



When do you recommend getting a first job? What if you think you are ready for a job but not sure what to do because of age and your specific skills? What is the age to start working and earning a wage? What is a good first job? What is a good job for 12 and up?



**Mat:** You can be as young as 14 to begin working though there are some restrictions. Some of those restrictions are lifted at 16 but you still can't work in 'dangerous jobs' until you are 18. If you are 12 and want to work, look around your community for opportunities --- babysitting, pet sitting, basic lawn care, or start your own business. I know a young person who started a business updating/maintaining their neighbors' computer systems.



**Summer:** I think you should get a job the sooner the better. And jobs may look different for everyone, my first job was babysitting, then I worked



**David:** Getting a first job is different for everyone, but these days, the sooner the better, even if just to get experience and work on skills. Maybe even volunteering to start building your network and helping the community, that can lead to a great first job.



**Martin:** My family and friends only ever wanted me to be happy and find something that I was passionate about. None of my close friends ended up in the Finance/Accounting world like me, so when we get together, they are always interested to learn more about what I do, which is very fun!



**Careers Clic:** When you are ready for responsibility, you are ready for a first job. I suggest that if you think you are ready for a job, to contact different employers and ask them what the application process is and if there are age restrictions. Be prepared to communicate with an employer by phone, voicemail and email.



Is it stressful throughout job finding?



**Mat:** Looking for a job is never easy which is why it is best to ask a lot of questions throughout the process and be open/honest with any potential employers.



**Careers Clic:** The skills needed to find a job are slightly different from the skills used on a job. Like anything, if you practice it you can get better at the job hunting process. And the more you interview or practice interviewing for a job the more confidence you will build.

What happens if you train for a job and then end up not liking it?



**Mat:** many skills are transferable and if nothing else, you learned something about yourself which will help inform your future job searches. That said, if you find yourself in a job that you don't like it is important to be professional and do a good job. Even in a job that you don't like, you can still earn a good professional reference from a supervisor or co-worker which will make finding your next job easier.



**Careers Clic:** That is just as valuable as finding a job path that suits you. It's just as important to know what you don't like, and that can inform your next choices. You can take any skills you learned in that position to new opportunities.



How do you know if you are going to be good at a job? How do we know if a job will be a good fit for us?



**Careers Clic:** The best way to find out if a job is a good fit is to research as much information about it online. If it looks like a potential good match and you remain interested in it, consider doing an informational interview with an employer to learn more or visit the employer's workplace. You may be able to coordinate a job shadow or an internship through your school.

What if your desired job isn't widely needed? Should you have a backup source for money or a second job?



**Careers Clic:** If you do not see a job or career you are interested in on this brochure you can research additional careers at O\*net. There are over 1,000 different careers!



What if we can't find a job we like on these websites?



**David:** There is always the right job out there for everyone, sometimes they are posted, but word of mouth is really powerful, so keep talking to people and you can find good outlets and work opportunities through people around you!



**Careers Clic:** It can take some people longer to find a job they like and some people may find changing careers keeps things interesting. Remain open to exploring and trying different jobs, and challenge yourself to learn new skills.



How many years of college might you recommend and is it worth the high cost?



**Mat:** Great question about the cost of college. It depends on the person because there are so many great jobs that require zero college. Taking classes at your Career Technical Education Center or getting an apprenticeship (you are paid to learn) can be the best pathway forward for many. No monetary cost and great opportunities.



**Careers Clic:** The amount and type of education needed after high school, like college, depends on the exact job or career. Many people attend college when they are young so they have the flexibility later to do a variety of things. More and more jobs do now require additional education or training after high school. Regarding the high cost, you might want to talk with your high school guidance counselor to get more information. You could also explore what is called the Rate of Investment, which measures the cost of certain degrees relative to the typical career that a degree may lead to.



Would studying abroad benefit me? What careers could I do that involve that?



**Mat:** Studying abroad can lead to so many jobs! It is actually someone's job to organize studying abroad programs. In addition, it could lead to opportunities as a tour guide, a writer, teacher (language, art, history, etc...)... there are so many!

How do you get an internship?



**Summer:** I did this through a program offered through my high school. I'd reach out to a guidance counselor on how to access these opportunities. I shadowed a lab technician in the hospital, did a work study with our states epidemiologist, and another work study with a Physical therapist.



**Careers Clic:** Students can do internships in high school and in college. It's a great way to gain skills and insight into different careers. Start by connecting with your guidance counselor or a work based learning coordinator at your school.



How did others (friends/family) react to your current job?



**Mat:** When people find out I am an economist they usually say "what is that?" or "I have never met an economist before". After I explain my job, they typically say "cool".



**David:** My parents were always very supportive and happy for my path towards becoming a teacher, but they were always happy for me to find anything that made me happy.



**Kerri:** My family and friends only ever wanted me to be happy and find something that I was passionate about. None of my close friends ended up in the Finance/Accounting world like me, so when we get together, they are always interested to learn more about what I do, which is very fun!

How did the struggles of the epidemic impact your job and influence your enthusiasm for the profession?



**Kerri:** It was a tough 1-2 years in most industries and Finance/Accounting was no different. We had to shift from fully in person work to fully remote work on a day's notice. At first, I thought it was nice to be home so often and have more flexibility with my family, however I quickly realized that I felt a bit isolated and disconnected. I'm thankful that technology allowed my team to continue working seamlessly, however I'm grateful to be able to connect in person again.



Would you change your job if you could?



**Kerri:** Great question. I think we all have thoughts of "What if?" sometimes, right? I didn't mention this during the panel, but I always dreamed of becoming a news anchor. I still think about it sometimes. However, I LOVE what I do and I'm very happy in my role at Dartmouth. If I didn't though, I wouldn't think twice about pivoting, getting some schooling to learn about that job, and trying to go after my dream. It's never too late to learn something new and change careers - but there are considerations, such as schooling, income, location and family that are worth thinking through.

