

Go to <https://login.xello.world/> or Career Icon on West Symboloo.

The screenshot shows the Xello user interface. At the top, there is a dark navigation bar with the 'xello' logo on the left and three menu items: 'About Me', 'Explore Options', and 'Goals & Plans'. Below the navigation bar, the main content area features a large, bold greeting: 'HEY VIRGINIA!'. Underneath this, the interface is organized into three columns corresponding to the navigation menu items. The 'ABOUT ME' column contains four items: 'Matchmaker' (with a rocket icon and a green checkmark indicating completion), 'Personality Style' (with a rocket icon and a green checkmark), 'Mission Complete' (with a rocket icon and a green checkmark), and 'Learning Style' (with a colorful globe icon and a 'Get Started' button). The 'EXPLORE OPTIONS' column contains four items: 'Careers' (with a blue briefcase icon), 'Schools' (with a purple school building icon), 'Majors' (with an orange graduation cap icon), and 'Saved Options' (with a pink heart icon). The 'GOALS & PLANS' column contains one item: 'My Plans' (with a yellow lightbulb icon).

**xello** About Me Explore Options Goals & Plans

# HEY VIRGINIA!

## ABOUT ME

-  Matchmaker ✓ Completed
-  Personality Style ✓ Completed
-  Mission Complete ✓ Completed
-  Learning Style Get Started

## EXPLORE OPTIONS

-  Careers
-  Schools
-  Majors
-  Saved Options

## GOALS & PLANS

-  My Plans

# HEY VIRGINIA!

## ABOUT ME



Matchmaker

✓ Completed



Personality Style

✓ Completed



Mission Complete

✓ Completed



Learning Style

Get Started

## EXPLORE OPTIONS



Careers



Schools



Majors



Saved Options

## GOALS & PLANS



My Plans

To return to this screen at any point, Click on the



logo in the upper left corner.

# ABOUT ME



Matchmaker

✓ Completed



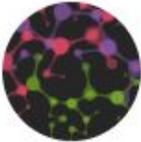
Personality Style

✓ Completed



Mission Complete

✓ Completed



Learning Style

Get Started

First we are going to add information that the program can use to refine the careers further.

Under “About Me,” click on Personality Style questions and then on Mission Complete and complete the questions.

## EXPLORE OPTIONS



Careers



Schools



Majors



Saved Options

Next we want to examine career options.

Under “Explore Options” tab  
Click on to “Career.”

Then remove all filters:  
Click on “View All.”  
Click on “More Filters.”

Make sure ALL filters are unclicked.

- We will filter the results later.



About 20 matches ranked as excellent that you, too, agree are excellent!

**If you have fewer than 20.**

Review your answers to the questions. (Instructions are on next slide.)

- Examine your dislikes.
- Be realistic.
  - Many jobs will require you to talk to people, do some work in an office, have some keyboarding skills, organize and retrieve information, make decisions based on numbers or statistics.
  - You won't have to do these things all day, everyday, but from time to time.

**For Example**

Nurses have to - gather data about the health of their patients, type data gathered into patients' charts, retrieve information from patients' charts, use retrieved data to make decisions about patient care, and deal with difficult patients (patients who are in pain, frightened, crabby, etc.).

- If a person answered "Dislike" to any of these, the job of a nurse would not appear as an excellent match.

# To Redo Matchmaker -

- Click on the “About Me” tab, to get this screen.
- Click on the three dots ( . . . ) next to “View all.”
- Click on either “Review My Answers” or “Reset Matchmaker.”

The screenshot shows the Xello user profile interface. At the top left is the Xello logo. The navigation bar includes 'About Me' (highlighted), 'Explore Options', and 'Goals & Plans'. On the right are icons for search, a heart, and a profile picture. The main header features a large profile picture of a green cartoon character with glasses, a 'Change Photo' button, and the name 'VIRGINIA FITZGERALD'. Below the name are details: 'MI' (Michigan), 'West Middle School', and 'Grade 8'. A 'Share your Profile' button is located below the profile information.

## CAREER MATCHES

The screenshot displays a 'CAREER MATCHES' section with five job recommendations. Each recommendation is in a card format with a title and a small image. The jobs listed are: 'Physical Education Teacher', 'Middle School Teacher', 'Mediator', 'Personal Trainer', and 'Aquaculture'. A 'View all' button is positioned above the last two cards. A dropdown menu is open over the 'Aquaculture' card, showing 'Review My Answers' and 'Reset Matchmaker' options.

