CAREER HEROES
A Career Awareness Workbook for Elementary Students

State of Delaware
John C. Carney, Governor

Delaware Department of Labor
Cerron Cade, Secretary

Adapted by:
Delaware Department of Labor
Office of Occupational and Labor Market Information (OOLMI)
Delaware Career Resource Network

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Have you ever noticed how average, ordinary workers are a lot like superheroes?

They might not wear spandex bodysuits (well, except for dancers and some athletes), but many do wear uniforms or distinctive clothing that marks them as someone who is there to help you.

Speaking of helping people, isn’t that exactly what both superheroes and workers do all day long? Whether it’s the man who paints your house or the lady who helps you get a loan to buy a house, people in careers are there to help you.

“But wait,” you say, “Superheroes have special abilities. They have been through rigorous training, and have an arsenal of highly-specialized equipment to fight the forces of evil.”

Exactly. And Career Heroes are no different. Performing each job takes a unique set of skills and knowledge. Some careers take years of training, and most require special tools that must be mastered.

In fact, we think Career Heroes are so special that they deserve their own set of trading cards. Each card features a different Career Hero and details the kinds of feats they perform on the job, the tools they have mastered, and the training they needed to qualify for their job.

This workbook introduces you to just a few of the hundreds of Career Heroes out there making the world a better place. It also describes the 6 different types of Career Heroes: Doers, Thinkers, Creators, Helpers, Persuaders, and Organizers. Maybe one of these types sounds a lot like you. Do you have what it takes to become a Career Hero?
People in Realistic careers like to work with things more than with people. They are usually good at doing things with their hands or playing sports. Most of the time, they like to be outdoors and work with tools and machines.

Realistic Career Heroes Include:
- Automotive Mechanic
- Carpet Installers
- Etchers and Engravers
- Farmworkers
- Fish and Game Wardens
- Roofers

Carpet Installers

Carpet Installers cut and lay carpet. They measure, clean, and check the floor, put down tack or tape, and lay the pad. Then they cut, lay, and stretch the carpet.

Career Hero Challenge

In the space below, draw the shape that a piece of carpeting would need to be to fit your bedroom.
AUTOMOTIVE MECHANIC

Automotive Mechanics repair automobiles, trucks, buses, and other vehicles. They talk to customers, test drive vehicles, and use diagnostic equipment to determine the problem. They also perform routine maintenance on vehicles.

CAREER HERO CHALLENGE

List three businesses in your community where you would find an Automotive Mechanic.

1. ____________________________
2. ____________________________
3. ____________________________

FARMWORKERS, FARM AND RANCH ANIMALS

Farmworkers care for live farm, ranch, or aquacultural animals that may include cattle, sheep, swine, goats, horses and other equines, poultry, finfish, shellfish, and bees. They attend to animals produced for animal products, such as meat, fur, skins, feathers, eggs, milk, and honey.

CAREER HERO CHALLENGE

Circle the animals that you think a Farmworker might care for.
**ROOFERS**

Roofers put roofs on new buildings. They repair or replace damaged roofs. They work on flat or slanted roofs. Sometimes they work on top of really tall buildings. Roofers also work with many types of materials.

**CAREER HERO CHALLENGE**

In the space below, draw a type of building a roofer might work on. Give your building a label.

**ETCHERS & ENGRAVERS**

Etchers and Engravers put letters or designs on things. They put designs on different types of metals. They can put pictures on wood pieces. They can also put letters on jewelry.

**CAREER HERO CHALLENGE**

Pretend you’ve won first place in a competition of some kind. Write your name, and date, and the type of award on the trophy below.

**FISH AND GAME WARDENS**

Fish and Game Wardens patrol assigned areas to prevent fish and game law violations. They investigate reports of damage to crops or property by wildlife. They also gather biological data.

**CAREER HERO CHALLENGE**

Name an area near where you live that may have a Fish and Game Warden assigned to protect it.

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**What other careers can you think of that might be in the Realistic group?**

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People in Investigative careers like to explore and understand things or events, rather than persuade others or sell them things. They are usually good at math and science and like to work alone to solve problems.

**Investigative Career Heroes Include:**
- Computer Systems Analysts
- Dieticians & Nutritionists
- Forensic Science Technicians
- Internists, General
- Soil & Plant Scientists
- Veterinarians

**Nutritionists**

Nutritionists study how our bodies use the foods we eat. They help people choose foods that will keep their bodies healthy. They teach people about the basic food groups, vitamins, minerals, fats, and fiber. They plan menus for patients in hospitals or for cafeterias in places like schools and nursing homes.

