



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: _____



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

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.*