



TAKE5

DEVELOP SKILLS FOR POSITIVE LIVING

A monthly virtual helping tool.

Get ideas for coping and learn about helping resources.

Spring 2021:

This issue focuses on Career Exploration

Sponsored by ARCC Counseling Services

For appointments click [here](#) or

call 763-433-1100

Higher Education Pays Off!



Earn more money over your lifetime!

It is true that the more education you have, the more money you earn and the less likely you are to be unemployed.

A survey from 2019 shows that median weekly earnings related to education are as follows:

- High school Diploma: \$746
- Associates degree: \$887
- Bachelors degree: \$1248

There are other benefits to college too such as developing critical thinking skills and improving communication and writing skills. Check out [the article and website](#) for more great information about career exploration and college planning.

Spring 2021 Issue #1: February

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- Positive News Corner: Benefits of an education
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- Career exploration process
- Career workshop series
- Job Readiness Services

APP HIGHLIGHT



CareerOneStop is an app and website sponsored by the U.S. Department of Labor. Find career information, take assessments on interests and skills. Also explore videos about careers and get current information on career trends.

30%

of students change their major at least once in their first 3 years of enrollment.

-U.S. Department of Education

Quick Tip: Use Self-Assessments for Career Exploration!

- Come and see an Anoka-Ramsey Counselor to explore free career assessments.
- Learn about your interests, values and personality to find a career that fits for you.



-PURPOSE

RESOURCE SPOTLIGHT

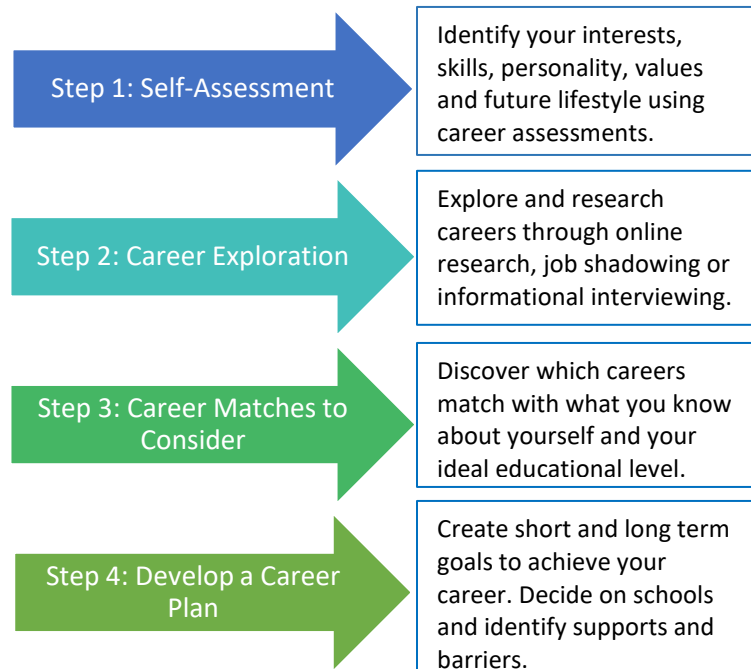
Career Exploration

Career Exploration Process and Career Counseling

Career exploration is fun and exciting! It can help you to feel motivated in your academics and clarify your path to save time in school. ARCC Counselors can help you with assessments and resources for finding the perfect career fit!

How much career exploration have you done?

The process of career exploration:



Click [HERE](#) to Make an appointment with an ARCC Counselor for Career Counseling no matter where you are in your career exploration process!

There's something for everyone!
Click the image below to learn about Minnesota Career Fields, Clusters & Pathways. This infographic is a great starting point!



ARCC Job Readiness Services

Did you know that students can meet with an ARCC Job Readiness Services professional, Sergio Aguilar, for:

- Resume and Cover Letter Development
- Interviewing Techniques and Practice
- Job or Internship Searching Assistance

Follow the [link](#) for resources and appointment scheduling.

Career Exploration Workshop Series

Sponsored by Counseling. Please register for the zoom sessions you would like to attend. We hope to see you there!

- **Workshop 1: Introduction to Career Exploration**
Tuesday, February 2, 2021 2:00 PM – 3:00 PM ZOOM Register [HERE](#)
- **Workshop 2: Using Assessments to Help Career Exploration**
Wednesday, February 17, 2021 12:30-1:30 PM ZOOM Register [HERE](#)
- **Workshop 3: Salary Needs and Values**
Tuesday, March 2, 2021 1:30PM – 2:30 PM ZOOM Register [HERE](#)

