

**CAREERS**

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**YOU CAN LEARN IN**

**TWO YEARS**

**OR LESS**

***Laura C. Murray***  
***Arlington Career Center***  
***Arlington Public Schools***

## GATHER INFORMATION ABOUT YOURSELF THROUGH: SELF ASSESSMENT

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What are your academic strengths/weaknesses?

Do you like working with people, or tools, or data?

Working indoors or outdoors?

Reflect on work experience through volunteering  
and paid positions.

What are your hobbies/interests?

What Career and Technical Education Classes  
have you taken and liked?

Can you identify some career goals?

# COMPLETE ON-LINE INTEREST INVENTORIES AND CAREER ASSESSMENTS

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☞ VA. CAREERVIEW: [www.vaview.org](http://www.vaview.org)

☞ VIRGINIA EDUCATION WIZARD: [www.vawizard.org](http://www.vawizard.org)

☞ CAREER ONE STOP: [www.careeronestop.org](http://www.careeronestop.org)

☞ VIRGINIA WORKFORCE CONNECTION:  
[www.vawc.virginia.gov](http://www.vawc.virginia.gov)

☞ N.C. STATE UNIV: [www.careerkey.org](http://www.careerkey.org),  
[www.soicc.state.nc.us/soicc/page2.htm](http://www.soicc.state.nc.us/soicc/page2.htm)

☞ O\*NET OnLine: [www.onetonline.org](http://www.onetonline.org)

# Holland Theory

Which Personality Type Are You?

[www.soicc.state.nc.us/soicc/planning/holland.htm](http://www.soicc.state.nc.us/soicc/planning/holland.htm)



# GATHER INFORMATION ABOUT CAREERS

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📄 LIBRARY- BOOKS and CAREER VIDEOS  
Occupational Outlook Handbook (OOH)

📄 VA CAREER VIEW: [www.vaview.org](http://www.vaview.org)

📄 VA EDUCATION WIZARD: [www.vawizard.org](http://www.vawizard.org)

📄 INTERVIEWING: Talk to people that work in careers that you have some interest.

📄 JOB SHADOWING: Go to work with a person in a career that you have an interest.

# TRAINING OPPORTUNITIES

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- 📄 **HIGH SCHOOL- Career and Technical Classes**
- 📄 **COMMUNITY COLLEGE-Associate Degrees and Certifications**
- 📄 **APPRENTICESHIPS/ON THE JOB TRAINING**
- 📄 **TECHNICAL SCHOOLS/PROGRAMS**
- 📄 **SUPPORTED TRAINING THROUGH ADULT SERVICE AGENCIES (DRS)**
- 📄 **ON THE JOB TRAINING THROUGH WOODROW WILSON REHABILITATION CENTER (PERT)**

# High School Career and Technical Classes Offered at Many High Schools

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Air Force Jr. ROTC

Animal Science

Auto Body Repair

Auto Technology

Aviation

Banking & Finance

Carpentry

Commercial Art

Digital Visualization/3D

Cosmetology

Culinary Arts

Drafting

Early Childhood Education

Electricity

Emergency Medical Technology

Engineering II

Forensic Technology

Pharmacy Technician

Photography (Digital)

Physical Therapy/Sports Medicine

TV and Multimedia

Web page Design

## National Certification & National/State Licenses

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**Certifications or licenses (state) are available in the following areas:**

 **Auto Body Repair**

 **Auto Technology**

 **Aviation Technology**

 **Cosmetology**

 **CPR**

 **Early Childhood Education**

 **Emergency Medical Technician**

 **Fiber Optics/Copper Cabling**

# Animal Science



# Automotive Technology



# Culinary Arts



# Physical Therapy Assistant



# COMMUNITY COLLEGE

## Certifications and Associate Degrees

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- ❏ Northern Virginia Community College (NVCC)  
[www.nvcc.edu](http://www.nvcc.edu)
- ❏ If you have a high school diploma or the equivalent, or you are at least 18 years of age, and you are able to benefit from enrollment, you are eligible for admission to (NVCC)
- ❏ SAT Test scores are not required, but a placement test in English and Math is given after registration
- ❏ Offers many Career Studies Programs, Certificate Programs, and Associate (Applied) Degree Programs that prepare the student for employment
- ❏ Offers certain Associate Degree Programs which transfer to four year colleges/universities
- ❏ A Medical Education Campus in Springfield, Va.
- ❏ Relatively inexpensive !!! \$137.75 per credit hour