Mat, what was your least favorite job?



**Mat:** Great question! My least favorite job was teaching English --- oh my! It was so hard!! As an example, I was asked by a student "why is the word 'sheep' both singular and plural"? I quickly realized I was better suited working with numbers.





How did you (Kerri) and Mat learn that you liked to work with numbers?



**Kerri:** It really wasn't until college that I had that realization. I took my first Accounting course and really enjoyed it. It all kind of clicked in a way that it didn't for everyone else. In high school, I was ok at math, but it didn't stand out as something I was going to pursue until later.



**Mat:** For me, I learned I liked numbers playing games. A lot card games and dice games are basically numbers in action. Dominos is one of my favorite games to play. It involves numbers and strategy.

What are some of the reasons that people become involved in the teaching profession; how has it changed over the years?



**Mat:** Why people become a teacher? I think the number one reason is because they want to help people. Watching a student learn and grow can be so fulfilling.



What type of job would you suggest if you don't like being around people?



**Mat:** Don't like people? Lots of options! Try working with computers or animals or numbers or science/lab equipment or power equipment --- so many ways to earn money and not have to talk to too many people. That said, human interaction is a big part of everyday life so you will most likely have to talk to someone at sometime.

What category does a tattoo artist fall into?



**Careers Clic:** I would point anyone with an interest in the work of a tattoo artist to the yellow section of the brochure.



What career section would a mortician be in?



**Careers Clic:** I would place mortician under the orange or yellow category. Many of the needed skills are similar to what is used in the medical and social work fields.



**Mat:** this job is also known as a "funeral director" and the Community College of Vermont has a program for this.

What category would an author be?



**A**

**Anna:** Writers/Authors are actually one of the jobs included under the yellow category!



What career category would an astronomer be?



**Mat:** I would put an astronomer in the green category because it is a science field that deals with a lot of information.

What category would a basketball player be in?



**Careers Clic:** I would place a basketball player in the yellow category. Many of the skills used by a fitness trainer parallel those used in sports.



What category would cyber security fall under?



**Careers Clic:** I would place cyber security in the same category as Software Developer, the red category. Cyber security is a fast growing field that will require ongoing learning.



**Mat:** For the purpose of the brochure, we put each job in one category but the reality is to be successful in most jobs, a person needs a blend of each category. Cyber security could fit in the red category as it involves “observing, learning, and analyzing problems” but for me, it most closely aligns with the green category which requires “organizing and working with a lot of detailed information”. The green list includes “Computer System Analyst” which has a lot in common with cyber security. There are a lot of options locally to train in cyber security: Norwich University (<https://www.norwich.edu/programs/cybersecurity> ) and Champlain College (<https://online.champlain.edu/degrees-certificates/bachelors-cybersecurity> ) to name two.



Are there different types of lawyers, like criminal vs. property/mild things?



**Mat:** Yes, there are many types of lawyers. Some work in a courtroom like you see on TV but there are many more that don't. For example, lawyers work in real estate, intellectual property, or even in the Statehouse in Montpelier helping elected officials write laws.

We have a few students who are interested in hair dressing/cosmetics...what skills might be most beneficial? What steps would be recommended for pursuing this career? Thanks!



**Careers Clic:** Creativity and strong people skills are needed in cosmetology careers. Some of those careers require a license, so explore those requirements.



**Mat:** Re: cosmetology - there was a great response already but I would add that social media is important to creating a brand and also bookkeeping. You will either need to learn bookkeeping yourself or find someone else you can work with who can handle it for you.



What could I do if I want to go into Social Justice? How secure is it?



**Mat:** Social Justice is difficult but important work. There is always a need for passionate individuals willing to stand up for others.

**A**

**Anna:** I find that many careers give you the opportunity to work toward social justice. Many nonprofits focus on different aspects of social justice and offer a variety of roles in support of this work, and many corporations have roles that can support social justice. For example, people in Human Resource departments often have the opportunity to shape their organization's diversity, equity, and inclusion policies. Legal professions can fight directly to change laws and represent clients seeking justice. You can find a number of great books about using math to confront social inequities (Google "Math & Social Justice"! ). I think it can be helpful to think about what kind of change you want to create, what kind of work you like to do, and what kind of jobs offer an intersection of your interests and skills.



**Careers Clic:** Job security for any career is dependent on many factors that can change over time. To improve job security it can be helpful to have a board range of skills, and remain flexible and ready for change.



What industry is really growing right now and looks strong long term?



**Mat:** Due to the age of the US and Vermont labor force, there have been a lot of retirements lately and there are expected to be more. As such, nearly all industries look promising in terms of potential long-term employment opportunities. To highlight a few industries: Construction, Education, Health Care and Professional Business Services. This last one is a big catch-all industry which captures a lot of specializations like engineering, public relations, marketing, accounting, economics, management consulting, computer system design, and website design. Again, this is a partial list.





## Additional Resources:

Vermont's Most Promising Jobs: 2023-2024 Edition:

[https://issuu.com/vermontcf/docs/vermont\\_s\\_most\\_promising\\_jobs\\_2023-2024\\_edition\\_web](https://issuu.com/vermontcf/docs/vermont_s_most_promising_jobs_2023-2024_edition_web)

VT Dept of Labor's career exploration page:

<http://www.vtlmi.info/career.cfm>

Child Labor Laws, VT: <https://labor.vermont.gov/document/child-labor-laws>

If you want to discuss your curiosity about employment, submit an inquiry and a member from your local Job Center will be in touch with you to listen and provide guidance:

<https://labor.vermont.gov/VYEP>

*Thank you for attending!*