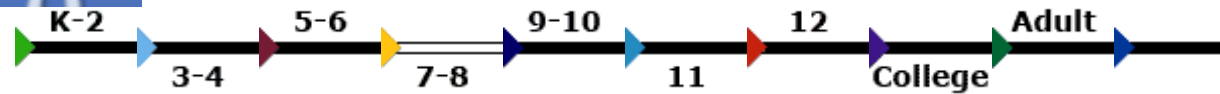




Planning Timeline: 7th and 8th Grades



The middle school/junior high years are a time for exploring—learning about your interests and about the kinds of occupations you might enjoy. Once you have identified those, you will have a better idea about the courses you should take in high school. We suggest that you do the following:

- Continue to try new activities—both at school and in other community environments—to learn about what you like to do and in what settings you feel most comfortable.
- Think about how the things you are learning in school could be applied to work. Pay special attention to the subjects in which you achieve good grades.
- Talk with your guidance counselor or teachers about your tentative career goals and what education choices will support those goals.
- Begin creating a portfolio of career-related items by using the online *Kuder* Career Portfolio. Enter academic accomplishments and record career exploration experiences with the [Note Taker](#) feature of the portfolio. You may wish to start a basic resumé with the [Resumé Builder](#) and begin recording accomplishments there as well.
- Take the interest assessment, the *Kuder*[®] *Career Search with Person Match*, to find two or more clusters of jobs you might like based on your interests.
- Take the *Kuder Skills Assessment* to learn more about your current skills and review the Composite Report to see how your interests and skills match up. Don't worry if they don't; you still have plenty of time to increase your skills in almost any cluster.
- Choose [Explore Careers](#) to find a list of occupations in those clusters and to get information about them. Talk to your parents about your results. Save the most interesting occupations to your favorites list. Choose [Plan for the Future](#) to begin to develop a four-year or six-year education plan that would prepare you for work in your selected cluster(s).