# APPRENTICESHIP

## IMPORTANT ON THE JOB TRAINING

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- 📄 Enroll in a skills training program at the high school level to see if the career area appeals to you
- 📄 After high school, enroll in a vocational construction program at the community college, or at an association craft-training program, or a union apprenticeship program
- 📄 Owning a car for transportation to job/training sites is highly recommended

# TECHNICAL SCHOOLS/PROGRAMS

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- Research training schools/programs that match your areas of interest
- Find technical training that complements your area of interest or gives you advanced credit/certification in a particular skill area
- Verify that the school is accredited and gives information about job placement
- Some examples:
  - Art Institute of Washington
  - ITT Technical Institute
  - Northern Virginia School of Therapeutic Massage
  - Stratford University

# General Information About the Military

ARMY, NAVY, AIR FORCE, MARINE CORPS, COAST GUARD AND THE RESERVES

- ☞ Today's MILITARY is the largest employer of high school graduates entering the work force
- ☞ Must be a high school graduate, including Standard and Modified Standard Diploma
- ☞ Scores on the ASVAB Test (Armed Services Vocational Aptitude Battery) will determine occupations available to you. For information go to: [www.absvabprogram.com](http://www.absvabprogram.com)
- ☞ Practice the ASVAB on Learn A Test, available at the library (Arlington County Public Library)
- ☞ Use the Virginia Career View to access information about Military Occupations

# Who R You?

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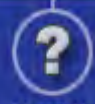
1. Go to [www.vaview.org](http://www.vaview.org) and complete the “Who R You?” survey.
2. Click on the Career Family that interests you . (This will generate a list of careers)
3. Click on a Career that interests you.
4. Scroll down to select View Video.



Print



Career Services



About Us

Quick Search

Jobs By Subject

Top Ten Search

Proficiency Search

Military Search

Try A Trade

Health Careers

Parents In the Know

▶ **Who R U**

Financial Services  
Survey

Unusual Occupations

Service?

Career Preparation

[Open in a New Window](#)

## Who R You?

What type of career is best for you? Find out by taking this career family survey.

Food & Natural Resources

Technology, Engineering, and Mathematics

Architecture and Construction

Health Services

Business, Information Technology, and Management



Design and Internet Services  
Provided by G3 Systems, Inc.

[Begin the Survey](#)



# VIRGINIA CAREER VIEW

VITAL INFORMATION FOR EDUCATION AND WORK



[Login](#) | [About Us](#) | [Sitemap](#) | [Contact Us](#)

Search:

- Grades K-5
- Grades 6-8
- Grades 9-12
- Ages 18+
- Parents
- Professionals

Home >> 9-12 >> Careers? >> Career Search

- Quick Search
- Advanced Search
- Skill Search

### Search by Name:

- Physical Scientists, All Other
- Physical Therapist Aides
- Physical Therapist Assistants
- Physical Therapists
- Physician Assistants
- Physicians and Surgeons, All Other
- Physicists
- Physics Teachers, Postsecondary
- Pile-Driver Operators
- Pilots, Ship

### Search By Career Cluster:

- ▶ Agriculture, Food & Natural Resources
- ▶ Architecture & Construction
- ▶ Arts, Audio/Video Technology & Communications
- ▶ Business, Management & Administration
- ▶ Education & Training
- ▶ Finance
- ▶ Government & Public Administration
- ▶ Health Science
- ▶ Hospitality & Tourism
- ▶ Human Service
- ▶ Information Technology
- ▶ Law, Public Safety, Corrections & Security
- ▶ Manufacturing
- ▶ Marketing Sales & Service
- ▶ Science, Technology, Engineering & Mathematics
- ▶ Transportation, Distribution, & Logistics

Home >> 9-12 >> Careers? >> Career Search

## Physical Therapist Assistants



Assist physical therapists in providing physical therapy treatments and procedures. May, in accordance with State laws, assist in the development of treatment plans, carry out routine functions, document the progress of treatment, and

modify specific treatments in accordance with patient status and within the scope of treatment plans established by a physical therapist. Generally requires formal training.