**CAREER HERO CHALLENGE**

On the plate to the right, draw a healthy meal. Make sure to choose foods from different food groups.
**Computer Systems Analysts**

Computer Systems Analysts design and plan ways that computers can do work for businesses and people. They study the kinds of work to be done, then they find or make computer equipment and software that can do the job. They test the finished system to make sure it works correctly.

**Soil and Plant Scientists**

Soil and Plant Scientists research plants to see in what conditions they thrive. They may work with agricultural plants, studying what makes up the soil, and also how plants grow in different soils.

**Career Hero Challenge**

See if you can list three things that computers can do for people that used to have to be done by hand.

1. ____________________
2. ____________________
3. ____________________

**Internists, General**

Internists diagnose and provide non-surgical treatment of diseases and injuries of internal organ systems. They provide care mainly for adults who have a wide range of problems associated with the internal organs.

**Career Hero Challenge**

On the upper leaves of the plant, write in three kinds of plants. On the lower leaves, write in four things that people make from plants.

**Career Heroes**

On the blank lines below each picture, write the name of the body organ.

1. ____________
2. ____________
3. ____________
4. ____________
VETERINARIAN

Veterinarians diagnose and treat animals with diseases or injuries. They help both pets and farm animals. They may also do research to help find better treatments, and advise pet owners and farmers how to care for their animals.

CAREER HERO CHALLENGE

Draw a picture of a pet that you have or would like to have.

FORENSIC SCIENCE TECHNICIANS

Forensic Science Technicians help police investigate crimes. They collect, identify, and analyze evidence from crime scenes. They may specialize in areas like fingerprinting or handwriting.

CAREER HERO CHALLENGE

Can you identify the fingerprint that matches the one in the evidence box? Remember, the position of the fingerprint on the evidence may be different than its position when taken directly from the finger.
People in Artistic careers like to work with creative ideas and express themselves rather than working within routines and rules. They usually are good in art, enjoy creating their own art work, and have a good imagination.

Artistic Career Heroes Include:

- Fine Artists
- Floral Designers
- Graphic Designers
- Interior Designers
- Photographers
- Poets, Lyricists & Creative Writers

**Graphic Designers**

Graphic Designers make things look good so people will be interested in them. Some design book, magazine, and CD covers. Graphic Designers may work on packages for products or pages on websites. Some of them create new wallpaper patterns, or design greeting cards.

**Career Hero Challenge**

Find a package for a product that a graphic designer probably created—something that looks good to you. List four reasons why you like the way it looks.

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________

What other careers can you think of that might be in the Artistic group?

__________________  __________________  __________________  __________________
PHOTOGRAPHERS
Photographers produce and preserve images that paint a picture, tell a story, or record an event. They may take pictures of people, subjects, merchandise, or other commercial products. They may work in a studio or on location.

Photographers work with both objects and people. Find the words listed below in the word search puzzle.

<table>
<thead>
<tr>
<th>BRIDE</th>
<th>FRAME</th>
<th>SHUTTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>CAMERA</td>
<td>IMAGE</td>
<td>SMILE</td>
</tr>
<tr>
<td>DIGITAL</td>
<td>LIGHT</td>
<td>STUDIO</td>
</tr>
<tr>
<td>FILM</td>
<td>SCAN</td>
<td>TRIPOD</td>
</tr>
</tbody>
</table>

FLORAL DESIGNERS
Floral Designers trim flowers to make bouquets, sprays, and wreaths. They make up dish gardens and flower arrangements. They arrange flowers the way their customers want, using the colors and types of flowers they choose.

List 3 events for which you might hire a Floral Designer.

1. ____________________________
2. ____________________________
3. ____________________________
FINE ARTISTS
Fine Artists draw and paint or create other artwork like sculptures that express feelings and ideas. They use many kinds of materials. Some paint using oils or watercolors. Some draw using pencils or pen and ink. Others mold or carve things out of rock, plaster, clay, or wood.

POETS, LYRICISTS AND CREATIVE WRITERS
Poets, Lyricists and Creative Writers create original written works, such as scripts, essays, poetry or song lyrics, for publication or performance.

INTERIOR DESIGNERS
Interior Designers plan and furnish the interiors of buildings. They find out what people like, how much money can be spent, and the purpose of the space (office, home, etc.) Then they decorate the area so it makes good use of space, is comfortable, and looks nice.

