

CAREER EXPLORATION

A MENTOR GUIDE

Within the iMentor program, you and your mentee will work together to explore career pathways. By understanding the different career options available to them, your mentee will be able to make an informed decision on their post-secondary pathway.



People between ages 18-24 experience **3 to 7 career pathway changes** on average.

You and your mentee will work on the following career exploration tasks:



Researching
Careers



Crafting a
Resume



Applying to
Opportunities

How to support:

www.bls.gov



Spend time together exploring career research websites such as the Bureau of Labor and Statistics. Here you can research a variety of different career pathways.



Ask to see your mentee's resume. They might need support in identifying their skills and editing their resume. You can help them brainstorm, highlight their abilities, and revise their grammar.



Assist your mentee in applying to summer opportunities that align with their career interests. It's important for them to gain experience to see if a certain pathway is a good fit. Use the Summer Opportunities Tracker for assistance.