



# Exploring Your Abilities!

Class of 2021  
Sophomore Classroom Guidance  
Centennial Counseling Dept  
Spring 2019

# CENTENNIAL COUNSELING DEPARTMENT

[www.mycentennialcounseling.com](http://www.mycentennialcounseling.com)



A - Cas & AVID  
Ms. Beaty



Meq - Sal  
Ms. Freeman



Cat - Harp  
Ms. Ekpo



Sam - Z  
Ms. Peart



Harq - Mep  
Ms. Graver



Grad Coach  
Ms. Rigsbey



remind 101

If you haven't yet...  
**Join REMIND101**

Download the app for easy  
notifications and to see past  
notifications!



Don't miss out on  
important  
information from  
the Counseling  
Office to YOU!

Text: 81010

In the message  
box:

@chs2021a





**Grades  
and  
Academic  
Rigor**



**SAT/ACT**




**Extracurricular  
Activities and  
Leadership**

**Time to  
start  
thinking  
about your  
future!**

**Moving forward to  
11<sup>th</sup> grade:  
maintaining a healthy  
balance and staying  
involved is most  
important**





# Where will you be in 2021-2022?

How do I plan for my future?

Who can assist me with my  
plan?

# The ABILITIES EXPLORER inventory can help get you there!

- 😊 Match your skills to a career cluster
- 😊 Explore careers in YOUR level of interest and abilities
- 😊 Find out what type of school or training is needed for careers
- 😊 Look at career salaries
- 😊 Find out “hot jobs” that are in-demand and growing





# Options after High School



- Work
- Apprenticeship programs
- Military (Navy, Army, Coast Guard, Marines, Air Force)
- Technical colleges (Gwinnett Tech)
- Two-year colleges (Georgia University at Perimeter: GPC)
- Four-year colleges (University of GA, Georgia State, University of North Georgia, etc.)

# SAT & ACT information to attend a Four-year college



## SAT vs. ACT- Content

	SAT	ACT
Critical Reading	More vocabulary, evidence gathering	More basic fact, less inference
Math	Until end of Algebra II (including Trigonometry). Increased focus on Data Analysis and Algebraic thinking.	Until end of Algebra II. Few topics appear on ACT that do not on the SAT (all of conics, matrices, etc.). Scope more broadly distributed.
Writing	More word usage questions, bigger scope of grammar rules, ~50% of rhetoric questions.	Lesser scope of grammar rules tested, less rhetoric questions percentage than SAT, more questions and repetition.
Science	Not tested, but Insight Score for Science is provided.	Analysis, Interpretation, Evaluation, and Problem Solving.
Essay	Read passage and explain authors argument	Analyze 3 perspectives → state your own

- Find information on how to PREPARE and REGISTER for these college entry exams on our website:

[www.mycentennialcounseling.com](http://www.mycentennialcounseling.com)



**What do you think you're good at?**

**What unique skills do you possess?**

**What are your academic  
areas of strength?**

**What kinds of jobs/careers  
sound interesting to you?**

**What are your interests?**

- Take a minute and think about these questions...

# When you know yourself...



## You can make better decisions about:

- *What you want to study in high school*
- *What future careers you want to pursue*
- *The jobs in which you want to shadow or get an internship*

All of these are important to consider as you move towards graduation!

*Here's what the  
CIS Ability Explorer  
looks like*

---

# CIS Ability Explorer



Career Information System

English ▾

Georgia ▾

Personal Learning Plan Assessments Careers Education Resume

## Learn About Yourself

One of the best ways to explore careers is to understand more about yourself. Have fun with CIS career surveys! Answer questions to discover your interests, values, likes and dislikes. CIS can help you find a career you will enjoy!

Ability Explorer



Explore your abilities.

CCI Quick Pic



Find out which career clusters match your interests.



Ability Explorer

Career Information System

English ▾

Georgia ▾

Personal Learning Plan Assessments Careers Education Resume

Restore

Ability Explorer helps you find your best abilities and matches them to related careers. Knowing about your abilities can help when planning your future. People are usually happiest when they use their best abilities in their career.

### Instructions:

- Time to complete: about 20-30 minutes
- Number of items: 104
- Each statement describes a different activity
- Rate how good you are at doing the activity or how well you think you could do the activity
- Take Ability Explorer as many times as you like

### Options:

The response choices are:



Very Good



Good



Above Average



Below Average



Poor



Very Poor

Start



Choose the smiley face that matches how YOU would rate How good you are at that activity OR How well you think you could do that activity

This assessment will help you find the best matched careers by looking at your abilities and interests.

People are happiest when they use their best skills in a career!

104 statements

20-30 minutes to complete



## A few items to remember:



Career Information System

English ▾

Georgia ▾

Personal Learning Plan Assessments Careers Education Resume



Ability Explorer

Start Over

Save

Rate how good you are at doing the activity or how well you think you could do the activity.

