

Color my Future!

A CAREER EXPLORATION
COLORING BOOK

Electrician

Artist

Teacher

Dentist

Chef

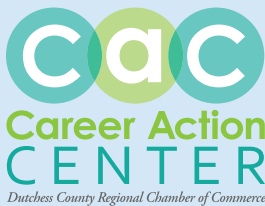


Color My Future! A CAREER EXPLORATION COLORING BOOK

This coloring book was designed to educate, inspire, and engage elementary school children and their parents/guardians on the “in-demand” occupations within New York. By utilizing career clusters, parents increase their knowledge of education requirements, projected growth, and average salaries for a diverse set of careers. It is our hope that exposing youth to career ideas at a young age will instill dreams and goals and increase engagement among the parents and the child. A group of young artists from Poughkeepsie High School researched these careers and illustrated them utilizing drawing tablets. We hope this project supports the Hudson Valley by filling a gap in knowledge and linking future workers to jobs in growing industries to create a strong and viable workplace.



The Dutchess County Regional Chamber of Commerce, Inc., is a nonprofit 501(c) 6 corporation that has operated its Workforce Development Center (WFDC) since 1996. The Workforce Development Center successfully assists low-income adults and youth with training and employment opportunities. We work closely with businesses in the Hudson Valley to develop partnerships to provide training, employment, and internship opportunities for program participants.



The Career Action Center is a WFDC program housed at Poughkeepsie High School. The partnership between the Dutchess County Regional Chamber of Commerce and Poughkeepsie City School District was developed in 2014. The center is open to all students at Poughkeepsie High School. Youth receive assistance with career planning and exploration; understanding career pathways; transitioning to college or vocational school; work experience opportunities including internships, job shadows and part-time employment; and are offered mentoring and supportive services. Career Action Center students are participating in this project.

The Workforce Development Institute (WDI) is a statewide organization that works regionally to build stronger communities through collaboration and funding initiatives that identify targeted strategies to address workforce development opportunities and challenges. One of these challenges concerns the future workforce and how to inform our youth of the many and varied job opportunities that exist in our region and in our state. The idea for this coloring book was born from discussions with businesses, educators and community partners regarding this need and came to fruition when I met with the Dutchess County Regional Chamber of Commerce and they agreed to create “Color My Future.”



I salute the vision, dedication, and talent of the youth and staff of the Dutchess County Regional Chamber of Commerce and thank them for turning my idea into reality.

Mary Jane Bertram
Hudson Valley Regional Director
Workforce Development Institute

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Illustrations by: Anjelina Negron, Zion Reid, Nadia Whitaker, Naiya Whitaker, Tamara Gentle
Research by: Anemarie Diaz-Lopez; Project Coordinator: Katrina Gobins; Creative Director: Angela Signor-Brown
Career information obtained from the O*Net OnLine and the U.S. Bureau of Labor Statistics.

Plumber, Pipefitter, and Steamfitter



Assemble, install, or maintain systems and equipment for steam, hot water, heating, cooling, lubricating, sprinkling, or industrial production or processing systems.

Salary: United States: \$24.74 hourly, \$51,450 annual; New York State: \$33.12 hourly, \$68,900 annual

Projected Growth (2014-2024): Much faster than average; 12% in the United States; 26% and higher in New York State

Education needed: These occupations require training in vocational schools, an associate degree or acceptance into a NYS registered union apprentice training program with the United Association of Journeymen and Apprentices of the Plumbing, Pipefitting, and Sprinkler Fitting Industry of the United States and Canada. (UA)

Electrician

Install, maintain, and repair electrical wiring, equipment, and fixtures. Ensure work is in accordance with relevant codes. May install or service street lights, intercom systems, or electrical control systems.

Salary: United States: \$25.35 hourly, \$52,720 annual
New York State: \$32.23 hourly, \$67,030 annual

Projected Growth (2014-2024):
Much faster than average; 14% in the United States; 23% and higher in New York State

Education needed:
These occupations require training in vocational schools, an associate degree or acceptance into a NYS registered union apprentice training program with the International Brotherhood of Electrical Workers. (IBEW)



Brickmasons & Blockmasons

Lay and bind brick, structural tile, and various blocks with mortar and other substances to construct or repair structures.

