.*
Let’s get started!
### True / False Quiz

Under each statement, write why it is true or false.

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>True</td>
<td>False</td>
<td>– I need to know exactly what I want to be when I grow up.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>True</td>
<td>False</td>
<td>– Once I decide on a career, I have to stay in that career forever.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>True</td>
<td>False</td>
<td>– My job right now is being a student in school.</td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>True</td>
<td>False</td>
<td>– Lots of good work habits begin when I am a student.</td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>True</td>
<td>False</td>
<td>– Kids my age don’t have jobs.</td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>True</td>
<td>False</td>
<td>– We only learn things in school.</td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>True</td>
<td>False</td>
<td>– Working in a group is easy because everyone always agrees with each other.</td>
<td></td>
</tr>
<tr>
<td>8.</td>
<td>True</td>
<td>False</td>
<td>– People get hired for jobs just because they want them.</td>
<td></td>
</tr>
<tr>
<td>9.</td>
<td>True</td>
<td>False</td>
<td>– I need information to make good choices.</td>
<td></td>
</tr>
<tr>
<td>10.</td>
<td>True</td>
<td>False</td>
<td>– Positive thinking helps you take action; negative thinking causes you to stop.</td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>True</td>
<td>False</td>
<td>– I can learn from my mistakes.</td>
<td></td>
</tr>
<tr>
<td>12.</td>
<td>True</td>
<td>False</td>
<td>– It is important to have a plan of action when I decide on a career.</td>
<td></td>
</tr>
</tbody>
</table>
### Definitions

<table>
<thead>
<tr>
<th><strong>Occupation:</strong></th>
<th>The name for a unique set of tasks, skills and abilities that a worker performs. Many workers can be in the same occupation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Job:</strong></td>
<td>The set of tasks done for a specific employer.</td>
</tr>
<tr>
<td><strong>Industry:</strong></td>
<td>A business or group of businesses making similar types of goods or services.</td>
</tr>
<tr>
<td><strong>Employer:</strong></td>
<td>The person or company who pays a worker for doing a job.</td>
</tr>
</tbody>
</table>

1. **What occupations do your family members have?**

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

2. **What are some employers in your community?**

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

3. **What kind of jobs can be done in a hospital?**

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________
**Write it Down**

How many occupations can you write down that begin with the letter....

<table>
<thead>
<tr>
<th>P</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>S</td>
<td></td>
</tr>
<tr>
<td>B</td>
<td></td>
</tr>
<tr>
<td>C</td>
<td></td>
</tr>
</tbody>
</table>

Follow the Career Cat!
Word Search
Find the hidden words listed. Remember, the words can run up, down, backward, forward, or diagonally.

Word List

<table>
<thead>
<tr>
<th>CAREER</th>
<th>LABOR MARKET</th>
</tr>
</thead>
<tbody>
<tr>
<td>OCCUPATION</td>
<td>EMPLOYMENT</td>
</tr>
<tr>
<td>JOB</td>
<td>SALARY</td>
</tr>
<tr>
<td>TOOLS</td>
<td>PROFESSION</td>
</tr>
<tr>
<td>UNIFORM</td>
<td>WORK</td>
</tr>
<tr>
<td>INDUSTRY</td>
<td>SKILL</td>
</tr>
<tr>
<td>EMPLOYER</td>
<td>INTERESTS</td>
</tr>
<tr>
<td>WAGE</td>
<td>EXPLORE</td>
</tr>
<tr>
<td>INFORMATION</td>
<td>BUSINESS</td>
</tr>
<tr>
<td>TRAINING</td>
<td>GOAL</td>
</tr>
</tbody>
</table>

