

GRADES
5-8

A CAREER GUIDE FOR ME



PHead 

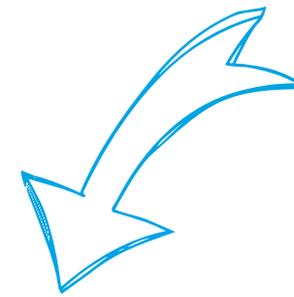
NAME: _____

GRADE: _____

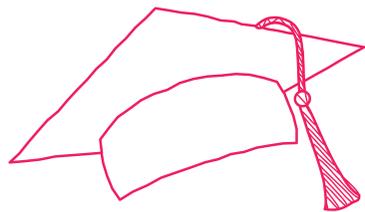
YEAR: _____

CLASS: _____

Table Of Contents



Why Should I Think About Careers Now?	4
Middle School Checklist	5
Why Are Grades So Important?	6
Exploring Careers	8
Careers That Relate To School Subjects	10
Things We Will Always Need	12
Career Clusters	14
Career Inventory	17
Be Excited About High School.....	18
College Knowledge Quiz	20
Why Get More Education?	21
Life After High School	22
Going To Work	24
It's All About The Money	26
So What Did You Learn?.....	27



Why Should I Think About Careers Now?

You're probably familiar with the careers of people close to you, like your family members and neighbors. **THERE ARE HUNDREDS OF CAREERS FOR YOU TO CONSIDER.** Now is the time to open your mind to all the possibilities the world has to offer you. Ask questions of those around you. Do they like their job? Why or why not? Exploring careers can be done in many ways, and talking to people is a great way to learn about jobs you may not have even considered.

Right now you are probably learning what you like and dislike, and about your strengths and weaknesses. **This workbook will help you explore careers that fit your personality and even those that do not!**

Keep in mind that many careers require some type of schooling after high school. These schools charge a fee and some can be expensive. Explore schools, their costs, and attend a financial aid night in your community. Talk to your family members about saving for college and about who will pay for what!

As you go through this workbook, keep the focus on you. What interests do you have? What careers do you like? What do you want to do with your future?

Enjoy and remember - It's All About You!

Middle School Checklist

Here are some things that you should be doing during your middle school years:

Put a ✓ in the box for all of the things you do.

- Learn to develop good study habits so you'll do better on tests and get better grades.
- Do your homework. Homework is practice and will help you do well in school. Spend more time on the subjects that are hardest for you.
- Keep up on reading assignments. Read books, magazines or online articles for fun.
- Tell your parents/guardians what you are learning in school.
- Stay on track with schoolwork and plan ahead for deadlines.
- Participate in sports, music, clubs, or activities at your school or in your community.
- Talk with adults you know about their jobs and what they like or dislike about them.
- Think about what kind of job you would like to have some day.
- Find out what classes are offered at your local high school. You might like to learn a foreign language or take a particular science or history class.
- Talk with your parents/guardians or another family member about continuing your education after high school.
- Learn about saving money for college and talk to your family about what their plans are for paying for your education after high school.

How many boxes did you check? _____

You are doing a good job in these areas!

How many boxes are NOT checked? _____

These are areas you should focus on this year. Ask your parents/guardians, teacher or counselor for help if you need it.

GOOD STUDY HABITS = GOOD GRADES = GOOD CAREER OPTIONS = GOOD LIFE!

Why Are Grades So Important?

Good grades are important! Why? Getting good grades will lead to more job options. And, more job options may lead to a better life for you.

What kind of student am I?

Put a ✓ in the column that best describes your study habits.

	MOSTLY	SOMETIMES	HARDLY EVER
1) I care about doing well in school.			
2) I try my best in school each day.			
3) I do my homework.			
4) I understand things that I have read.			
5) I have the things I need for class.			
6) I get along well with my teachers.			
7) I take good notes in class.			
8) I am good at taking tests.			
9) I ask and answer questions in class.			
10) I am happy with my grades.			



ACTIVITIES: Digital photography, video games and chess club

TALENTS: Leadership and problem-solving

BEST STUDY HABIT: Homework is always his first priority after school

LUIS, age 12

Scoring:

Mostly = 2 Points, Sometimes = 1 Point, Hardly Ever = 0 Points

Put your point total here: _____

15 – 20 Points: You are a very good student. Keep up the good work!