Salary: United States: \$23.68 hourly, \$49,250 annual; New York State: \$33.24 hourly, \$69,140 annual

Projected Growth (2014-2024): Much faster than average;
14% and higher in the United States; 23% and higher in New York State

Education needed: These occupations require a high school diploma and acceptance into a NYS registered union apprentice training program with the International Union of Bricklayers and Allied Craftworkers. (BAC)



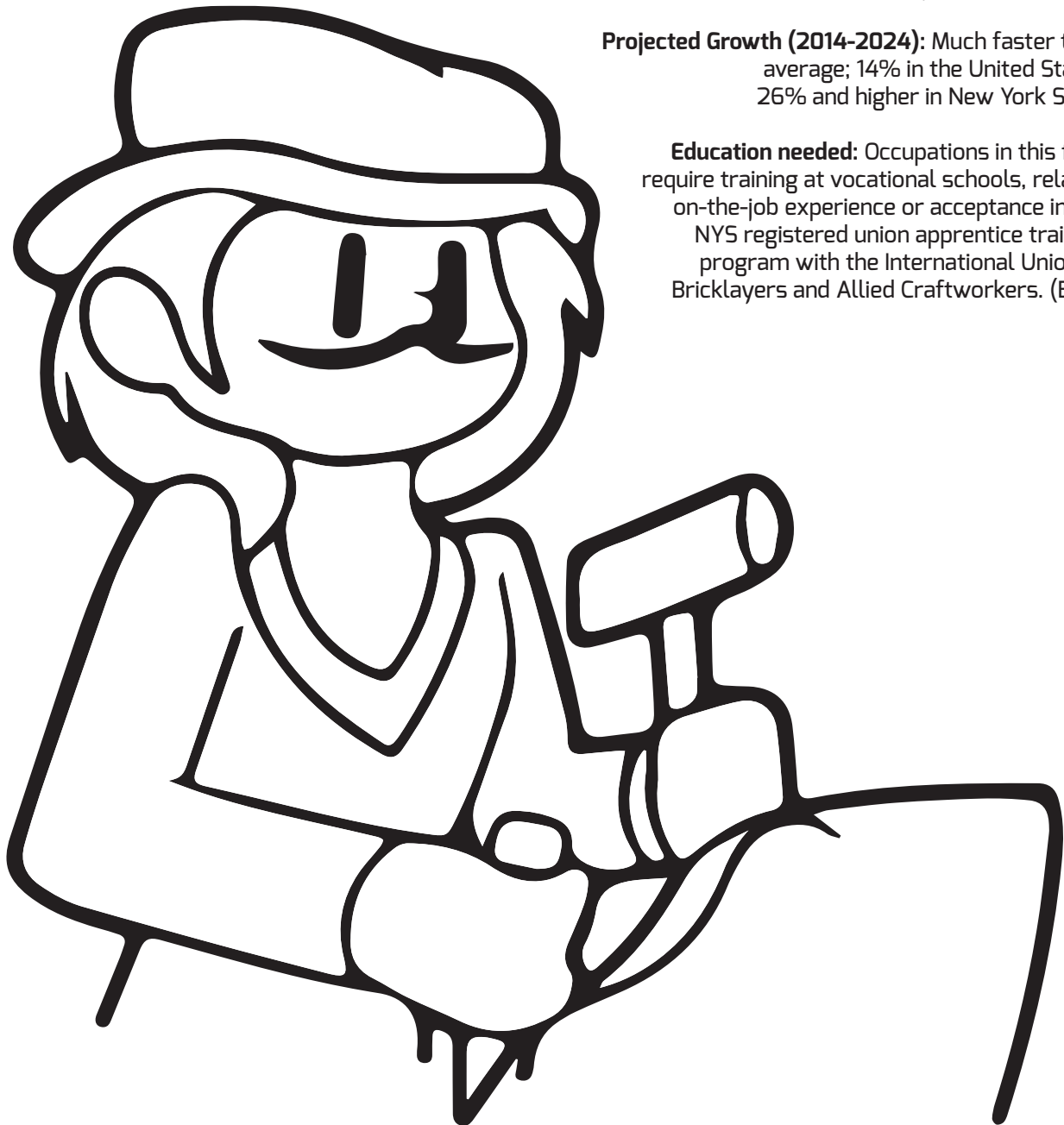
Stonemason

Build stone structures, such as piers, walls and abutments. Lay walks, curbstones, or special types of masonry for vats, tanks and floors.