C  H  U  S  T  S  E  R  T  E  R  T  N  I  L  O
A  V  C  K  T  R  A  I  N  I  N  G  C  O
R  D  V  I  N  D  U  S  T  R  Y  C  P  E
E  M  P  L  O  Y  M  E  N  T  U  F  W  D
E  C  I  L  R  G  M  K  R  P  Q  S  A  N
R  W  T  A  E  P  S  E  A  G  O  M  G  N
J  U  L  S  L  O  O  T  J  N  X  O  E  J
Q  A  X  O  F  Z  I  D  O  C  A  I  O  L
S  B  Y  A  H  O  P  I  B  L  F  W  K  M
Y  E  R  E  N  B  S  Y  S  H  G  D  W  R
R  M  Q  B  S  S  E  N  I  S  U  B  K  O
Z  L  I  F  E  X  P  L  O  R  E  J  J  F
S  G  A  F  V  N  M  N  O  C  U  X  W  I
R  I  O  I  N  F  O  R  M  A  T  I  O  N
A  R  Z  T  M  H  T  P  K  Y  L  B  R  U
P  L  A  B  O  R  M  A  R  K  E  T  K  A
Exploring Careers
### UNSCRAMBLE

<table>
<thead>
<tr>
<th>Name</th>
<th>Career</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anna C. Coutt</td>
<td>accountant</td>
</tr>
<tr>
<td>Ray Creets</td>
<td></td>
</tr>
<tr>
<td>Tim Niser</td>
<td></td>
</tr>
<tr>
<td>Roy Tenat</td>
<td></td>
</tr>
<tr>
<td>Art Rein</td>
<td></td>
</tr>
<tr>
<td>Chet Incani</td>
<td></td>
</tr>
<tr>
<td>Leon Roucs</td>
<td></td>
</tr>
<tr>
<td>Nat Joir</td>
<td></td>
</tr>
<tr>
<td>Sami C. Thin</td>
<td></td>
</tr>
<tr>
<td>Regie Nen</td>
<td></td>
</tr>
<tr>
<td>Lela A. Prag</td>
<td></td>
</tr>
<tr>
<td>Vic E. Teedt</td>
<td></td>
</tr>
<tr>
<td>Bee W. Smart</td>
<td></td>
</tr>
</tbody>
</table>

**Words to choose from:**
- Minister
- Teacher
- Machinist
- Attorney
- Engineer
- Detective
- Technician
- Janitor
- Secretary
- Counselor
- Trainer
- Webmaster
- Paralegal
Matching

Draw a line connecting the name of a career with a tool that person might use.

Accountant

Nurse

Firefighter

Chef

Electrician

Astronomer

What tools might be used in these careers? Draw a picture of the tools.

Reporter

Carpenter

Elementary School Teacher

Doctor

... Follow the Career Cat! – 8
Assembly lines are where factories make products and each person is responsible for making a different part of it or putting pieces together. At the end, someone inspects it for accuracy.

What would it be like to work on an assembly line making 20 greeting cards?

Get in a group with 8 people. Each person will be in charge of one task.

Tasks:
1. Fold construction paper in half.
2. Color 4 daisy flowers yellow
3. Color 4 stems green
4. Cut out flowers and stems
5. Glue flowers on inside of card.
6. Write “Have A Great Day!”
7. Write on back of card “Made in the USA”.
8. Inspect card for accuracy. Ones with errors go back to be corrected.

What are the pros and cons of working on an assembly line?

What things around you do you think were made on an assembly line?
MAZE
Every occupation uses a unique set of tools. Find your way through the maze by taking the route with a firefighter’s tools.

START
MICROSCOPE
STETHOSCOPE
CASH REGISTER
SANDALS
TRUCK
PAINTBRUSH
SPOON
LIFERAFT
TWEEZERS
SCISSORS
HOSE
AXE

FINISH
FISHHOOK
BICYCLE
MEATGRINDER
HAIRBRUSH
WATER
ROPE
GLOVES
COMPASS
EXTINGUISHER
BUCKET
PAPERCLIP
BOOTS
FLASHLIGHT
COAT
PLOW
GLUE

. . . Follow the Career Cat! - 10
Cat Condo

What you learn today will help you tomorrow!

Reading and math are important skills to have. Architects and construction workers need to be able to plan, read and follow directions. They also need to know how to make estimates on how much material they will need and how much it will cost.