10 – 14 Points: You are doing pretty well. Keep looking for ways to do even better.

5 – 9 Points: You are doing OK but could be doing better. Ask your teacher or counselor for suggestions on how to improve your study habits and grades.

0 – 4 Points: You may be struggling in school, but you can get help. Ask your teacher or counselor for help so you can do better in school.

Exploring Careers

One way to explore careers is to think about the things you like to do, and then find careers that match your interests.

On the chart below, put a ✓ in the box next to the things you like to do. Then circle any careers that you find interesting.

I LIKE TO:

- Work with my hands
- Work with machines and tools
- Build and fix things

I MIGHT LIKE THESE CAREERS:

Mechanic	Chef/Baker
Carpenter	Pilot
Plumber	Engineer
Electrician	Truck Driver

I LIKE TO:

- Work with math and science
- Solve problems and puzzles
- Work with numbers and/or computers

I MIGHT LIKE THESE CAREERS:

Chemist	Pharmacist
Biologist	Scientist
Doctor	Accountant
Architect	Web Designer/ Computer
Veterinarian/ Vet Asst.	Forensic Scientist

I LIKE TO:

- Sing, act, dance, or play music
- Create things like writing or art
- Speak or perform in front of others

I MIGHT LIKE THESE CAREERS:

Singer	Photographer
Musician	Designer
Actor/actress	Reporter
Writer	Editor
Art Teacher	Advertising/ Marketing

I LIKE TO:

- Lead people
- Sell things or ideas
- Be in charge of people

I MIGHT LIKE THESE CAREERS:

Manager	Insurance Agent
Advertising	Lawyer
Real Estate Agent	Stockbroker
Politician	Sales/Marketing

ACTIVITIES: Skateboarding, plays trumpet in band and draws comics

DREAM: To be a music conductor

BEST STUDY HABIT: Keeps a homework planner to make sure his assignments are turned in on time

JIMMY, age 13



I LIKE TO:

- Solve problems
- Work with other people
- Be helpful

I MIGHT LIKE THESE CAREERS:

Nurse	Insurance Agent
Teacher	Lawyer
Therapist	Paralegal
Counselor	Firefighter
Librarian	Police Officer

I LIKE TO:

- Work with numbers
- Be organized
- Follow rules

I MIGHT LIKE THESE CAREERS:

Secretary	Accountant
Bank Teller	Office Assistant
Court Reporter	Data Entry Clerk
Payroll Clerk	

Careers That Relate To School Subjects

The subjects you like in school may help you decide which career you want to have when you grow up. Attending school regularly and doing your best will better prepare you for college and the workforce someday.

Take a look at the school subjects below. Place a ✓ next to all of the ones you like. Then see how your favorite subjects relate to different careers. Circle the careers you think are interesting.

I LIKE:	I MIGHT LIKE THESE CAREERS:	
<input type="checkbox"/> Language Arts (English, Reading, Language Translator, Vocabulary, Spelling, Writing, Foreign Language)	Writer/Author Editor Librarian	Language Translator Technical Writer News Anchor
<input type="checkbox"/> Math	Accountant Engineer Insurance Agent	Statistician Financial Planner Stock Broker
<input type="checkbox"/> Science	Doctor Scientist Meteorologist	Crime Scene Investigator Physician Assistant Pharmacist
<input type="checkbox"/> Social Studies (History, Geography)	Historian Museum Guide Surveyor	Travel Agent Attorney Archeologist
<input type="checkbox"/> Gym/Health	Coach Therapist Nurse	Trainer Nutritionist Chiropractor

