Beth’s Example – Does It Fit?

**Personal Trainer**

General Job Description

Help people create and achieve their fitness goals by working with them one-on-one.

Tasks

* Motivate clients by showing enthusiasm and patience.
* Assess clients’ needs and fitness levels.
* Demonstrate correct exercising form.
* Get new clients by marketing and promoting personal training services.
* Figure out ways of helping clients to achieve their goals.
* Design customized exercise plans to meet the needs of each individual.
* Help clients overcome fitness problems.

Work Environment

* Gym, fitness studio, seniors’ residence, home setting.
* Active.
* Flexible schedule.

Salary

* $23,000-$52,000/year

Education/Training

* Certification is not a requirement, but many employers only hire certified personal trainers.
* Certification length depends on program, and usually involves classroom time.

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| **Career: Personal Trainer** |
| **Self-Knowledge** | **Does This Fit?** |
| Likes/Interests |  Yes No Somewhat |
| Dislikes |  Yes No Somewhat |
| Skills |  Yes No Somewhat |
| What am I Good at? |  Yes No Somewhat |
| Transferable Skills |  Yes No Somewhat |
| Motivations |  Yes No Somewhat |
| Work Conditions |  Yes No Somewhat |
| Values  |  Yes No Somewhat |
| Learning Styles |  Yes No Somewhat |
| Weaknesses |  Yes No Somewhat |
| Success |  Yes No Somewhat |

Which career fits Beth’s self-knowledge the best?

**Electrician**

General Job Description

Electricians install, test, repair, and plan the wiring in buildings.

Tasks

* Complete the tasks of an electrician (as seen above).
* Solve any problems that arise.
* Use math skills.
* Follow safety standards.
* Coordinate your work with the other workers and work as a team.
* Read and interpret drawings, circuit diagrams and electrical code specifications to plan wiring layouts.

Work Environment

* Fairly structured schedule.
* Overtime during peak times.
* Active.
* Outdoors and indoors.

Salary

$30,000-$75,000/year

Education/Training

* Apprenticeship

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| **Career: Electrician** |
| **Self-Knowledge** | **Does This Fit?** |
| Likes/Interests |  Yes No Somewhat |
| Dislikes |  Yes No Somewhat |
| Skills |  Yes No Somewhat |
| What am I Good at? |  Yes No Somewhat |
| Transferable Skills |  Yes No Somewhat |
| Motivations |  Yes No Somewhat |
| Work Conditions |  Yes No Somewhat |
| Values  |  Yes No Somewhat |
| Learning Styles |  Yes No Somewhat |
| Weaknesses |  Yes No Somewhat |
| Success |  Yes No Somewhat |