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**FAST
FACTS**

Job Exploration Counseling

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Job exploration counseling is one of five legally mandated pre-employment transition services (pre-ETS) listed in the Workforce Innovation and Opportunity Act (WIOA, 2014).

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Job exploration is often the first step in career development. It can be done both formally and informally, and individually or in a group.

3

Job exploration counseling may be helpful in determining an individual's vocational interests and values and then matching those interests and values to a job or career.

4

Job exploration counseling not only improves self-awareness but also helps a person understand the labor market and potential career pathways.

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Research suggests that effective job exploration counseling should include interest inventories, work values assessments, exploration of career pathways, and activities that identify relevant education and training needs to achieve a student's post-secondary career goals.

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Job exploration counseling is highly adaptable process that can be tailored to the needs of the individual.

This fact sheet was developed by the Illinois Center for Transition and Work at the University of Illinois Urbana-Champaign through a contract with the Illinois State Board of Education. Information presented may not reflect the position or policy of the Illinois State Board of Education.