ACTIVITIES: Drawing, painting and recycling club

DREAM: To become a fashion designer and start her own clothing line

BEST STUDY HABIT: Not afraid to ask for help when she needs it

ALEXIS, age 12



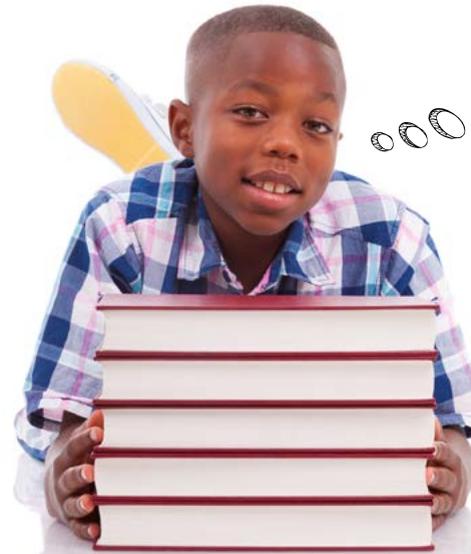
I LIKE:	I MIGHT LIKE THESE CAREERS:	
<input type="checkbox"/> Art	Artist Animator Landscape	Photographer Graphic Designer Architect
<input type="checkbox"/> Music	Singer Producer Songwriter	Musician Director Agent
<input type="checkbox"/> Computer Technology	Programmer Game Design Technician	Web Design Database Analyst Security
<input type="checkbox"/> Family and Consumer Science (Industrial Tech, Home Ec, etc.)	Mechanic Welder Child Care	Carpenter Chef Cosmetologist

Things We Will Always Need

Another way to explore careers is to think about things we need and use every day like food, clothing, shelter, and entertainment. Think about the things you enjoy doing and your skills. This might help you find the right career!

Take a look at this list and circle any careers that might interest you.

WE WILL ALWAYS NEED:	CAREERS THAT PROVIDE THIS:	
✓ Food	Chef Restaurant Owner Waiter	Waitress Baker Manager
✓ Clothing	Salesperson Store Manager Tailor	Fashion Designer Delivery Person
✓ Shelter	Carpenter Plumber Electrician	Roofer Real Estate Agent Mason/Stone Installer
✓ Transportation	Auto Mechanic Car Salesperson Pilot	Train Conductor Flight Attendant Bus/Tractor Trailer/ Taxi Driver
✓ Safety	Police Officer Firefighter Paramedic	Prison Guard Military Services
✓ Education	Teacher Counselor Teacher's Aide	Librarian Principal



ACTIVITIES: Reading, roller hockey and yearbook club

TALENTS: Writing short stories, great math skills

BEST STUDY HABIT: Looks up words he doesn't know when reading

ETHAN, age 11

WE WILL ALWAYS NEED:	CAREERS THAT PROVIDE THIS:	
✓ Entertainment	Singer Actor Musician Producer	Writer Director TV/Radio Announcer Dancer
✓ Health Care	Doctor Nurse Dentist Dental Hygienist Therapist Home Health Aide Social Worker	Physician Assistant Radiology Technician Medical Assistant Pharmacist Nutritionist Chiropractor Veterinarian
✓ Computers	Web Designer Technician Animator	Game Designer Systems Analyst Security
✓ Personal Services	Cosmetologist Personal Trainer	Childcare Worker Massage Therapist

Career Clusters

Career Clusters group similar jobs together because they share many of the same skills.

Below are a number of clusters and jobs. You may be familiar with some but not others. Put a ✓ in the box next to any clusters that might interest you. Then circle any jobs you might like.

Visit the Career Planning section of EducationPlanner.org to learn more about these jobs!

<input type="checkbox"/> Agriculture, Food and Natural Resources	
Health and Safety Technician	Veterinarian
Farmer	Heavy Equipment Operator
Natural Gas Plant Operator	Mechanical Engineer
<input type="checkbox"/> Architecture and Construction	
Cement Masons/Finisher	Electrician
Maintenance/Repair Worker	Engineer
Solar Panel Installer	Plumber
<input type="checkbox"/> Arts, Audio/ Video Technology and Communications	
Computer Programmer	Editor
Program Director	Telecommunications Installer
Radio Mechanic	Entertainer/Performer
<input type="checkbox"/> Business, Management and Administration	
Office Clerk	Auditors
Biofuels Production Manager	Advertising Manager
Wind Energy Project Manager	Secretary