<table>
<thead>
<tr>
<th>Materials Needed</th>
<th>Unit Price</th>
<th>Total Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 sheet of plywood</td>
<td>$9.95</td>
<td></td>
</tr>
<tr>
<td>2 plastic tubes</td>
<td>$12.45 each</td>
<td></td>
</tr>
<tr>
<td>2 rolls of carpet</td>
<td>$24.49 each</td>
<td></td>
</tr>
<tr>
<td>1 box of screws</td>
<td>$8.99</td>
<td></td>
</tr>
<tr>
<td>1 can of tennis balls</td>
<td>$3.25</td>
<td></td>
</tr>
<tr>
<td>1 roll of yarn</td>
<td>$2.25</td>
<td></td>
</tr>
</tbody>
</table>

TOTAL:

1. What is the total cost of materials to build the cat condo?

2. Rounding to the nearest 50 cents, what is the estimated cost of materials to build the cat condo?

3. What school subjects would help you build a cat condo?

4. If there was a 15% increase in prices, how much would each material cost? What would the new total be?
CHOOSE AN OCCUPATION

1. Choose an occupation and write it down here.

__________________________________

2. What kind of skills do you think a person would need for this occupation?

__________________________________

__________________________________

__________________________________

3. What kind of tools do you think this person would use?

__________________________________

__________________________________

__________________________________

4. What do you think a typical day on the job might be like for this person?

__________________________________

__________________________________

__________________________________

5. How is their day on the job similar to your day at school?

__________________________________

__________________________________

__________________________________

6. What kind of education do you think a person would need for this occupation?

__________________________________

__________________________________

__________________________________
Interview

Interview a person who works in a career in which you are interested. Some questions you might want to ask are:

1. Where do you work?
2. What is your job title?
3. What is your favorite part of your job?
4. What is your least favorite part of your job?
5. Have you ever made a mistake in your job?
6. What is the easiest part of your job?
7. What is the hardest part of your job?
8. Do you use any special tools on your job?
9. Did you need special training for your job?
10. How did you figure out what career you wanted?
11. What was your favorite subject in school?
12. What school subject helps you the most in your job?
13. What career did you think about when you were young?
14. What do you like to do in your free time?
15. How did you choose your career?
Getting to Know Myself
Multiple Roles

Every person plays more than one role in life. Can you identify some of your roles?

1. I am the child of: ____________________________
2. I am the student of: ____________________________
3. I live in the community of: ____________________________
4. I am a member of: ____________________________
5. I am a player of: ____________________________
6. I am an owner of: ____________________________
7. I am a relative of: ____________________________

_______________________________ is a teacher at my school.
_______________________________ is a person in my neighborhood.
_______________________________ is a member of my family.
_______________________________ is a member of my team.
_______________________________ is a member of my class.


SELF-KNOWLEDGE

1. Things that interest me at home:

2. Things that interest me at school:

3. Things that I am good at doing:

4. Subjects I have to work hard at:

5. Subjects that are easy for me:

(Circle “Yes” or “No”)

1. I like to solve number problems...
   Yes   No

2. I like to write about my ideas...
   Yes   No

3. I am very organized...
   Yes   No

4. What careers might use some of these interests and abilities?

   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

... Follow the Career Cat! - 16
Good work habits are important in any job you have. Right now your job is going to school. Look at your work habits at school and at home and see where you could work to improve these habits for the future.

### School work habits

<table>
<thead>
<tr>
<th>Habit</th>
<th>Never</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arrive at school on time</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Listen to directions</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Hand in homework on time</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Cooperate with other students</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Check my work</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Work neatly</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Use time wisely</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Keep desk neat and clean</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Try to Improve grades</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Follow rules</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
</tbody>
</table>

### Home work habits

<table>
<thead>
<tr>
<th>Habit</th>
<th>Never</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wake up on time</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Listen to directions</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Do chores when I am supposed to</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Cooperate with brothers/sisters</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Check chores are done completely</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Put my stuff away</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Use time wisely</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Keep room neat and clean</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Help without being asked</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
<tr>
<td>Follow rules</td>
<td>0 1 2 3 4 5 6 7 8 9 10</td>
<td></td>
</tr>
</tbody>
</table>

Two habits I will try and improve on are:

1. 
2. 
## Work Environment

Think about the environment you may want to work in. On each line, circle the environment you like better.