CAREER HERO CHALLENGE
List 3 places where the work of Fine Artists is displayed.
1. ____________________________
2. ____________________________
3. ____________________________

List your favorites.
BOOK  AUTHOR
POEM  POET
SONG  LYRICIST
MOVIE  SCREENWRITER

If you were an Interior Designer, what would your dream bedroom look like? Draw a sketch below.
People in Social careers like to help, teach, and give people advice more than they like to work with things. They like to be around other people, are interested in how people get along, and like to help other people with their problems.

Social Career Heroes Include:
- Child Care Workers
- Emergency Medical Technicians
- Fitness Trainers
- Medical Assistants
- School Counselors
- Training Specialists

Emergency Medical Technicians

Emergency Medical Technicians, or EMTs, provide emergency medical care at the scene of an accident or in people's homes after someone calls 911. EMTs find out the patient's condition and decide the immediate treatment needed. They give emergency care following strict rules. When needed, they transport the patient to a hospital for further treatment.

CAREER HERO CHALLENGE

In the box to the right, circle the things that could prevent an accident. Then, cross out the items that could cause an accident or health problem.
**FITNESS TRAINERS**

Fitness Trainers help people set and reach goals to improve their fitness. They determine their client’s physical condition, then suggest exercises that will most help this person. Fitness trainers also show the person how to do the exercise safely and for the best results. They may keep records of their clients’ exercise sessions in order to help them make progress toward physical fitness. Some fitness trainers lead exercise classes, such as aerobics.

**CHILD CARE WORKERS**

Child Care Workers attend to children at businesses, schools, and private households. They may dress, feed, bathe, and play with children. The children they tend may be infants, toddlers, or school-age children.

**CAREER HERO CHALLENGE**

Child Care Workers may spend time with children of all ages. Next to each age group below, list an activity that you think would be appropriate for that age group.

Infants:

Toddlers:

School-age children:

**CAREER HERO CHALLENGE**

What’s your favorite way to exercise? Show us what you look like when you exercise.
TRAINING SPECIALISTS

Training Specialists manage and carry out training and development programs for employees. They study how adults learn and help workers gain skills to make them better at their jobs.

CAREER HERO CHALLENGE

List 4 things you’re good at that you could teach others to do.

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________

SCHOOL COUNSELORS

School Counselors help evaluate students’ abilities, interests, and talents to set goals for school, work, and life. They work with individuals and with groups of students. They also work with teachers to help classroom activities meet children’s needs.

CAREER HERO CHALLENGE

Name three skills that School Counselors should have to do their job well.

1. ____________________________
2. ____________________________
3. ____________________________

MEDICAL ASSISTANTS

Medical Assistants help keep the offices of doctors and other health care providers running smoothly. They may answer telephones, greet patients, update and file medical records, and fill out insurance forms. They may also schedule appointments and handle billing. Some medical assistants may ask patients about their medical histories and record vital signs like heart rate, blood pressure, and body weight. They may also prepare patients for examination and help doctors during the exam.

CAREER HERO CHALLENGE

Circle the tools or supplies a Medical Assistant might use in a doctor’s office.

- Stapler
- Wrench
- Screwdriver
- Computer keyboard
- File cabinet
People in Enterprising careers like to persuade others to do things or give them directions to follow rather than working with things or ideas. They usually like to be a group leader.

Enterprising Career Heroes Include:
- Chefs
- Chief Executives
- Flight Attendants
- Judges
- Telemarketers
- Travel Agents

Chefs
Chefs plan menus for restaurants, often inventing their own unique recipes. Chefs supervise the activities of the other cooks and food preparation workers, order food and supplies, estimate the costs of the ingredients, and determine how the food should be presented. They may also participate in cooking.

CAREER HERO CHALLENGE
List the menu for your favorite holiday meal.

What two careers can you think of that might be in the Enterprising group?

What two careers can you think of that might be in the Enterprising group?

What two careers can you think of that might be in the Enterprising group?
**TRAVEL AGENTS**

Travel Agents plan entire trips for clients. They plan the places to go and things to do. They make lodging, transportation, and entertainment reservations. Travel Agents may plan trips for individuals, businesses, or large groups of people.

**Career Hero Challenge**

Look at a map or globe and choose a place you would like to visit. Then plan a trip to that place, thinking about how you would get there, how long it may take, and things you could see and do when you get there. Write a report.