<input type="checkbox"/> Education and Training	
School Psychologist	Interpreter and Translator
Distance Learning College Professor	Career/Technical Education Teacher
Fitness/Wellness Coordinator	Teacher
<input type="checkbox"/> Finance	
Loan Officer	Telemarketer
Insurance Sales Agent	Bill/Account Collector
Teller	Sales Representative
<input type="checkbox"/> Government and Public Administration	
Legislator	Special Forces Officer
Coroner	Social/Community Service Worker and Manager
Construction/Building Inspector	Real Estate Appraiser
<input type="checkbox"/> Health Science	
Pharmacist	Medical Assistant
Respiratory Therapist Technician	Allergist
Physician Assistant	Nutritionist
<input type="checkbox"/> Hospitality and Tourism	
Hotel and Motel Desk Clerk	Chefs/Head Cook
Lodging Manager	Food Service Manager
Gaming Worker	Housekeeping
<input type="checkbox"/> Human Services	
Marriage and Family Therapist	Probation Officer
Residential Advisor	Emergency Management Director
Recreation Worker	Protective Service

Career Clusters (continued)

Information Technology

Database Administrator	Graphic Designer
Computer Programmer	Web Site Manager
Systems Engineer	Information Security Analyst

Law, Public Safety, Corrections, and Security

Fire Inspector	Animal Control Worker
Intelligence Analyst	Sheriff
Security Guard	Legal Assistant

Manufacturing

Elevator Installer/Repairer	Nuclear Technicians
Production Worker	Power Plant Operator
Machinist	Occupational Health and Safety Specialist

Marketing, Sales and Service

Survey Researcher	Driver
Sales Representative	Stock Clerk
Real Estate Agent	Marketing Specialist

Science, Technology, Engineering, and Mathematics

Civil Drafter	Cost Estimator
Fuel Cell Technician	Water Resource Specialist
Hydrologist	Biochemist

Transportation, Distribution and Logistics

Motorcycle Mechanic	Aerospace Engineer
Freight and Cargo Inspector	Shipping/Receiving Clerk
Tractor Trailer Truck Driver	Automotive Master Mechanic

Career Inventory

This will help you decide what classes to take in high school and what type of education you may need after you graduation.

Use this sheet to list the things you learned about yourself and the careers you think might be best for you.



My interests, activities and favorite subjects:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Careers I circled on the activities and quizzes:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Be Excited About High School

As you look into your future, here are some tips that can make your high school years fun and successful:

- ✓ **Get familiar** – attend your high school orientation. Not only do you get to tour the school and find out where the classrooms, gym, cafeteria, and bathrooms are, you also might meet some of your teachers.
- ✓ **Be prepared** – read all the class descriptions before you pick your high school classes. You don't want to pick something you don't like or miss out on something fun. If you would like "hands on" learning in fields such as construction or landscaping, talk to your teachers or counselor about technical courses you might be able to take in high school.
- ✓ **Be involved** – there are so many activities and things to do in high school...things such as clubs, music and theatre groups, student government, and sports teams. Stay involved in what you liked before, but don't be afraid to try something new – you just might surprise yourself!
- ✓ **Be ready** – high school requires studying harder, and there are more assignments than in middle school. Be ready to ask for help and talk to your teachers.
- ✓ **Be organized** – your teachers will not always remind you when assignments are due. Use a planner to mark assignments, deadlines and tests. You can keep track of what is due for all of your classes in one easy place.
- ✓ **Be smart** – turn in your homework, pay attention in class, study, and try the very best you can. Freshman year does count! Employers, colleges, tech schools, and the military will all check on your grades, attendance and activities – even what you did in 9th grade!
- ✓ **Be kind** – to yourself and to others. Don't make fun of someone who is different than you – respect who they are. No one likes to be made fun of, bullied or called names.



ACTIVITIES: Music, dancing and student government

DREAM: To become a marine biologist and work with dolphins

BEST STUDY HABIT: Organizes her desk and avoids distractions when studying

ALENA, age 10

- ✓ **Be in control** – no one controls who you are and the things that you can do. Say "NO" to alcohol, tobacco, drugs, and anything else that just doesn't seem right. Be the boss of you.
- ✓ **Be strong** – in your mind and in your heart. Stick up for what you believe in and who you are.
- ✓ **Be YOU** – don't change who you are because you want to fit in or make friends. Be YOU no matter what everyone else around you is doing. Just kick back, be confident and, most of all, have fun being YOU!

