

## CFNC.org Activities

1. A **CFNC Account** is required to access Career Tools and Assessments. Go to **[www.CFNC.org](http://www.CFNC.org)** and choose **Create My CFNC Account** located at the top of each webpage. Follow the three easy steps to create an account.
2. Please keep your account name and password private. Write them down for future reference.  
CFNC Account Name: \_\_\_\_\_ CFNC Password: \_\_\_\_\_

### Activity I: Interest Profiler – determine careers that match your interests

1. Log into CFNC.org and sign into your account.
2. Choose **Plan**
3. Choose **For Career**
4. Click **Learn about Yourself**
5. Take the **Interest Profiler**

What were your two main career interest areas? \_\_\_\_\_

You will receive a list of occupations that correspond to your interests. Click on the names of the careers and spend some time looking over information about the career (duties, outlook, required education, salary, etc.) Which occupations interest you the most?

Career	Growth (Increasing/ Average/ Decreasing)	Salary	Education Needed

### Activity II: Career Cluster Survey – explore information about careers in specific industries

1. Log into CFNC.org and sign into your account.
2. Choose **Plan**
3. Choose **For Career**
4. Click **Learn about Yourself**
5. Take the **Career Cluster Survey**

What industries interest you the most? \_\_\_\_\_

Record information about the careers that interest you the most here:

Career	Growth (Increasing/ Average/ Decreasing)	Salary	Education Needed

**Activity III: Work Values Sorter** – learn what values are most important to you in a career

1. Log into CFNC.org and sign into your account.
2. Choose **Plan**
3. Choose **For Career**
4. Click **Learn about Yourself**
5. Take the **Work Values Sorter**

What were your two main work values? \_\_\_\_\_

You will receive a list of occupations that match your values or what is important to you. Click on the names of the careers and spend some time looking over information about the career (duties, outlook, required education, salary, etc.) Which careers interest you the most?

Career	Growth (Increasing/ Average/ Decreasing)	Salary	Education Needed

What did you discover about yourself by taking the Interest Profiler, Work Values Sorter, and Career Cluster Survey? How do your interests, values and educational goals line-up or not?

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**Activity IV: Goals** – pull together ideas from your previous research

Look over what you wrote down on the previous pages. In the space below, record your top two potential careers and related college programs which interest you the most. You can also use the Career Finder on the CFNC.org website to help you complete this section (optional).

1. Log into CFNC.org and sign into your account.
2. Choose **Plan**
3. Choose **For Career**
4. Click **Explore Careers**
5. Use the **Career Plan Builder** listed under the Career Exploration Tools section

<p><b>1. Career:</b> _____ <b>College Program:</b> _____</p> <p>What interests you about this career?</p> <p>_____</p> <p>As a next step, how can you try out this idea (talk to someone, volunteer, take a class, etc).</p> <p>_____</p> <p>What are some related college programs?</p> <p>_____</p> <p>What are some related careers?</p> <p>_____</p>
<p><b>2. Career:</b> _____ <b>College Program:</b> _____</p> <p>What interests you about this career?</p> <p>_____</p> <p>As a next step, how can you try out this idea (talk to someone, volunteer, take a class, etc).</p> <p>_____</p> <p>What are some related college programs?</p> <p>_____</p> <p>What are some related careers?</p> <p>_____</p>

Please call Career Services at 704-330-6551 to schedule an appointment to discuss your goals with a career counselor. We have other assessments available for you to complete, and these can help you narrow your goals down further. Career Services is here to help you.