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**TELEMARKETERS**

Telemarketers contact people and businesses by phone to sell them things. They explain the product or service, talk to the customer about what they need, and take orders and customer information over the phone.

**Career Hero Challenge**

List three items that Telemarketers sell to people over the phone.

1. 
2. 
3. 

---

**FLIGHT ATTENDANTS**

Flight Attendants provide personal services to ensure the safety and comfort of airline passengers during flight. They greet passengers, verify tickets, explain use of safety equipment, and serve food and beverages.

**Career Hero Challenge**

Have you ever flown on an airplane? List 4 things you might see from your airplane window.

1. 
2. 
3. 
4. 

---

---
CHIEF EXECUTIVES

Chief Executives (also called CEOs) run companies or organizations. They make decisions about company policies and the overall direction their business should take. They plan company budgets, coordinate departments, and negotiate deals and contracts with other businesses. They are the highest level of company management.

CAREER HERO CHALLENGE

Think about some large businesses in Delaware. Can you name 2 that probably have a Chief Executive?

1. ____________________________
2. ____________________________

JUDGES

Judges apply the law and oversee the legal process in courts according to local, state, and federal statutes. They preside over cases concerning every aspect of society from traffic offenses to disputes over the management of professional sports to issues concerning the rights of huge corporations. The court must safeguard the legal rights of all parties involved.

CAREER HERO CHALLENGE

Have you ever been in a courtroom or seen one on TV? Who would you find in a courtroom? What kind of furniture and objects are in a courtroom? Draw a picture of a courtroom and label the people and objects in your drawing.
People in Conventional careers like to follow orders and do things exactly according to directions. They usually don’t like work that does not have clear instructions to follow. They are usually good in math, like to organize their things, and like to work indoors.

**Conventional Career Heroes Include:**
- Compliance Officers
- Cashiers
- Librarians
- Loan Officers
- Mail Carriers
- Bank Tellers

**Cashier**
Cashiers receive money as payment for goods or services. They give back change when it is due. They may also take credit cards as a form of payment. They can use scanners, cash registers or other equipment. Cashiers also greet customers entering stores and assist customers by providing information and resolving their complaints.

**CAREER HERO CHALLENGE**
Think about the last time you went into a store and a cashier spoke to you, then answer the questions below.

1. Did a cashier greet you in a friendly way? ___________
2. What did he/she say to you? __________________
   ___________________________________________
   ___________________________________________
3. How did that make you feel? _________________
   ___________________________________________
   ___________________________________________
4. Did you need to ask for assistance at any time while you were in the store? __________________
   __________________________________________
5. Was the cashier knowledgable and able to answer your question or help you find what you needed? ___________
   __________________________________________
   __________________________________________
MAIL CARRIER

Mail Carriers sort mail for delivery. They deliver mail to residences and businesses along specified routes by walking or driving. They use a combination of satchels, carts, cars, and small trucks. They also deliver packages. When they finish their route, they return to the post office with mail they have collected from the homes, businesses, and public mailboxes.

CAREER HERO CHALLENGE

Unscramble the following mail words.

amli krtcu __________ __________
spto fiofec __________ __________
nleepveo __________
caegkp __________
psatm __________
ieldyrev __________
riatonifnom __________
oerut __________
omlxabi __________
edabcro __________

BANK TELLERS

Bank Tellers work directly with the public in banks and other financial workplaces. They cash checks, accept deposits and loan payments, and help customers withdraw money from their accounts. They may also sell savings bonds and traveller’s checks, accept payments for customers’ utility bills, and process paperwork.

CAREER HERO CHALLENGE

Suppose you are a Bank Teller. A customer wants to cash a check for $109.28 and withdraw $74.97 in cash from her savings account. How much total cash will she get?
**LIBRARIANS**

Librarians work in a variety of settings including public libraries, schools, museums, law firms, corporations, and non-profit and government agencies. They select, acquire, catalogue, circulate, and maintain library materials. They perform research and work with databases and information systems. They often teach customers how to use library resources.

**LOAN OFFICERS**

Loan Officers determine whether or not a bank can lend money to specific borrowers. Officers meet with loan applicants to answer their questions, to explain the different types of loans that are available, and to work out the terms and conditions for paying off the loan. They review loan applications and research the credit history of the applicants.

