

## Career Exploration Resources

### TREES Discussion Guide Tools

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#### GENERAL RESOURCES:

1. **CareerOneStop Video Library, U.S. Department of Labor**  
Career Videos: <https://www.careeronestop.org/Videos/CareerVideos/career-videos.aspx>  
Career videos are organized into 16 clusters, or related types of work. Select a category to view a list of videos related to that cluster. Videos include career details such as tasks, work settings, education needed, and more.
2. **True Colors Personality Test**  
The 14-page document details the quiz and the interpretation of the results.  
<https://www.ira.esc14.net/upload/page/0255/True%20Colors.pdf>
3. **O\*NET OnLine, U.S. Department of Labor**  
O\*Net can help you further understand what realities lie behind a simple job title. With this resource, you can do a deep dive into the position context, education required, and skills and knowledge needed to be successful. You'll also learn about the work activities associated with a particular role. By allowing you to search by job zone, job family, industry, career cluster, and more, O\*Net offers you many possible ways to explore and learn how different roles fit together.  
<https://www.onetonline.org/>
4. **Firsthand: A Day in the Life, Columbia University**  
The Day in the Life articles allow you to read examples of a "typical day" on the job for roles in 18 different industries, from accounting to STEM fields.  
<https://firsthand.co/library/collections/a-day-in-the-life?page=1>
5. **ConnectEd, The National Center for College & Career**  
Career Videos at <https://www.youtube.com/playlist?list=PLCB93A8CC51AF5312>
6. **Virtual Job Shadowing Videos**  
[https://www.youtube.com/playlist?list=PLphixWj0dfWzj\\_gQ0xKWaL6-5-6MFBQ1v](https://www.youtube.com/playlist?list=PLphixWj0dfWzj_gQ0xKWaL6-5-6MFBQ1v)

#### Architecture, CADD, and Construction Resources:

1. **Occupational Outlook Handbook, U. S. Bureau of Labor Statistics** (architecture, engineering)  
<https://www.bls.gov/ooh/architecture-and-engineering/architects.htm>
2. **Occupational Outlook Handbook, U.S. Bureau of Labor Statistics** (carpenter)  
<https://www.bls.gov/ooh/installation-maintenance-and-repair/automotive-service-technicians-and-mechanics.htm>

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#### Automotive Resources:

1. **Occupational Outlook Handbook, U.S. Bureau of Labor Statistics** (auto service, repair)  
<https://www.bls.gov/ooh/installation-maintenance-and-repair/automotive-service-technicians-and-mechanics.htm>

#### Business & Finance Resources:

1. **Next Gen Personal Finance**  
Curriculum Materials: <https://www.ngpf.org/courses/middle-school-course/>
2. **EverFi, Free K-12 Financial Information and Curricula**  
<https://everfi.com/k-12>  
<https://everfi.com/k-12/financial-education-literacy/middle-school/#>
3. **TreasuryDirect, U.S. Department of the Treasury, Bureau of Fiscal Services**  
Money Math: Lessons for Life, Links to Personal Finance Literacy materials, and Slide Show to introduce the tools  
[https://www.treasurydirect.gov/indiv/tools/tools\\_moneymath.htm](https://www.treasurydirect.gov/indiv/tools/tools_moneymath.htm)

#### Culinary, Hospitality, and Tourism Resources:

1. **Hospitality and Tourism Careers**; Recruiter.com details employment requirements for about 60 job titles  
<https://www.recruiter.com/careers/hospitality-tourism.html>
2. **Food Service and Culinary Organizations**; the USDA National Agricultural Library details about 20 professional organizations  
<https://www.nal.usda.gov/legacy/fnic/food-service-and-culinary-organizations>
3. **What's Cooking America** is a culinary dictionary of cooking, food, and beverage terms  
<https://whatscookingamerica.net/glossary/>
4. **Top 12 Careers in Food** from indeed.com; details 12 careers and average salaries  
<https://www.indeed.com/career-advice/finding-a-job/careers-in-food>
5. **A to Z of the Tourism Industry**; Tourwriter defines common terms and of the travel industry and travel trends including Adventure Tourism and Eco Tourism  
<https://www.tourwriter.com/travel-software-blog/a-to-z/>

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#### Global Supply Chain Resources:

1. **Breakdown of Supply Chain Career Paths** (Association for Supply Chain Management (ASCM); industries, consumer packaged goods, retail, wholesale, distribution, aerospace & defense, chemical, medical, device, automotive, communications, consumer electronics  
<https://www.ascm.org/globalassets/web-docs/breakdown-of-supply-chain-career-paths.pdf>

#### Nursing Resources:

1. **25 Types of Nurses You May Not Know About**; Goodwin University shares details of specialty nursing occupations  
<https://www.goodwin.edu/enews/types-of-nurses/>
2. **Healthcare Occupations**; Occupational Outlook Handbook, U.S. Bureau of Labor Statistics; students can research careers and check out the salary and job outlook  
<https://www.bls.gov/ooh/healthcare/home.htm>
3. **2022–This Is The State of Nursing**; What’s Really Behind the Nursing Shortage, etc.  
<https://nurse.org/articles/nursing-shortage-study/>

#### Radiologic, Diagnostic Sonographic, and Medical Assisting Resources:

1. **How Do Radiology and Sonography Differ?**  
<https://www.cambridgehealth.edu/blog/how-do-radiology-and-sonography-differ/>
2. **Your Scope of Practice as a Medical Assistant – A Guide**  
<http://www.mb-guide.org/medical-assisting-scope-of-practice.html>

#### STEM Resources:

1. **Best Colleges is FAQs about high-paying and in-demand STEM careers**  
<https://www.bestcolleges.com/careers/stem/>
2. **CAREERwise from Minnesota State Colleges and Universities**  
<https://careerwise.minnstate.edu/careers/stemcareers>
3. **Career Girls–Whatever you can dream about doing, chances are there’s a STEM career to make it come true.**  
<https://www.careergirls.org/cluster/stem/>
4. **7 STEM Careers Kids Can Explore** is focused on interesting and emerging career paths  
<https://www.familyeducation.com/teens/7-stem-careers-kids-can-explore>