## My Favorite Ten “Excellents” - No Filters

### My Excellent Matches



CAREERS  
500 +



Physical Education Te...  
\$39,090 - \$97,500

E Excellent Match



Middle School Teacher  
\$39,090 - \$93,180

E Excellent Match



Mediator  
\$36,590 - \$124,480

E Excellent Match



Personal Trainer  
\$20,000 - \$75,000

E Excellent Match

1.

6.

2.

7.

3.

8.

4.

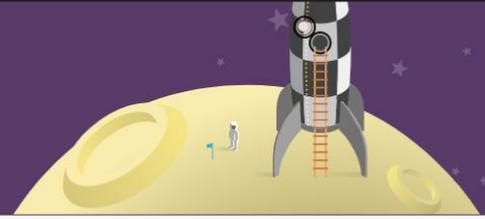
9.

5.

10.



# EXPLORE CAREERS



Minimum Salary

\$60,000

\$125,000 +

Education

H High School

C 2-Year College or Technical Training

U 4-Year College

More Filters

460 Careers

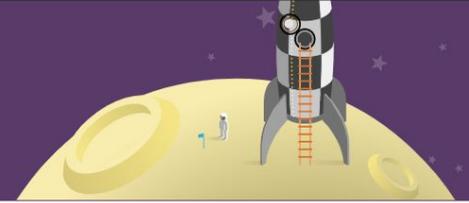
Matchmaker (Interests Match)



Now we are going to add filters one at a time, so that you can examine your choices with an understanding of how each filter individually affected the list.



# EXPLORE CAREERS



Minimum Salary



Education

H High School

C 2-Year College or Technical Training

U 4-Year College

More Filters

460 Careers

Matchmaker (Interests Match) ▾



Go to “Explore Options” tab.  
Click on “Careers.”  
Click on “View All.”  
Click on “More Filters.”

First,  
set the minimum salary.

Slide the scale to a minimum salary of \$50,000.

Go to the list of careers.

Again examine your list of excellent matches, choose your ten favorites and list them on the sheet provided. (If they are the same, cool, but relist.)

Then repeat setting the salary minimum of your choice, reexamining your list of excellent matches, and choosing your ten favorites from that list. (If they are the same, cool, but relist.)

Name \_\_\_\_\_

## My Favorite Ten “Excellents” - Salary Minimum \$50,000

### My Excellent Matches



CAREERS  
500 +



Physical Education Te...  
\$39,090 - \$97,500

E Excellent Match



Middle School Teacher  
\$39,090 - \$93,180

E Excellent Match



Mediator  
\$36,590 - \$124,480

E Excellent Match



Personal Trainer  
\$20,000 - \$75,000

E Excellent Match

1.

6.

2.

7.

3.

8.

4.

9.

5.

10.

Name \_\_\_\_\_

**My Favorite Ten “Excellents” -**  
**Salary Minimum \$ (Fill in amount.)**

My Excellent Matches



CAREERS  
500 +



Physical Education Te...  
\$39,090 - \$97,500

E Excellent Match



Middle School Teacher  
\$39,090 - \$93,180

E Excellent Match



Mediator  
\$36,590 - \$124,480

E Excellent Match



Personal Trainer  
\$20,000 - \$75,000

E Excellent Match

1.

6.

2.

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9.

5.

10.

## My Excellent Matches



CAREERS  
500 +



Physical Education Te...  
\$39,090 - \$97,500

E Excellent Match



Middle School Teacher  
\$39,090 - \$93,180

E Excellent Match



Mediator  
\$36,590 - \$124,480

E Excellent Match



Personal Trainer  
\$20,000 - \$75,000

E Excellent Match

Now we are going to examine our matches in terms of **level of education** and **demand**.

### Levels of Education include

- High School
- Technical Training
- Associate's degree (2 years or about 60+ credit hours)
- Bachelor's degree (4 years or about 120+ credit hours)
- Master's degree (about 2 years more after the Bachelor's)
- Doctoral degree (about 3 years more after the Master's or Bachelor's)
- Certifications (can take 6 months to 1 year anytime after a Bachelor's)

We will only examine our matches in terms of whether they require

- Technical Training or an Associate's degree
- a Bachelor's degree

though we will research possible careers we are interested in to see if they require more before we choose.

If a career is said to be **“In Demand,”** it means there are a large number of jobs for people who seek employment in that field.

If there is an **“Increasing”** demand for a career, it means the number of jobs in that field is growing.

# EXPLORE CAREERS



Minimum Salary  \$0  \$125,000 +

Education

H High School

C 2-Year College or Technical Training

U 4-Year College

Career Demand

High

Increasing

Stable

Declining

Click on the “Explore Options” tab, and then click on “Explore Careers.” Click on “More Filters.”