**COMPLIANCE OFFICERS**

Compliance Officers examine permits, licenses, applications, and records to ensure that people comply with licensing requirements. They determine the nature of code violations, write violation notices, and participate in enforcement hearings. Compliance Officers prepare, organize, and maintain inspection records. They monitor follow-up actions where violations were found.

---

**CAREER HERO CHALLENGE**

<table>
<thead>
<tr>
<th>1. Put a check mark to the left of the characteristics that are important for a Librarian to have.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Well-mannered</td>
</tr>
<tr>
<td>Good Listener</td>
</tr>
<tr>
<td>Organized</td>
</tr>
<tr>
<td>Like to be outside</td>
</tr>
</tbody>
</table>

**CAREER HERO CHALLENGE**

Suppose a friend wants to borrow money from you. What questions would you ask your friend to help you decide whether you would loan the money or not?

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**ORGANIZERS**

What other careers can you think of that might be in the Conventional group?

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________

________________________________________________________________________________
WHICH TYPE ARE YOU?

Here's a list of the six Career Types and the things people in those career types like to do. Under each one, circle the items that you also like to do.

- **Realistic**
  - I like to...
    - work with things.
    - play sports.
    - use tools and machines.
    - be outdoors.

- **Investigative**
  - I like to...
    - solve problems.
    - explore.
    - learn new things.
    - use math and science.

- **Artistic**
  - I like to...
    - express myself.
    - do art projects.
    - create things.
    - use my imagination.

- **Social**
  - I like to...
    - help people.
    - teach others.
    - give advice.
    - be around people.

- **Enterprising**
  - I like to...
    - persuade others.
    - give directions.
    - work with people.
    - be a leader.

- **Conventional**
  - I like to...
    - follow instructions.
    - solve math problems.
    - organize things.
    - work indoors.

Which one of the 6 Career Types do you think fits you best? On the lines below, explain why you think this type would be a good fit for you.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

No matter which career type you choose, the additional activities in the rest of this workbook will help you learn more about the world of careers.
## True/False Quiz

Check the boxes to indicate whether each statement is true or false. On the blank lines, write why you chose true or false.

<table>
<thead>
<tr>
<th>Statement</th>
<th>True</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. I need to know exactly what I want to be when I grow up.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dan wants to be a movie star when he grows up.</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>2. Once I decide on a career, I have to stay in that career for the rest of my life.</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>3. My job right now is being a student in school.</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>4. Lots of good work habits begin when I am a student.</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>5. Kids my age don’t have jobs.</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>6. The only place we learn things is in school.</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>7. Working in a group is easy because everyone always agrees with one another.</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>8. People get hired for jobs just because they want them.</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>9. I need information to make good choices.</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>10. Positive thinking helps me take action; negative thinking causes me to stop.</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>11. I can learn from my mistakes.</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>12. It is important for me to have a plan of action when I decide on a career.</td>
<td>☐</td>
<td>☑</td>
</tr>
</tbody>
</table>
### Definitions

**Employer**: The person or company who pays a worker for doing a job.

**Industry**: A group of businesses providing similar types of goods or services.

**Job**: The set of tasks done for a specific employer.

**Occupation**: The name for a unique set of tasks, skills, and abilities that a worker performs. People who work for different employers can still be in the same occupation.

**Skills**: Abilities that you have gained through training and practice. They may not be the things you are “naturally” good at, but rather the things you have worked hard to be good at.

### Questions:

1. What **occupations** do your family members or family friends have?

2. What are the names of some of the **employers** in your community?

3. What kinds of **jobs** can be done in a hospital?
WRITE IT DOWN

How many occupations can you list that begin with the letter...

P

S

B

C

T

M

A Career Awareness Workbook for Elementary Students
**Word Search**

Find the hidden words listed below. Remember, the words can run up, down, backward, forward, or diagonally.

<table>
<thead>
<tr>
<th>Career</th>
<th>Industry</th>
<th>Explore</th>
<th>Profession</th>
<th>Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work</td>
<td>Employer</td>
<td>Business</td>
<td>Occupation</td>
<td>Labor Market</td>
</tr>
<tr>
<td>Job</td>
<td>Wage</td>
<td>Goal</td>
<td>Skill</td>
<td>Employment</td>
</tr>
<tr>
<td>Tools</td>
<td>Salary</td>
<td>Uniform</td>
<td>Interests</td>
<td>Information</td>
</tr>
</tbody>
</table>