Salary: United States: \$19.13 hourly, \$39,780 annual
New York State: \$19.06 hourly, \$39,640 annual

Projected Growth (2014-2024): Much faster than average; 14% in the United States
26% and higher in New York State

Education needed: Occupations in this field require training at vocational schools, related on-the-job experience or acceptance into a NYS registered union apprentice training program with the International Union of Bricklayers and Allied Craftworkers. (BAC)





Sheet Metal Worker

Fabricate, assemble, install, and repair sheet metal products and equipment, such as ducts, control boxes, drainpipes, and furnace casings. Work may involve setting up and operating fabricating machines; shaping metal using a hammer; operating soldering and welding equipment; or inspecting, assembling, and smoothing seams and joints. Includes those who install prefabricated sheet metal ducts.

Salary: United States: \$22.57 hourly, \$46,940 annual; New York State: \$27.84 hourly, \$57,900 annual

Projected Growth (2014-2024): Average; 7% in the United States; 28% and higher in New York State

Education needed: This occupation requires a high school diploma and acceptance into a NYS registered union apprentice training program with the International Association of Sheet Metal Workers. (SMW)

Computer-Controlled Machine Tool Operators

Set up and operate machines or robots to perform one or more functions on metal or plastic workpieces. Review program specifications or blueprints to determine and set operations and sequencing, finished workpiece dimensions, or numerical control sequences.

Salary: United States: \$18.21 hourly, \$37,880 annual, New York State: \$16.89 hourly, \$35,120 annual

Projected Growth (2014-2024): Much faster than average; 18% in the United States, 26% and higher in New York State

Education needed: Occupations in this field require training at vocational schools, related on-the-job experience, or an associate's degree.



Industrial Machinery Mechanics

Repair, install, adjust, or maintain industrial production and processing machinery or refinery and pipeline distribution systems.

Salary:

United States: \$24.06 Hourly/\$50,040 annual

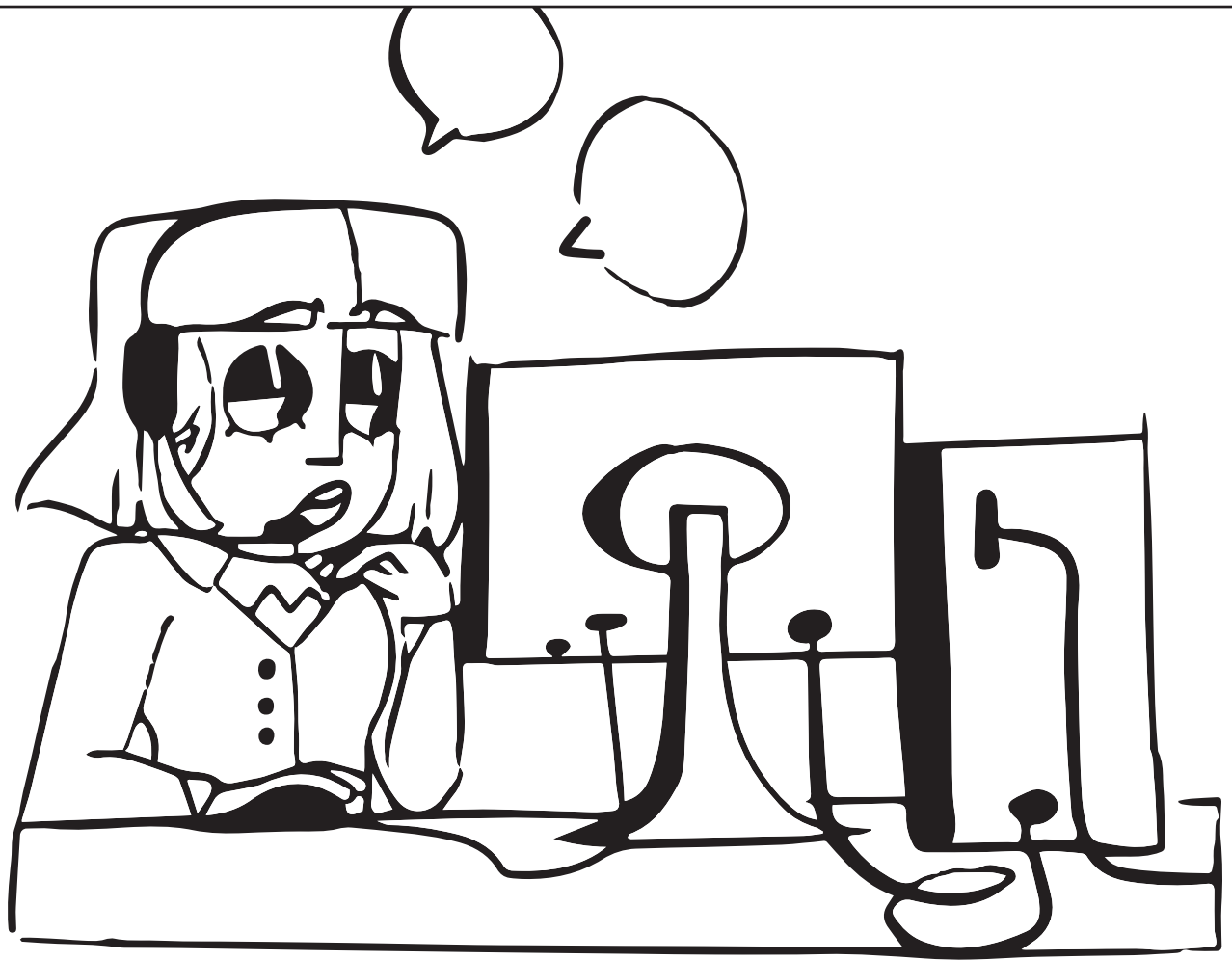
New York State: \$25.09 Hourly/\$52,190 annual