### Tasks Include:

- ▶ Instruct, motivate, safeguard and assist patients as they practice exercises and functional activities.
- ▶ Confer with physical therapy staff or others to discuss and evaluate patient information for planning, modifying, and coordinating treatment.
- ▶ Measure patients' range-of-joint motion, body parts, and vital signs to determine effects of treatments or for patient evaluations.
- ▶ Secure patients into or onto therapy equipment.
- ▶ Fit patients for orthopedic braces, prostheses, and supportive devices, such as crutches.
- ▶ Train patients in the use of orthopedic braces, prostheses, or supportive devices.
- ▶ Transport patients to and from treatment areas, lifting and transferring them according to positioning requirements.
- ▶ Monitor operation of equipment and record use of equipment and administration of treatment.

### Projections Quick View:



Virginia: +40.7%  
National: +32.4%

### Education



Associate's Degree

### Job Zone:



Three: Medium Preparation Needed

### Income Range:



Moderately High (\$36,000 - \$49,999)

### Average Earnings:

#### National



\$46,300.00

#### State



\$49,449.07

#### Regional

Northern Virginia an



\$44,969.28

### 9-12

#### Overview

- Description
- Education
- Tasks
- Tools
- Special Requirements
- Virginia Businesses
- Internships
- Additional Resources
- Knowledge
- Skills
- Abilities
- Work Activities
- Work Styles
- Work Values
- Work Context
- Job Zone
- Earnings
- Projections
- Related Occupations
- Video
- Military
- Proficiency Ratings
- Titles
- Print All
- Related Schools
- Return To Results

Login to Save.



Internet

# Welcome to the Virginia Education Wizard

Let the Wizard help you choose a career, get the information you need to pursue your career, enroll in one of Virginia's community colleges, pay for college, transfer to a four-year college or university, and get answers to your questions about your future.



Turn Guide Off



Introduction & Overview



Career Assessment



College Cost Calculator



Financial Aid Estimator



Transfer Planner

Apply Now

Tools


Find Your College



It's easy to apply to any Virginia Community College.

With 23 colleges on 40 campuses across the Commonwealth, Virginia's Community Colleges offer many educational choices.





# Interest Assessment




The Interest Assessment will help you identify your strongest work-related interests. Knowing your work interests we can help you decide what kinds of careers you want to explore. [Let's get started.](#)

**Start Assessment**

Turn Guide Off

The Interest Assessment includes work activities that some people do at their jobs. Read each work activity carefully and decide whether or not you would like to do the activity.

### STEP 1. ANSWER QUESTIONS

-  If you think you would LIKE the work activity, click the thumbs up symbol or press the "L" key.
-  If you think you would DISLIKE the work activity, click thumbs down symbol or press the "D" key.
-  If you are UNSURE whether you would like the work activity, click the question mark symbol or press the "U" key.

### STEP 2. REVIEW RESULTS

When you are finished, you will get a set of occupations, listed by the amount of education needed, that match your interest type.



The screenshot shows a list of work activities with checkboxes and a large blue play button in the center. The activities include: Read kitchen cabinets, Guard money in an armored car, Study space level, Make a map of the bottom of an ocean, Create a sympathy program, Write stories or articles for magazines, Teach an individual an exercise routine, Perform nursing duties in a hospital, Buy and sell stocks and bonds, and Manage a mail store.

[Play How-to Video](#)



## Laura Murray's Profile

### My Career Interests

x [Secondary School Teachers, Except Special and Vocational Education](#)

Search occupations either by [cluster](#) or [name](#), and add careers into your profile

### My Programs

There are no programs linked to your profile.

Click [here](#), to search programs and add programs into your profile

### My Transfer

There are no transfer agreements selected in your profile.

Click [here](#), to search transfer agreements and add agreements into your profile

### Transfer Planner

Below is a list of uncompleted tasks in your transfer planner. Access the [transfer planner module](#) to mark these items as complete or change your transfer options.

Email Reminder feature is not enabled

### Colleges

-- Please Select --

Northern Virginia Community College

**This is the primary college**

[View Calendar](#)

### Estimated Costs

The estimated cost for the college, Northern Virginia Community College is:

**\$3,155.00**

### College Transfer Grant

You are not currently eligible to receive a Community College Transfer Grant. To receive this grant, you must be targeting an Associate's Degree and then transfer to a 4-year institution. Use the [Programs](#) module to find a program and add to your profile.

# Career Preparation- Parting Notes!

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People often shop extensively for a new car

📄 Visiting dealerships

📄 Comparing models, prices, etc.

📄 Going out for a test ride

📄 Using the internet to select the model, paint color, and options- creating a visual image

📄 Far more effort is needed in preparing for a career!