**Word List:**

- Career
- Industry
- Explore
- Profession
- Training
- Work
- Employer
- Business
- Occupation
- Labor Market
- Job
- Wage
- Goal
- Skill
- Employment
- Tools
- Salary
- Uniform
- Interests
- Information

C H U S T S E R E T N I L O
A V C K T R A I N I N G C O
R D V I N D U S T R Y C P E
E M P L O Y M E N T U F W D
E C I L R G M K R P Q S A N
R W T A E P S E A G O M G N
J U L S L O O T J N X O E J
Q A X O F Z I D O C A I O L
S B Y A H O P I B L F W K M
Y E R E N B S Y S H G D W R
R M Q B S S E N I S U B K O
Z L I F E X P L O R E J J F
S G A F V N M N O C U X W I
R I O I N F O R M A T I O N
A R Z T M H T P K Y L B R U
P L A B O R M A R K E T K A

**Career Heroes**

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CAREER HERO SECRET IDENTITY SCRAMBLE

Can you reveal the secret identities of the career heroes by unscrambling the letters in the list of names below?

1) Anna C. Coutt
2) Ray Creets
3) Tim Niser
4) Roy Tenat
5) Art Rein
6) Chet Incani
7) Leon Roucs
8) Nat Joir
9) Sami C. Thin
10) Regie Nen
11) Lela A. Prag
12) Vic E. Teedt
13) Bee W. Smart
14) Chet Ear

Words to choose from:

- Minister
- Detective
- Technician
- Engineer
- Accountant
- Counselor
- Janitor
- Secretary
- Paralegal
- Trainer
- Webmaster
- Attorney
- Teacher
- Machinist
**Equipment Challenge**

Career Heroes have all the skills, knowledge, and training they need to be experts at their jobs. However, without the right tools, they can't do their jobs at all.

1. Matching - Draw a line connecting the careers on the top with the correct tools on the bottom.

2. Drawing - In the boxes below, draw a picture of a tool that might be used by each Career Hero.

- Astronomer
- Exterminator
- Physician
- Biologist
- Medical Records Technician
- Realtor

<table>
<thead>
<tr>
<th>Carpenter</th>
<th>Police Officer</th>
<th>Teacher</th>
<th>Reporter</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Every occupation uses a unique set of tools. Help the Firefighter Career Hero collect his tools. Taking the route with the firefighter's tools will lead you to the fire.
**Choose an Occupation**

1. Choose an occupation that interests you and write it down here:

   ____________________________________________________________

2. What kind of skills do you think a person would need for this occupation?

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

3. What kind of technology or tools would a person in this occupation use?

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

4. What do you think a person in this occupation does on a typical day?

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

5. How is this person’s day on the job similar to your day at school?

   ____________________________________________________________

   ____________________________________________________________

   ____________________________________________________________

6. What kind of education do you think a person would need for this occupation?

   ____________________________________________________________
INTERVIEW

One of the best ways to learn about a career is to interview someone working in that career. Interview a person in a career that interests you. Here are some questions you might want to ask.

1. Where do you work?

2. What is your job title?

3. What is your favorite part of the job?

4. What is your least favorite part of the job?

5. Have you ever made a mistake in your job? How did you handle it?

6. What is the easiest part of your job?

7. What is the hardest part of your job?

8. Do you use any special tools in your job?

9. Did you need special training for your job?

10. How did you figure out what occupation you wanted to pursue?

11. What was your favorite subject in school?

12. What school subject helps you the most in your job?

13. What occupation did you think about when you were young?

14. What do you like to do in your free time?
**Multiple Roles**

Every person plays more than one role in life. Can you identify some of your roles?

I am the child of ________________________________.
I am the student of ________________________________.
I live in the community of ________________________________.
I am a member of ________________________________.
I am a player of ________________________________.
I am an owner of ________________________________.
I am a relative of ________________________________.
I am a friend of ________________________________.
___________________________ is a teacher at my school.
___________________________ is a person in my neighborhood.
___________________________ is a member of my family.
___________________________ is a member of my team.
___________________________ is a member of my class.

**Self-knowledge**

The more you know about yourself, the better you can pick a career that is right for you.

Fill in the blanks below with information about yourself.