<table>
<thead>
<tr>
<th>Work indoors</th>
<th>Work outdoors</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work with people</td>
<td>Work with information</td>
</tr>
<tr>
<td>Travel</td>
<td>Work in office</td>
</tr>
<tr>
<td>Work with hands</td>
<td>Work with mind</td>
</tr>
<tr>
<td>Work by myself</td>
<td>Work with groups</td>
</tr>
<tr>
<td>Work during the day</td>
<td>Work at night</td>
</tr>
<tr>
<td>Work in busy places</td>
<td>Work in quiet places</td>
</tr>
<tr>
<td>Wear a uniform</td>
<td>Wear street clothing</td>
</tr>
<tr>
<td>Make things</td>
<td>Sell things</td>
</tr>
<tr>
<td>Communicate with words</td>
<td>Utilize math skills</td>
</tr>
<tr>
<td>Work 12 months a year</td>
<td>Work seasonally</td>
</tr>
<tr>
<td>Work the same schedule each day</td>
<td>Work a variable schedule</td>
</tr>
<tr>
<td>Give directions to others</td>
<td>Take direction from others</td>
</tr>
<tr>
<td>Work with humans</td>
<td>Work with animals</td>
</tr>
<tr>
<td>Work under pressure</td>
<td>Work without deadlines</td>
</tr>
</tbody>
</table>

---

Can you think of any career or careers that have most of your favored environments?

... Follow the Career Cat!  –  18
Maintaining a home is a job almost all adults have. Think about what kind of home and family life you want in the future as an adult.

Where will you live? The city? The country? The suburbs? What state? Will you have any pets? What kind? Will you have children?

Write a story about how you see yourself in the future, perhaps 15 years from now. Talk about the things that will have changed. What will your life be like? Talk about what responsibilities you will have.
Your Name: __________________________________
Address: __________________________________
City: __________________ State: _________________ Zip Code: __________

Position Sought: __________________________________________________
(A job you might want to have)

Abilities and Talents: (List positive character traits and things you are good at. For example: good listener, reliable, computer skills, good in math, great speller)

✗
✗
✗
✗
✗

Achievements and Awards: (List awards you have received and when. For example: honor roll for 4th grade, perfect attendance 2nd grade, scouting award 2018, citizenship award)

✗
✗
✗

Work Experience: (List jobs you had or currently have. For example: dog walker, babysitter, plant waterer, salesperson at school store. These do not have to be jobs you receive pay for.)

✗
✗
✗

Education:
Grade  Name of School

References: (List people who will say good things about you)

✗
✗
CAN YOU... 

HAIKU

Haiku poems are unrhymed traditional Japanese poetry. They are very short, just 3 lines, with 17 syllables total. The first and third lines have 5 syllables and the second line has 7 syllables. Most Haiku poems describe some detail of everyday life with a personal reaction. The poems have two sections. The poet moves from description to reflection. Try to create an image of yourself or a career with just a few words following the Haiku format. Here are 3 samples to help you get started:

Susan:
A large broad smile
Her wide open brown eyes blink;
Happy in her skin

The Accountant:
Adding, subtracting
calculator on the desk;
Numbers never stop

The Vet:
The animals come
Each day the doors open wide–
Owners look like them
The Oregon Employment Department is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Language assistance is available to persons with limited English proficiency at no cost.

El Departamento de Empleo de Oregon es un programa que respeta la igualdad de oportunidades. Disponemos de servicios o ayudas auxiliares, formatos alternos y asistencia de idiomas para personas con discapacidades o conocimiento limitado del inglés, a pedido y sin costo.

Oregon.gov/Employ
RSPUB295b (0520)