◀ 1

103 Remaining

Produce posters, scenery, or illustrations using paint, pen, charcoal, or colored markers



Very Good



Good



Above Average



Below Average



Poor



Very Poor

Use the back green arrow to go back to a previous statement



**\*\*DO NOT CLOSE the web browser at any time, or you will lose your work!\*\***

Please read each statement carefully

Answer Honestly!

Raise your hand if you have any questions understanding what the statement means

There are no wrong answers 😊

**When you get to the RESULTS screen, please raise your hand.  
A counselor will check you off for completion.**





# Understanding your results

→ Right click and SAVE this webpage!



Career Information System

English ▾

Georgia ▾

Personal Learning Plan Assessments Careers Education Resume

Ability Explorer : Results

Start Over

Save

## Use Your Abilities to Explore Careers

You can use your abilities to explore careers. Ability Explorer measures 13 abilities. The assessment connects your top abilities to related careers. Connecting your abilities to careers is one way to find a career that is a good match for you. People are happier when they use their abilities.

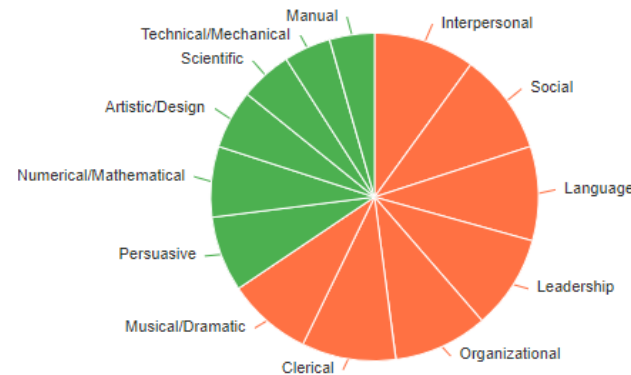
## Your Ability Ratings

### ★ Your Best Match

Interpersonal & Social

● High ● Medium ● Low

[Tell me more about my score ?](#)



## What Your Ability Areas Mean

You can think of abilities as how well you do certain activities. Read the descriptions below to learn more about abilities.

43



40



25



13  
career  
clusters

## Your Ability Rating Clusters

- **Orange** = High ability area
- **Green** = Medium ability area
- **Blue** = Low ability area

## What area is

★ **YOUR BEST MATCH?**

**What were the areas you scored the HIGHEST?**

**What were the areas you scored the LOWEST?**

**Record all of your results on the worksheet**



# Exploring individual careers

## Careers On Your List

Careers that match your best abilities are listed below. Select the chart icon beside the career to see how your abilities match the careers requirements. Select the career title to view a complete description. Use the filter to further customize your career list.

View:

Cluster Title Compare

Search for...



Careers ▾

Interest ▾

Hot Jobs ▾

Education Level ▾

Wages ▾

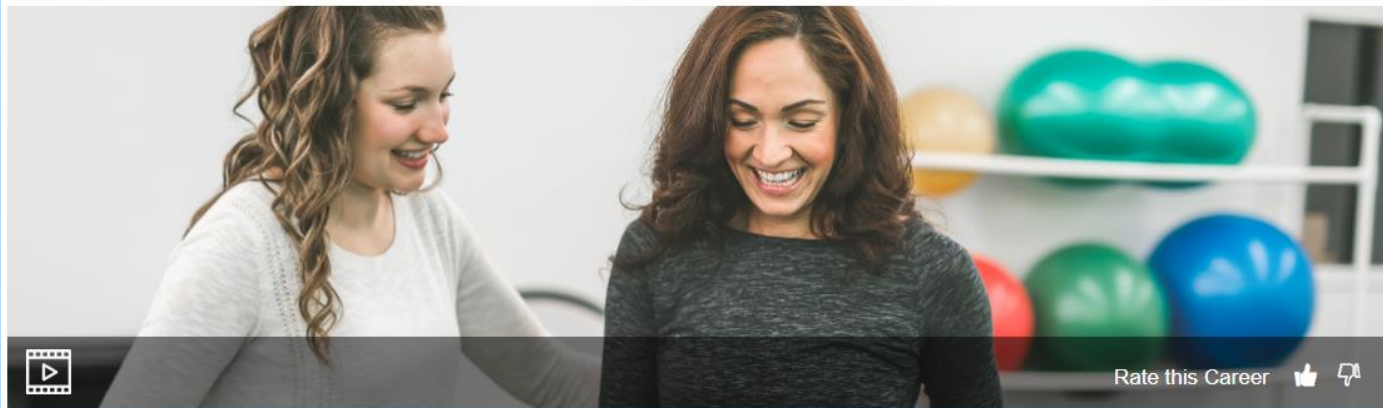
## Occupational Therapist Assistants

Compare

Careers List

Save

Back To Assessment



Rate this Career



At a Glance

Job Description

Wages

Employment & Outlook

Education & Training

Personal Qualities

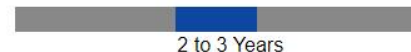
Related Careers

### Wages

Above Average

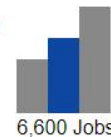


### Education & Training



### Employment Opportunities

Average



At the bottom of the page, go to Careers on Your List

- Click on a career to get more detailed information

What are 3 careers you're interested in learning more about?

