

NCCareers REALITY CHECK- Activity

Directions

Go to <https://nccareers.org/find-career>

Parents and students can work together to complete this activity. If you do not want to use the computer, you can use the paper-based version of the activity supplemented here with **Blackline Master 4a**.

Complete the exercise considering the appropriate direction for:

D. One computer

- a. One person (parent or student) operates the program depending upon time limitation. Students can call out their selections as the person running the program makes the chosen selections on the website.
- b. Each student completes a Reality Check worksheet reflecting their individual choice.

E. No computer

- a. Each student completes a Reality Check worksheet reflecting their choices.
- b. Determine the total number of points for their choices.

Reference the Reality Check Results Grid to view high-skill, high-growth jobs in the Gulf Coast area that would allow students to live their chosen lifestyle.

Learning Outcome(s)

Students will calculate their cost of living, determine a high-skill, high-growth job that would meet their cost of living, and investigate their determined occupation.

Resources Needed

IDEAL: Computer with Internet access & worksheet (Blackline Master 4a), pencil

LIMITED: Reality Check Worksheet and Results Grid, pencil

Students and parents should discuss the information from Reality Check- chosen lifestyle, salary requirements, and occupation of choice that will help them to live that lifestyle. Talk about:

- f. how they chose the profession they researched
- g. what mattered most in choosing their career
- h. how influential were salary and expenses in considering their options
- i. what educational steps should they take next (include specific schools/programs)
- j. where might they look for a job (include specific companies and industries)

Student can research one or more of the high-skill, high-growth jobs that match their lifestyle choices. Discuss it with a parent or sibling.



Name _____

Period _____

Date _____

REALITY CHECK WORKSHEET

Directions:

1. For each box above you are going to choose one or more options for lifestyle expenses you might choose to have when you have your first full-time job after high school or college.
2. If the box says "Choose 1," then you would only choose one option. For example: for housing, choose the line that matches the type of housing you would like to have. If you want to rent a one-bedroom apartment, you would circle 5 next to this choice.
3. For boxes where you can choose more than one option, feel free to choose as many as you think you need or want. For example, for entertainment, if you plan to go out with friends in town and also take short vacations, you should circle the corresponding number next to both of these options for a total of five.
4. Total the number of circled points and write the answer in the final space. Using the Reality Check Results Grid, find the column that matches your number of points and write down the salary range for that column in the box above. Next, choose one or more occupations you might consider to achieve this salary.

Reality Check may be found at www.texasrealitycheck.com or as an application for Apple products (Android coming soon).

Housing <i>(choose 1)</i>
Living at home 0
None 0
Efficiency apartment 4
One-bedroom apartment 5
Two-bedroom apartment 6
House 6

Utilities <i>(may choose more than 1)</i>
Phone 1
Internet 2
Mobile phone 2
Cable 2
Electricity 3
Water & gas 4

Food <i>(choose 1)</i>
Eat at home 3
Home and fast food 4
Home and fine dining 4
Restaurants mostly 5

Transportation <i>(choose 1)</i>
Walking 0
None 0
Public bus 1
Used auto 3
Basic auto 5
Average auto 6
Luxury auto 8

Clothing <i>(may choose more than 1, but only 1 option from choices 3-6)</i>
Accessories 1
Shoes 1
\$50-75/month 2
\$76-125/month 2
\$126-250/month 3
\$250+/month 4

Health Care <i>(choose 1)</i>	
No insurance 1	
Basic insurance (I) 2	
Premium insurance (II) 4	
<i>No insurance means no paycheck deduction but you will pay full price for each medical visit or service. Basic insurance may be less from your paycheck, but you will pay more per visit than premium insurance.</i>	



Name _____

Period _____

Date _____

Personal <i>(may choose more than 1)</i>	
Basics (toiletries, etc.)	1
Gym/sports recreation	2
Hair and skin services	2
Extras (makeup, cologne)	3
Luxuries (designer brands)	4

Entertainment <i>(may choose more than 1)</i>	
Stay home	1
Go out on the town at least once a week	2
Spend money on concert tickets, short out-of-town trips, and other items that cost more than a night on the town	3
Longer vacations and premium adventures that might require hotel and travel expenses	3

Miscellaneous <i>(may choose more than 1)</i>	
Misc. (small purchases)	1
Pet care	2
Vacation spending (aside from the cost of booking hotels and travel)	3
Gadgets (electronics)	4
Home furnishings (decorations, sheets, tables, etc.)	5

Savings per Check <i>(choose 1)</i>	
2%	1
5%	2
7%	2
10%	3

Student Loan <i>(choose 1)</i>	
Certificate	1
Associates	1
Bachelor's	2
Master's	4
Professional	5

Total Points
Salary Range
Possible occupations for my chosen lifestyle

REALITY CHECK RESULTS GRID

Based on your total from the Reality Check Worksheet, review the occupations which would allow you to live that lifestyle.

Total points from Reality Check Worksheet							
29 or less \$30–40k	30–39 \$41–50k	40–49 \$51–60k	50–59 \$61–79k	60–69 \$71–80k	70–79 \$81–90k	80–89 \$91–100k	90 or more \$101k+
Machinist	Boilermaker	Accountant and Auditor	Cost Estimator	Financial Analyst	Computer Systems Analyst	Software Developer, Applications	Pharmacist
Medical Records Technician	Electrician	Educational, Vocational and School Counselor	Electrical and Electronic Engineering Technician	Computer Systems Administrator	Environmental Engineer		Dentist
Mobile Heavy Equipment Mechanic	Geological Technologist	Electrical Power-line Installer and Repairer	Medical and Clinical Laboratory Technologist	Registered Nurse (RN)	Physical Therapist		Doctor
Rig Operator	HVAC Mechanic and Installer	Market Research Analyst	Chemical Plant Operator	Occupational Therapist	Software Developer, System Software		Geoscientist
Welder, Cutter, Solderer & Brazier	Industrial Machinery Mechanic	Paralegal	Speech Therapist	Nursing Instructor			Petroleum Engineer
	Licensed Practical & Licensed Vocational Nurse (LPN & LVN)	Radiologic Technologist	Petroleum Pump System Operator, Refinery Operator, & Gauger				Mining /Geological Engineer
	Plumber, Pipefitter, Steamfitter	Respiratory Therapist					
	Bilingual Teacher						

Read the “Focus On” profile to get more information on occupations that may interest you. Profiles can be found at <http://www.wrksolutions.com/jobs/focuson.html>.



Workforce Solutions is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Relay Texas Numbers: 1-800-735-2989 (TDD) 1-800-735-2988 (voice) or 711