

CNS High School Counseling

Career Planning

Deciding on an occupation is a process that happens over time, not a single one-time decision. It is a process that involves research and decision-making and can be both exciting and anxiety producing, hopeful, and stressful. It involves a team approach between student, parents, and counselor. The CNS High School counseling staff offers each student the opportunity for success in post high school endeavors by enhancing the development of academic skills, interpersonal skills and self-understanding.

Annually, students will meet with their counselor to review coursework and create a schedule that will form a pathway to career opportunities.

The Career Center located on the first floor provides a wealth of information for those students who choose to take advantage of it. You will find computer programs, videos, catalogs, and books to aid you in your search for the career or college that fits you. Ms. Peavey is available to demonstrate how to use the computer systems and assist you with your college, career, or financial aid search.

There are many sources of printed reference material to assist students with career and college choices. Books are available on career choices, exam preparation, colleges, financial aid and scholarships, college sports, vocational schools, learning disabled colleges, jobs and careers.

Military Service information is also available in the Career Center. Periodically, representatives from the different branches will come to the school to talk to interested students.

Job Shadowing is another career exploration activity that many CNS students participate in to help them solidify career choices. See Mrs. Peavey if you are interested in shadowing a professional person. Each student has one opportunity per year to do a job shadow.

In the fall, **representatives from various colleges and universities** come to visit students in the Career Resource Center. These visits are announced during homeroom and also posted in the Guidance Office. Students may come to the Guidance office or Career Center to get a pass to meet with a representative.

The following career-related links are provided for your convenience

***LINKS TO THIRD PARTY SITES:** The links in this area will let you leave the North Syracuse Central School District ("The District") site. The linked sites are not under the control of the district and The District is not responsible for the contents of any linked site or any link

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Occupational Outlook Handbook: <http://www.bls.gov/oco/> - Access this excellent career resource by the Bureau of Labor Statistics for information about thousands of occupations. Search specific occupations or occupational categories and get information about the nature of work in that occupation, working conditions, employment, training and advancement, the job outlook, earnings, and related occupations. This is a valuable resource for career exploration.

Library of the Workplace: <http://www.cord.org/workplacelibrary/> - This site was designed by the Center for Occupational Research and Development to make connections between the worlds of school and work, to answer the question, "Why do I have to learn this?" Explore how the academic concepts in a variety of subject areas are applied in the world of work (Academic Concepts). The site is organized into other areas including Student Activities, Jobs and Careers, Work Skills, and more. Students can learn from individuals who are currently in occupations in a variety of fields and companies. This is a very interesting, engaging site!

O*Net Center Online: <http://online.onetcenter.org/> -Offers access to the Occupation Information Network (O*NET), a database of occupational information that can be used for career exploration.

Job Profiles: <http://www.jobprofiles.com/> This site has profiles of people who are actually working in the occupations highlighted.

Job Star: <http://jobstar.org/tools/career/spec-car.htm> - This site has links to a wide variety of information about different occupations

SUNY Career Development Organization: <http://www.ub-careers.buffalo.edu/cdo/cdocareer.html> - This site provides links to career information about 14 career areas.

Job Hunters Bible: <http://www.jobhuntersbible.com/> - Provides information about the whole career exploration and job search process. What Color is Your Parachute?

<http://www.nymmentor.edu> – Find out about college programs, take online campus tours, get financial aid information and estimates, create your own college e-mail account, get answers to frequently asked questions, learn about career opportunities.

<http://www.a2zcolleges.com> – Directory of colleges sorted geographically and by program.

<http://www.students.gov> - Cooperative effort between the government and colleges to include links about financial aid, finding a college, career development, community service and military service.

<http://www.petersons.com> – Peterson's, a college guide publisher, has several interactive tools to look up colleges or find ones that match student interests.