College Knowledge Quiz

If you decide to go to college or technical school, you're going to find that it's **NOTHING** like middle school or high school! You already know a lot about your school, so let's see how much you know about college.

Do you think the following statements are true or false?

- College does NOT have to mean 4 more years of school.
- I should pick a college or technical school based on the career I want.
- If I go to college, I will probably get a better job that pays more money.
- Doing well in middle school and high school will prepare me for college.
- Getting good grades will help me get into college.
- College will be harder than middle school and high school.
- Going to college is NOT like going to school from 8:00 a.m. to 3:00 p.m. each day.
- Being active in my school and my community will help me get scholarships.
- I might get free money from the government to help me pay for college.
- There are jobs available to students who want to work on a college campus.
- I can wait and go to college after I've been out of high school for a while.
- My high school teachers and counselor can help me with college applications.
- My high school teachers and counselor can help me find information about scholarships.
- I can have fun at college and still get good grades.
- I should think about colleges that are close to home, even if I want to go far away.
- I won't have to repay the money I get from grants and scholarships.
- Loans must be repaid – with interest – which means I'll pay back more than I borrow.
- Before I borrow, I should research how much money I can make in my potential job/career.

Answers
on pg. 23



ACTIVITIES: Basketball, cross country and community service club

TALENTS: Good teammate, willing to try new things

BEST STUDY HABIT: Always takes notes in class

DOMINIC, age 12

Why Get More Education?

People who have more education after high school tend to make more money than those who don't. That's why you should finish high school and consider getting more education after high school. It can help you have more career choices and earn more money for the rest of your life!

LEVEL OF EDUCATION OR TRAINING:	HOURLY EARNINGS:
High School Dropout	About \$11 an hour
High School Graduate	About \$15 an hour
Education or Training After High School	\$18 an hour and more

The more you learn, the more you earn!

Life After High School

When you hear the word “college,” it does NOT have to mean 4 more years of school! You have many choices to continue your education after high school.

Many jobs offer **on-the-job training** that lets you work for a company or business and get paid while they train you.

You might be interested in an **apprenticeship**, which usually lasts 2 to 4 years. This allows you to learn and work alongside an expert in a trade, like electrical, welding or plumbing, while being paid.

Or, you may be interested in earning a **certificate**. You will learn a skill, like truck driving or massage therapy, without spending a lot of time in college.

An **associate degree**, on the other hand, can take 2 years to earn, but can lead to a career in fields such as nursing, dental hygiene or auto mechanics.

Do you enjoy learning? If so, a **bachelor degree** might be right for you. It usually takes 4 years to complete and will allow you to have a career in fields such as teaching, engineering and management.

If you want to be a lawyer, pharmacist or physical therapist, you will need a **graduate degree**. You will probably go to college for 6 or more years to earn this degree.

The United States **military** is another option after high school. This will allow you to serve your country, receive training, and have opportunities to travel to other parts of the country and the world. You can even get free money to go to college after you leave the military.

The possibilities are endless and are truly up to you!

Explore, question, visit, and research everything you can. Talk to your parents/guardians, a counselor or another adult you trust about what you would like to do after high school.

ACTIVITIES: 4-H club, swimming and youth group

TALENTS: Helps run the family farm, does chores and homework without being asked

BEST STUDY HABIT: Reviews flash cards with her mom

EMMA, age 10



Quiz Results!

Answers to College Knowledge Quiz (page 20)



The answer to all of these statements is true.

Use them as tips to help you when you think about going on to college or technical school. Your education after high school will be very different from middle school and high school. And it can lead to great career opportunities and a great life for you. Be sure you graduate from high school and then look at whatever comes next for you.

Going To Work

Hopefully, you found some careers that interest you. Some day you will be going off to work and it is very important that you have good work habits. Let's take a look at how you might do if you went to work TODAY!

How are your work habits?

Put a ✓ in the column that best describes your work habits.

	MOSTLY	SOMETIMES	HARDLY EVER
1) I get up on time in the morning.			
2) I get along with other people.			
3) I go to school each day.			
4) I keep my room neat and clean.			
5) I follow directions.			
6) I get homework done on time.			
7) I do what I am told.			
8) I get my chores done on time.			
9) I follow rules at home and at school.			
10) I do things without being asked.			