Projected Growth (2014-2024):

Much faster than average; 18% in the United States; 22% and higher in New York State

Education needed: Occupations in this zone require training at vocational schools, related on-the-job experience, or an associate's degree.





Computer User Support Specialist

Provide technical assistance to computer users. Answer questions or resolve computer problems for clients. May provide assistance concerning the use of computer hardware and software.

Salary:

United States: \$23.74 hourly, \$49,390 annual, New York State: \$25.28 hourly \$52,590 annual

Projected Growth (2014-2024):

Much faster than average, 13% in the United States; 20% and higher in New York State

Education needed:

Occupations in this field require training at vocational schools, related on-the-job experience, or an associate's degree.

Software Developer



Develop, create, and modify general computer applications software or specialized utility programs. Analyze user needs and develop software solutions. Design or customize software for clients with the aim of optimizing operational efficiency. May analyze and design databases within an application area, working individually or as part of a team. May supervise computer programmers.

Salary: United States: \$48.12 hourly, \$100,080 annual, New York State: \$51.33 hourly, \$106,770 annual

Projected Growth (2014-2024): Much faster than average; 14% and higher in the United States; 29% and higher in New York State

Education needed: Considerable preparation needed. These occupations require a four-year bachelor's degree. Employees in these occupations usually need several years of work-related experience, on-the-job training, and/or vocational training.

