LOSFA’s 5-Point Match Worksheet (Career and Workforce)

Student Name: ___________________________________________

High School: ___________________________________________

Aptitude, Skills, Interest Match:

Top 3 Career Choices I’m Interested In:

1. ______________________________________

2. ______________________________________

3. ______________________________________

A. What are my interests, skills and abilities? ______________________________________

B. Have I researched the job outlook for my top career choice? (Yes/No): __________________

C. Does my top career choice require any additional education or specialized training? ______

Academic Match:

*Fill in this section to the best of your ability.

Are you on target to meet graduation requirements? ______________________________________

Cumulative GPA: ________ ACT Composite Score: ________

TOPS GPA: Only TOPS Core Classes English Subscore: ________

ACT WorkKeys Score: ________ Math Subscore: ________

Cost of Living Match:

*Google the entry level salary of your top career choice and divide it into 12 months. Go to laworks.net/mylife to complete this section. Choose a region in the state and complete the following information.

How much are my monthly expenses going to cost? (Please note these are estimates).

1. Projected Monthly Salary: ____________

   A. Housing: ____________

   B. Utilities: ____________

   C. Food: ____________

   D. Transportation: ____________
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E. Healthcare: ________________
F. Personal: ________________
G. Pets (if applicable): ________________
H. Miscellaneous: ________________
I. Savings: ________________

2. Total Expenses (Add A-I): ________________
3. Net Income (1 minus 2): ________________

Social/Emotional Match:
*This section does not require you to look anything up. Complete it based off your top career choice.

Is this career local to my region, or will I have to relocate? ____________________________________________

Have you done any job shadowing or interviewed someone in your top career choice? (Yes/No):
__________________________________________

Are there any internship/apprenticeship opportunities currently available to you? (Yes/No):
__________________________________________

Will this job be fulfilling? Will I be satisfied doing it? (Yes/No): ____________________________________________

Helpful Tip: You can contact potential employers directly or visit LA Works for current open positions.

Retention Match:
*Additional research on your career will be required for this section. Complete it based off your top career choice.

1. Are there opportunities for job advancement? (Yes/No): ____________________________________________
2. Will this career offer me the flexibility I may need later in life? (Yes/No): ____________________________
3. Is this job a temporary means, or is this a career I can see myself doing long term?
   ____________________________________________________________________________________________
4. Will I need a higher level of education to be eligible for job advancement? (Yes/No): ______________
   *If yes, complete the postsecondary sheet as well.