1st -  
Highlight only “Education -  
2-Year College (Associate’s)  
or Technical Training” and  
make a list of your top ten.

2nd -  
Highlight only “Education -  
4 year College (Bachelor’s)”  
and make a list of your top  
ten.

Last -  
Highlight both “2 year or  
Technical” and “4 year” and  
both “High” and “Increasing”  
Demand and make a list of  
your top ten.

Name \_\_\_\_\_

## My Favorite Ten “Excellents” - 2-year degree or technical training

### My Excellent Matches



CAREERS  
500 +



Physical Education Te...  
\$39,090 - \$97,500

E Excellent Match



Middle School Teacher  
\$39,090 - \$93,180

E Excellent Match



Mediator  
\$36,590 - \$124,480

E Excellent Match



Personal Trainer  
\$20,000 - \$75,000

E Excellent Match

1.

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5.

10.

Name \_\_\_\_\_

**My Favorite Ten “Excellents” -  
4-year degree**

**My Excellent Matches**



CAREERS  
500 +



Physical Education Te...  
\$39,090 - \$97,500

E Excellent Match



Middle School Teacher  
\$39,090 - \$93,180

E Excellent Match



Mediator  
\$36,590 - \$124,480

E Excellent Match



Personal Trainer  
\$20,000 - \$75,000

E Excellent Match

1.

6.

2.

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3.

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4.

9.

5.

10.

**My Favorite Ten “Excellents” - Demand - High or Increasing**

### My Excellent Matches



CAREERS  
500 +

- 

Physical Education Te...  
\$39,090 - \$97,500  
E Excellent Match
- 

Middle School Teacher  
\$39,090 - \$93,180  
E Excellent Match
- 

Mediator  
\$36,590 - \$124,480  
E Excellent Match
- 

Personal Trainer  
\$20,000 - \$75,000  
E Excellent Match

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

## Using the Myers-Briggs Personality Test to Identify Possible Careers

Today we are going to take a well known test that helps identify your personality type, the Myers-Briggs test.

Knowing your personality type, as measured through the Myers-Briggs personality test, can help you with career planning at every stage: from your choices of subjects and majors in school to choosing your first career, to advancing in your career or changing careers later in life.

People often seek help deciding what kind of work they want to do. Personality type is a tool for defining your preferences and then identifying work that satisfies those preferences.

Knowing your Myers-Briggs personality type may, for example, prove helpful in deciding what specific areas of a field a person prefers. A person with a preference for Introversion may find he or she is happier doing research, while a person who prefers Extraversion may favor a field with more interaction with people.

Work environments influence how comfortable you are at your job. Someone with a preference for Introversion, for example, who is required to do a lot of detail work or think through a problem, may find it disruptive to be in an environment that is too loud or where a lot of interaction is required.

Take the test that is linked below. When done, choose “No thanks, Go to Results. Take notes on your results, noting whether Introvert or Extrovert and % with key details, Sensory or N-Intuitive and % with key details, Perceiving or Feeling and % with key details, Thinking or Judging and % with key details, and your 4 character personality type.



[Click here to link to a free online test based on the Myers-Briggs personality instrument.](#)

# Take Myers-Briggs Personality Test to Get Your Personality Type

- Take the test that is linked below.
    - When done, choose “No thanks, Go to Results.”
    - Take notes on your results
- Noting the following
- Whether Introvert or Extrovert - I or E and %
    - key details in bulleted notes
  - Whether Sensory or Intuitive - S or N and %
    - key details in bulleted notes
  - Whether Perceiving or Feeling - P or F and %
    - key details in bulleted notes
  - Whether Thinking or Judging - T or J and %
    - key details in bulleted notes
  - Your 4 character personality type
    - Bulleted Notes
    - Main Idea and details of each paragraph of summary

**[Click here to link to a free online test based on the Myers-Briggs personality instrument.](#)**





Name \_\_\_\_\_

## Using Your Holland Code to Identify Possible Careers

Xello also used the tests you took to calculate what is known as your Holland code.

The Holland code is another way, other than Myers-Briggs, of determining personality type and matching it to careers.

Your Holland code is a three-letter **code** that indicates your three dominant personality types out of six possible personality types, according to a theory developed by Dr. John **Holland**, a psychologist.

To find your Holland code on Xello, sign on, then

- Click on “About Me.”
- Click on “View All.”
- Click on “More Filters.”
- Scroll down to “Personality Styles.”

To find which careers are a good match for your code,

- go to my website and click on the button for the O\*NET site.
- Use the down arrow to put in your 1st, 2nd, and 3rd letters.
- You will be given a list of careers.
- Record them on the handout.

