

## What if I don't know what I want to do after high school?

- Talk to your school counselor
- Explore your interests through an interest inventory! In addition to [Naviance](#), another excellent free resource is [O\\*Net](#), in particular the [My Next Move](#) section can help you narrow down potential career paths.
- Career Clusters are a great way to start thinking about next steps - they break down occupations into fields that require similar skills. O\*Net offers a [browse by career cluster](#) feature that may be helpful.
- Interest inventories Can help you narrow your interest into categories, the six categories below are based on the Holland Codes:



Realistic: Practical, hands-on, tangible work.

Investigative: Research orientated, knowledgeable, curious.

Artistic: Expressive, creative, visual.

Social: Enlighten, inform, train, helping, empathetic.

Enterprising: Influence, persuade, perform.

Conventional: Data driven, analytical, detail orientated.

## **Resumes and Cover Letters**

- Your resume is a summary of you! It should include your name, contact information, educational background, experiences, skills, activities, and achievements.
- Your resume is an advertisement that you give to a prospective employer.
- You can use Microsoft Word, Google Docs, or any free templates to write your resume.
- A cover letter is a document you send to prospective employers along with your resume. The cover letter provides additional information on your skills and experience. Think of it as a sales pitch that helps you get the interview.

The videos below may be helpful in the development of a resume and cover letter.

[High School Resume](#)

[How to write a cover letter](#)

## **Apprenticeships**

What is an apprenticeship? It's a work based training program that includes classroom instruction training component and a hands on paid job training component.

### Resources:

[Apprenticeship NH](#) is an excellent resource for NH high school students. They explain the in's and out's of the program and share which employers are currently looking for apprentices.

[NH Employment Security](#) offers information regarding the apprenticeship process for the state of NH.

[The US Department of Labor](#) offers information regarding apprenticeships from the national perspective.

### **Degrees, certificates, credentials....do you know the difference?**

Credentials: issued by a 3rd party with authoritative power. Proof of an individual's qualification or competence.

Micro-Credentials: digital, short, and relatively low-cost online learning experiences targeted at a specific skill or industry - a type of mini-certification.

Digital Badge: serves as a visual representation of a micro-credential.

License: workers in certain fields must have a license - they are legally required to practice certain professions. Licensing is intended to ensure that competent and ethical individuals practice in an occupation. Examples of occupations licensed in many states include: teachers, land surveyors, doctors, lawyers, cosmetologists, nurses, building contractors, counselors, therapists, and electricians.

Certification: recognizes and validates an individual's qualifications in a certain subject - they assure there is a baseline level of competence.

## **Degrees**

Certificate Program: typically offered by community and technical colleges a program of education that results in a certificate of completion rather than an educational degree.

Associates: typically offered by community and technical colleges, an associate degree includes roughly two years of coursework. Depending on the discipline, students may also complete practical requirements. Internships and practicums are common in healthcare and technology programs.

Bachelors: offered by colleges and universities, typically 4 years of coursework. Roughly 120 credit hours of coursework. Depending on the field, a bachelor's degree can be sufficient for mid-level and managerial positions.

Masters: master's programs blend coursework, projects, and research requirements. Programs typically end with a thesis, capstone project, or cumulative examination. Typically 2+ years. .

Doctorate: a doctorate is the highest level of formal education available. Doctoral programs include coursework, comprehensive exams, research requirements, and a dissertation. Typically 2 - 10 years to complete.