Career Information Resources

- **Exploring Career Information** - this Bureau of Labor Statistics tool is aimed at high school students – but useful for adults as well. You can search for jobs based on 12 categories of interest.

- **My Next Move**
  This site offers three ways to search for job ideas: by job title, by industry, and by interests (using the O*Net Interest Profiler) users may also search by “bright outlook”, “green jobs” and registered apprenticeships.

- **My Skills My Future** matches current skills to new careers and identifies training needed to move from one job to another. Information about occupational skills that can be transferred from one job to another, a side-by-side comparison chart of likely skill gaps from one occupation to another, and links to training programs that could help address skills needs are also included. This busy site sometimes operates slowly.

- **O*Net**
  O*Net provides information on occupations, snap shots of occupations, details about occupations; the system permits a search by skills and by related occupations. The skills search uses abstract concepts and may not appeal to many people.

- **Occupational Outlook Handbook**
  Browse for occupations, search for specific occupations or groups of occupations. Information includes the nature of the work, educational requirements, job demands, outlook, and national salary information. Available in Spanish.
- **Physical Demands of Work** – describes how the Department of Labor describes work demands

- **Selected Characteristics of Occupations Defined in the Dictionary of Occupational Titles** – use this only if you need precise information – for example, if you are consulting with your physician about a job. This was written for data geeks by data geeks. Download it completely (go get a glass of water while it downloads), then enlarge the text. There is good news – this is carefully research and precise.