



Louisiana Office of Student Financial Assistance  
A Program under the Board of Regents

## 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](http://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.*