

CAREER PLAN EXAMPLE

Personal data

Any Student
498 Your Street
Your City, State Zip

Career Field and Specific Jobs

I'm interested in recreation occupations. Why? Because this career field will allow me to use my strengths in athletics, organization, and working with people. Recreation workers help all types of people enjoy their leisure time, and I think I'd like doing this.

Rec workers run many programs: sports and fitness activities, camping, wellness programs, arts and crafts, wildlife work, and social events. Rec workers get to work in many places: amusement parks, fitness centers, cruise ships, public parks, pools, hotels, the military, nursing homes, playgrounds, businesses, and industries.

Some Specific Jobs in Recreation

recreation director or supervisor
recreation aide
social director

wellness director
exercise specialist
camp counselor or director

Degrees or Certification Needed

I can enter the recreation field with a high-school degree, but moving up requires a degree from a two-year or four-year college. I should take a college program in arts and recreation, physical education, leisure studies, parks and recreation management, or fitness management.

I should also get certified in certain sports and CPR. It's most important that I get professional certification from the National Recreation and Park Association (NRPA).

Certified Leisure Technician (CLT) – two-year college grads

CERTIFIED Leisure Professional (CLP) – four year college grads

If I pursue wellness director or exercise specialist, I should also get certification for fitness instructors from the American College of Sports Medicine. Possible colleges with Leisure Studies programs: Hobart Community College, Northwest Ohio Technical College, Ohio State University, Wooster College.

Useful Work Experiences

Recreation jobs involve working with people in physical and social activities, so my work experiences should include these:

Part-time or summer jobs: pool lifeguard, camp counselor worker in a public park or amusement park, referee for city intramural sports, fitness center employee

Internships: park or wellness program

Volunteer work: senior citizens, children, or other teens, (Big Brother, YMCA, volunteer coach, senior Tai Kwon Do)

My Past Accomplishments

While I haven't yet done a lot of recreation work, I've made a good start.

Courses taken: physical education, theater, office practices, applied communications, sociology, psychology, physiology

Extracurricular activities AWOL visit with Hobart rec director Sandi Walker, basketball and track teams; Break-a-Leg Drama Club

Work experience: Hobart Basketball Camp worker (summer'93), Big Lake Youth Camp counselor (summer '94 and '95)

Awards: First place in the 100-yard freestyle at the Tri-center Swim Meet, honorable mention on State 2A basketball team

Certifications: Red Cross First Aid, Red Cross Lifeguard Training, Youth Leadership Seminar

People or Organizations that Could Help Me

I think that there are several people and organizations that can help me get my foot in the "recreation career door."

People: Aunt Jackie Williams (city recreation office), Jim Burrows (high-school guidance counselor), Coach Appleby (swim team), Marlene Ronco (youth camp director)

Organizations: Hobart Fitness Club, the American Association for Leisure and Recreation (AALR), THE National Recreation and Park Association (NRPA), the American Camping Association (ACA), the American College of sports Medicine (ACSM)

Plan-of-Action

If I take the following steps, my rec career should be on the right track.

1. Finish high school. Keep focusing on courses in physical education, business, communications, English, science courses that look at the human body and nutrition, social science courses dealing with community and psychology. Continue in sports, drama, and music extracurricular activities. Apply for a work-study internship.
2. Look into colleges. Contact 2-year and 4-year colleges for information on Leisure Studies programs. Discuss options with Mr. Burrows.
3. Keep up recreation-related work. Continue as camp counselor, look for part-time or volunteer work to do during school year. Contact Aunt Jackie and others.
4. Check out certification process. Look into local CPR and lifesaving classes. Contact AALR, NRPA, and ACSM for info on recreation careers and student memberships.