

SECTIONS:

2.1 CAREER RESEARCH

2.2 ASSESS FINANCIAL NEEDS

SUGGESTED TIME: 1 HOUR

TRANSPARENCIES:

T-2.1-1 Objectives

PARTICIPANT OBJECTIVES:

- Identify and research career possibilities
- Determine your financial needs as a way of estimating your salary requirements

ACTIVITIES

2.1 CAREER RESEARCH

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1. Ask the group: " How would you find information on careers?" For example, if you are interested in exploring an occupation as a chef, where would you begin?

KEY POINT

- Make career decisions with as much information as possible. Choose intelligently. The more knowledge you have about an occupation, the better prepared you are to move in to that career knowing both the positive and negative aspects of working in that field.
2. Discuss resources available to conduct career exploration. Refer to page 28.

When searching for books or articles, look not just for information about how to get a job, but also information about what the job itself entails.

Example books available at many libraries and some transition offices:

The Complete Job-Search Handbook: Everything You Need to Know to Get the Job You Really Want, by Howard E. Figler, Owl Books; ISBN: 0805061916, Paperback - 370 pages 3rd edition (November 1999).

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What Color Is Your Parachute? A Practical Manual for Job-Hunters & Career-Changers, by Richard Nelson Bolles, Ten Speed Press, ISBN: 1580083412; 368 pages 32nd edition (December 2001).

Career Counselor's Handbook, by Richard Nelson Bolles and Howard E. Figler, Ten Speed Press; ISBN: 1580081576; Paperback - 320 pages (February 2000).

Job shadowing is an opportunity for an interested person to "shadow" an employee from just a few hours up to a few days. By doing this, the career seeker is exposed to the daily activities of a specific position and is able to make more informed decisions about whether such a position would fit their skills and aptitudes.

Links to additional resources are available on the facilitator website and also on the participant website.

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2.2 ASSESS FINANCIAL NEEDS

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1. Have the class list all forms of income. Record on chart paper.

KEY POINT

- When members of the military analyze their budget it is important to include base pay, hazardous duty pay, sea pay, etc. Also consider travel and meal reimbursements as well as all the free or reduced cost services they receive, such as, medical and dental care, base housing, commissary and exchange privileges.
2. Discuss the importance of budgets and financial planning for individuals as well as families.
 3. Refer to pages 34 and 35 in the Participant Manual. Discuss each item and how to figure monthly expenses.
 4. Require the class to complete the Transition Budget Worksheets for homework. Explain the forms might need research and/or input from spouse.

Additional financial planning information is available through the facilitator website. Some transition offices also offer such resources.

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