Record 3 careers on the worksheet



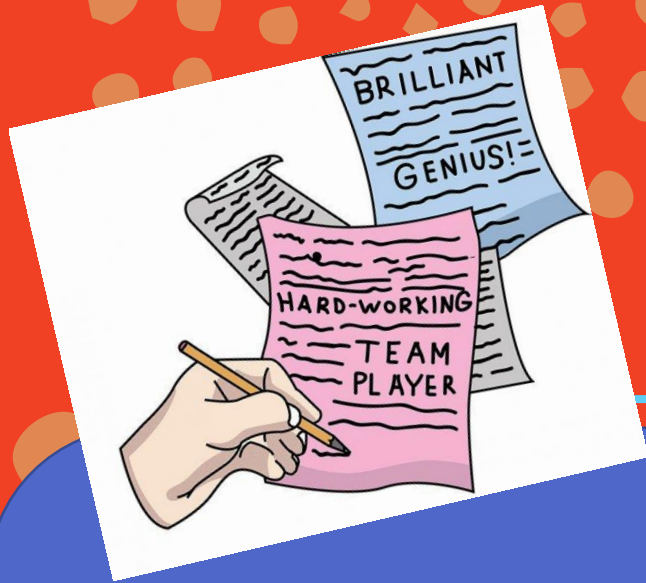
*Let's Get Started!*

## CIS Ability Explorer

---

Open CHROME and go to  
<http://CIS360.org>

**Follow the Step by Step Instructions sheet**



# It's not too early to explore your career interests!



- Meet with an individual who works in the field you are interested in (and then shadow them at their job!)
- Speak with your counselor and teachers about your career interests
- Explore apprenticeship programs (ex. culinary, body art, laser hair technology)
- Consider taking CTE classes (Pathways classes)
- Visit colleges that offer the major(s) you are interested in pursuing

CTE Pathways		
Audio/Video Tech & Film	Financial Services	Engineering & Technology
Audio/Video Tech Film 1	Intro to Business & Technology	Found of Eng/Technology
Audio/Video Tech Film 2	Financial Literacy	Engineering Concepts
Audio/Video Tech Film 3	Banking, Investing & Insurance	Engineering Applications
Law Enforcement Services	JROTC	Food/Nutrition
Intro Law, Public Safety	JROTC 1	Food/Nut/Wellness
Criminal Justice Essentials	JROTC 2/3	Food for Life*
Forensic Sci/Criminal Investigation	JROTC 4	Food Science*
Emergency Responder Services	Allied Health Services	Game Design
Intro to HealthCare Science	Intro to HealthCare Science	Intro to Digital Technology
Essentials of Healthcare** (embedded Anatomy Credit)	Essentials of Healthcare** (embedded Anatomy Credit)	Computer Sci Principles (Reg* or AP*)
Emergency Responder	Allied Health/Medicine	Game Design: Animation & Simulation
Computer Science		Programming
Intro to Digital Technology		Intro to Digital Technology
Computer Science Principles (Reg* or AP*)		Computer Science Principles (Reg* or AP*)
AP Computer Science *		Programming, Games, Apps and Society*

\*Indicate CTE courses which meet both GADOE and USG requirements for a 4<sup>th</sup> science

Arts & Humanities Pathways		
Journalism (Newspaper, Lit Mag, Yearbook)	Visual Arts	
Journalism 1 or Photo 1	Intro to Art	Art History 1
Journalism 2 or Photo 2	Any Art level 1 or higher	Art History 2
Journalism or Photo (any level)	Any Art level 2 or higher	AP Art History
Performing Arts		
Band/Chorus/Orchestra/Guitar 1/Piano 1	Acting/Adv Drama/Tech Theatre 1	
Band/Chorus/Orchestra/Guitar 2/Piano 2	Acting/Adv Drama/Tech Theatre 2	
Band/Chorus/Orchestra/Guitar 3/Piano 3	Acting/Adv Drama/Tech Theatre (any level)	

**You need 3.0 credits  
of a Pathway classes  
to Graduate  
(Foreign Language,  
Arts & Humanities  
and/or CTE)**





Please turn in your **Course Verification #3 forms** to the Counseling office -- with a parent's signature – by **MARCH 29**

*Double check:*

- If you *changed/removed* a class, you have marked or written in another course *to replace it*
  - You have 6.0 credits
  - You've applied for any AP, IB, or Dual Enrollment courses

# Thank you for your attention!



Please turn in your INSTRUCTIONS sheet and your WORKSHEET to the counselor for this period.

You will receive a copy of your worksheet to take home!

This presentation will be posted on  
[www.mycentennialcounseling.com](http://www.mycentennialcounseling.com)  
under “Events Calendar: Classroom Guidance  
Presentations”