1. Things that interest me at home: ____________________________________________
2. Things that interest me at school: ____________________________________________
3. Things I am good at doing: ________________________________________________
4. Subjects I have to work hard at: ____________________________________________
5. Subjects that are easy for me: ____________________________________________

(circle one)

6. I like to solve number problems. yes no
7. I like to write about my ideas. yes no
8. I am very organized. yes no
9. What careers might use some of your interests and abilities? ________________________________

**Career Heroes**
**Work Habits**

Good work habits are important in any job you have. Right now your job is going to school. Look at your work habits at school and at home and see where you could work to improve these habits for the future. From the following list of good habits, circle the number from 1 to 5 that best shows how often you practice these habits.

### School Work Habits:

<table>
<thead>
<tr>
<th>Habit</th>
<th>Never</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>I arrive at school on time.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I listen to directions.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I hand in homework on time.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I cooperate with other students.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I check my work.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I work neatly.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I use my time wisely.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I keep my desk neat and clean.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I try to improve my grades.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I follow the rules.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

### Home Work Habits:

<table>
<thead>
<tr>
<th>Habit</th>
<th>Never</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>I wake up on time.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I listen to directions.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I do chores when I am supposed to.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I cooperate with my brothers and sisters.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I check that my chores are done completely.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I put my things away.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I use my time wisely.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I keep my room neat and clean.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I help without being asked.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I follow the rules.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

Two habits I will try to improve are:

1. ____________________________________________

2. ____________________________________________
**Work Environment**

Different careers take place in different environments. A forest ranger works in a very different place than an elementary school teacher. Think about the environment in which you may want to work. On each line, circle the environment you like better.

**Would you like to...**

- work indoors ............................................................... work outdoors
- work with people....................................................... work with information
- travel ................................................................................. work in an office
- work with your hands .................................................. work with your mind
- work by yourself .......................................................... work in groups
- work during the day...................................................... work at night
- work in busy places...................................................... work in quiet places
- wear a uniform............................................................. wear everyday clothing
- make things ................................................................. sell things
- communicate with words .............................................. use math
- work 12 months a year ............................................... work during certain seasons
- work the same schedule every day ............................... work a changing schedule
- give directions to others ............................................... take directions from others
- work with humans....................................................... work with animals
- work under pressure.................................................... work without deadlines

Can you think of three occupations in which you would work mostly in your favorite environment? Write the occupation and the environment that you like.

<table>
<thead>
<tr>
<th>Occupation</th>
<th>Environment</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
THE FUTURE

Maintaining a home is a job almost all adults have. Think about what kind of home and family life you want in the future as an adult.

Where will you live? What country? Which city? What kind of neighborhood? Will you have any pets? Will you be married? Will you have children? What kind of career will you have?

Write a story about how you see yourself in the future, perhaps 15 years from now. Write about the things that will have changed in your life. What will your everyday life be like? What responsibilities will you have? What will you do for fun?
Can You Haiku?
Haiku poems are unrhymed traditional Japanese poetry. They are very short, just 3 lines, with 17 syllables total. The first and third lines have 5 syllables and the second line has 7 syllables. Most Haiku poems describe some detail of everyday life with a personal reaction. The poems have two sections. The poet moves from description to reflection. Try to create an image of yourself or a career with just a few words following the Haiku format. Here are 3 examples to help you get started:

The Accountant:
Adding, subtracting
Calculator on the desk
Numbers never stop

Susan:
A large broad smile
Her wide open brown eyes blink
Happy in her skin

The Vet:
The animals come
Each day the doors open wide—
Owners look like them

(5) ____________________________________________________________

(7) ____________________________________________________________

(5) ____________________________________________________________

(5) ____________________________________________________________

(7) ____________________________________________________________

(5) ____________________________________________________________

(5) ____________________________________________________________

(7) ____________________________________________________________

(5) ____________________________________________________________

Career Heroes 37
**What Kind of Career Hero Are You?**

Now that you’ve met some Career Heroes and have learned lots about the different types of occupations out there, do you have an idea what type of Career Hero you would like to be? In the space below and on the following page, draw a picture of yourself as a Career Hero.
Don’t forget to list all the information associated with your chosen career. Go to your library or to www.onetonline.org to find out anything you don’t yet know about your occupation. And don’t forget to have fun—right now, and in your future career!

**CAREER HEROES**

Super Powers (Skills):

Mental Powers (Knowledge):

Tools Mastered:

Training:

Number of Heroes in this Career (Delaware):
CAREER HEROES
A Career Awareness Workbook for Elementary Students

Delaware Department of Labor
Office of Occupational and Labor Market Information
Delaware Career Resource Network
19 West Lea Blvd.
Wilmington, DE 19802
302-761-8064