PLAN YOUR NEXT CAREER MOVE

Use this workbook to think beyond your first CNA job, identify the work environment that fits you, and map practical next steps for your healthcare career.

YOUR CNA CERTIFICATION CAN BE A STARTING POINT

Experience as a CNA can help you build patient-care, communication and teamwork skills while you explore long-term opportunities in healthcare.

1. WHAT MATTERS TO ME?

Check the things that matter most when you think about your next job or career step.

☐ Helping people directly	☐ A predictable schedule
☐ Higher earning potential	☐ Job stability
☐ Career advancement	☐ Flexible shifts
☐ Working with older adults	☐ Working in a hospital
☐ Continuing my education	☐ Leadership opportunities
☐ A fast-paced environment	☐ Building long-term patient relationships

2. MY STRENGTHS

What strengths do I bring to patient care and the workplace? Think about reliability, communication, compassion, teamwork, attention to detail and problem-solving.

3. MY FIRST CNA JOB

Type of employer I want to explore	
Preferred shift / schedule	
How far I am willing to travel	
My target start date	

Sources: CareerOneStop and O*NET, U.S. Department of Labor; Occupational Outlook Handbook, U.S. Bureau of Labor Statistics.

EXPLORE WHERE CNA EXPERIENCE CAN LEAD

There is no single career path. Use this page to identify roles you may want to research and the education or credentials they require.

4. WORK SETTINGS I WANT TO EXPLORE

☐ Nursing home / skilled nursing facility	☐ Hospital
☐ Assisted living	☐ Home health
☐ Hospice	☐ Rehabilitation
☐ Adult day services	☐ Other:

5. CAREERS I WANT TO LEARN MORE ABOUT

CAREER / ROLE	WHY IT INTERESTS ME	WHAT I NEED TO LEARN
☐ Licensed Practical Nurse (LPN)		
☐ Registered Nurse (RN)		
☐ Patient Care Technician		
☐ Medical Assistant		
☐ Healthcare administration / leadership		
☐ Other:		

6. QUESTIONS TO RESEARCH

☐ What education or credential is required?	☐ How long does training usually take?
☐ What programs are available near me?	☐ What will training cost?
☐ Is financial aid or employer tuition support available?	☐ What experience would make me a stronger candidate?
☐ What is the typical work environment?	☐ What are the common schedules or shifts?

The career I want to research first:

Sources: CareerOneStop and O*NET, U.S. Department of Labor; Occupational Outlook Handbook, U.S. Bureau of Labor Statistics.

TURN YOUR GOAL INTO A PLAN

Break a long-term goal into smaller actions you can begin now. Add dates so you can track your progress.

7. MY CAREER GOAL

In the next 1–2 years, I want to:

8. MY NEXT STEPS

ACTION STEP	WHO / WHAT CAN HELP?	TARGET DATE	DONE
			☐
			☐
			☐
			☐
			☐

9. PEOPLE WHO CAN HELP ME

List instructors, supervisors, mentors, family members, career counselors or coworkers who can support your next step.

10. MY 30-DAY COMMITMENT

ONE THING I WILL DO IN THE NEXT 30 DAYS:

KEEP BUILDING

Revisit this workbook as your goals change. Your first CNA position can help you learn what you enjoy, build experience, make professional connections and decide what comes next.

Sources: CareerOneStop and O*NET, U.S. Department of Labor; Occupational Outlook Handbook, U.S. Bureau of Labor Statistics.

CAREER PLANNING RESOURCES & SOURCES

This workbook is adapted for Georgia CNA career planning using current U.S. Department of Labor career-exploration tools and Bureau of Labor Statistics occupational information. Use the links below as you complete the workbook.

CareerOneStop: How-to Guide — Find Career Ideas

Primary framework for identifying interests, skills and work values, researching career matches and narrowing career options.

Open original source

CareerOneStop: Self-Assessments

Use the Interest Assessment, Skills Matcher and Work Values Matcher to learn more about careers that may fit your preferences and strengths.

Open original source

CareerOneStop: Explore Careers

Research occupations, career profiles, salaries, licensing, professional development and career goals.

Open original source

CareerOneStop: Find Training

Research training types, local programs, certifications, financial aid, scholarships and ways to pay for education or training.

Open original source

U.S. Department of Labor: O*NET Career Exploration Tools

Federal career-exploration tools for connecting work interests, values and abilities with occupations.

Open original source

U.S. Bureau of Labor Statistics: Nursing Assistants and Orderlies

Current occupational information for nursing assistants, including work environment, pay, education/training and employment outlook.

Open original source

SOURCE NOTE

CareerOneStop is sponsored by the U.S. Department of Labor, Employment and Training Administration. Career requirements, wages, training options and outlook can change, so users should confirm current information before making education or employment decisions.

Sources: CareerOneStop and O*NET, U.S. Department of Labor; Occupational Outlook Handbook, U.S. Bureau of Labor Statistics.