ACTIVITIES: Drama club, knitting and Girl Scouts

TALENTS: Organizing group activities for friends, always helpful to others

BEST STUDY HABIT: Doesn't procrastinate on large assignments

SHAYLA, age 12

Scoring:

Mostly = 2 Points, Sometimes = 1 Point, Hardly Ever = 0 Points

Put your point total here: _____

15 – 20 Points: Outstanding! You have very good work habits. Keep up the good work!

10 – 14 Points: You are doing well, but could be doing a little bit better.

5 – 9 Points: You have some changes to make to improve your work habits.

0 – 4 Points: Ask your parents, teacher or counselor for help in improving your work habits.

GOOD WORK HABITS + STRONG CHARACTER TRAITS = GREAT CAREER OPTIONS!

It's All About The Money

Getting an education after high school costs money. But how will you and your family pay for it?

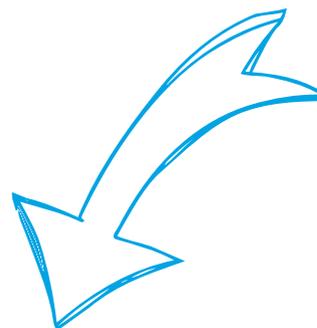
Here are some things for you and your family to consider as you explore life after high school:

- 1) Saving for college now is very important. The more you save before you go, the less you will have to borrow later. That means more money in your pocket when your education is completed!
- 2) Many students receive grants based on their family income, or scholarships based on things like grades, activities and special talents. Grants and scholarships do not have to be repaid.
- 3) Students and parents can also receive loans to help pay for education after high school. But loans must be repaid – with interest – which means you'll pay back more than you borrow. Paying back these loans can take 10 years or more!
- 4) Before you borrow money, you'll need to research how much money you can expect to make in your chosen job/career. You should only borrow what you absolutely need.
- 5) If you don't pay your student loan or bills on time, it could prevent you from getting a car, credit card, apartment, or house.
- 6) Before you pick a job, research the fastest growing occupations. If you can't find a job, you may not be able to repay your student loan.

Get A Head Start!

Talk with your parents or guardians about starting a PA 529 College Savings Plan. Visit PA529.com for more info.

So What Did You Learn From These Activities?



- Did you learn some things that will help you become a better student?
- Are you interested in education after high school?
- Do you see the connection between doing your best in school and having more career options when you're older?

Continue your college and career planning at EducationPlanner.org

EducationPlanner.org can help you with all of the things you learned in this workbook. You can take online quizzes that help you learn things about yourself. You can explore hundreds of exciting careers. And you can look at the different education and training options. It's free, easy, fun... and accessible 24/7.

If you have any questions about the website, ask your teacher, counselor or parents for help.

It All Starts Now!

Do your best in school and start exploring your career options now. This will help you when it's time to...

- Choose your high school courses.
- Continue your education and training.
- Start working in the career you choose.

Created in 1963 by the Pennsylvania General Assembly, the Pennsylvania Higher Education Assistance Agency (PHEAA) has evolved into one of the nation's leading student aid organizations. Today, PHEAA is a national provider of student financial aid services, serving millions of students and thousands of schools through its loan guaranty, loan servicing, financial aid processing, outreach and other student aid programs. PHEAA's earnings are used to support its public service mission and to pay its operating costs, including administration of the Pennsylvania State Grant and other state-funded student aid programs. PHEAA continues to devote its energy, resources and imagination to developing innovative ways to ease the financial burden of higher education for students, families, schools, and taxpayers. PHEAA conducts its student loan servicing activities nationally as American Education Services (AES) and FedLoan Servicing.

PHEAA.org

800.692.7392



facebook.com/pheaa.aid

For the latest financial aid information that you need to know, including student aid tips, upcoming deadlines and free financial aid workshops, like us on Facebook.



Pennsylvania Higher Education Assistance Agency

1200 North Seventh Street, Harrisburg, PA 17102-1444

These materials have been developed and paid for by the Pennsylvania Higher Education Assistance Agency (PHEAA) for informational purposes. Although the information contained in this document is believed to be accurate at the time of printing, PHEAA does not guarantee its accuracy. You should independently verify that this information is correct.