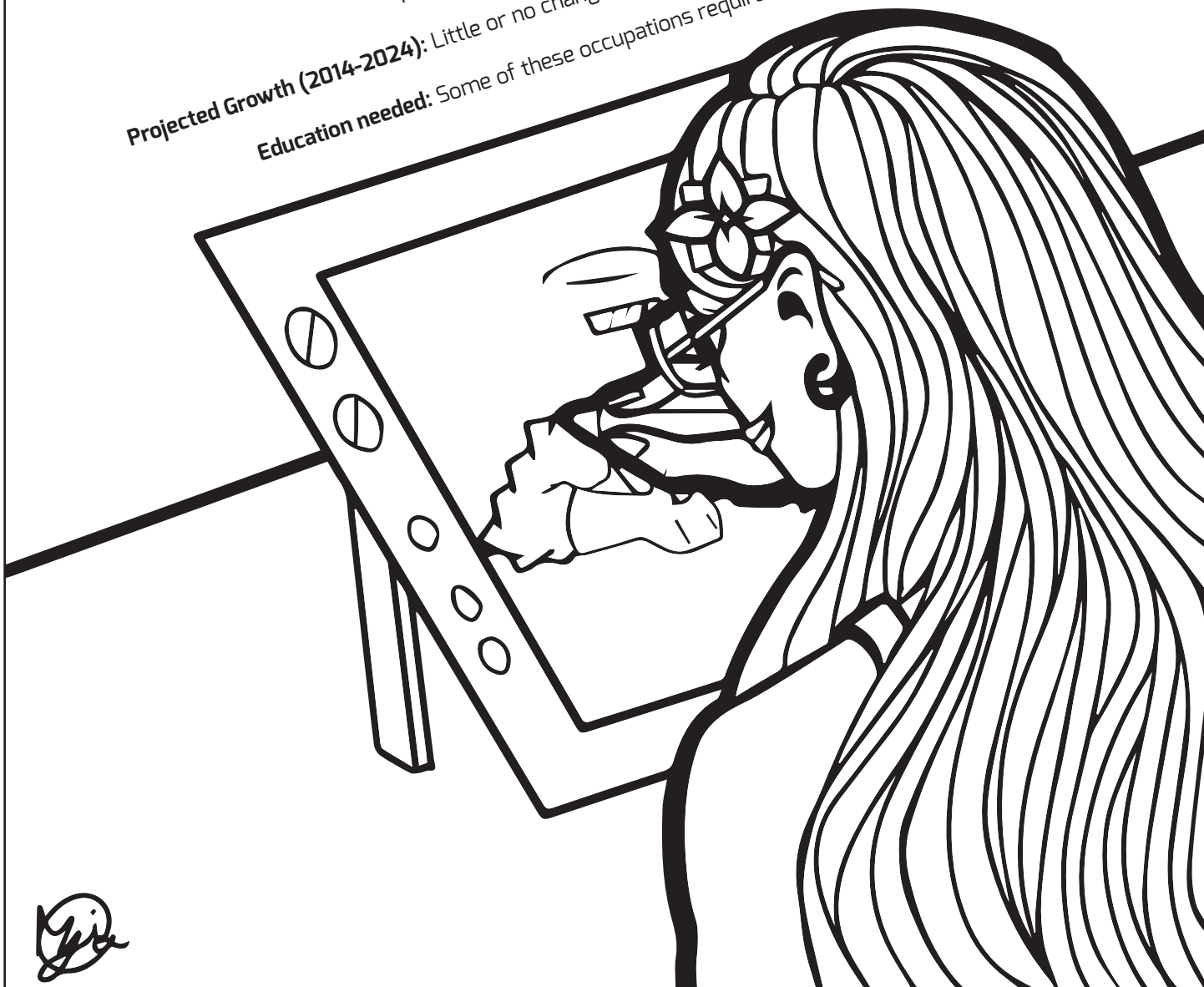
Graphic Design Artist

Design or create graphics to meet specific commercial or promotional needs, such as packaging, displays, or logos. May use a variety of mediums to achieve artistic or decorative effects.

Salary: United States: \$22.90 hourly, \$47,640 annual
New York State: \$27.83 hourly, \$57,880 annual

Projected Growth (2014-2024): Little or no change, 1% in the United States; 9% and higher in New York State

Education needed: Some of these occupations require a four-year bachelor's degree.



Yip

Teacher

Educate students on one or more subjects, such as English, mathematics, or social studies at the secondary level in public or private schools.
May be designated according to subject matter specialty.

Salary: United States: \$58,030 annual, New York State: \$77,750 annual

Projected Growth (2014-2024): Average, 6% in the United States; 3% and higher in New York State

Education needed: Some of these occupations require a four-year bachelor's degree.



Freelancer

These individuals are often self-employed and not in a long-term contract with any one employer. The most common freelance jobs include writing, editing, photography, web-design, graphic arts, or computer programming.

Salary: United States: \$58,030 annual, New York State: \$77,750 annual

Projected Growth (2014-2024): Average; 6% in the United States; 3% in New York State

Education needed: Some of these occupations require a four-year bachelor's degree.



Physical Therapist

Assess, plan, and facilitate rehabilitative programs to improve mobility, relieve pain, increase strength, and/or correct conditions resulting from disease or injury.

Salary: United States: \$41.06 hourly, \$85,400 annual; New York State: \$39.05 hourly, \$81,230 annual

Projected Growth (2014-2024): Much faster than average; 34% in the United States; 29% and higher in New York State

Education needed: These occupations require graduate school, such as a master's or medical degree.



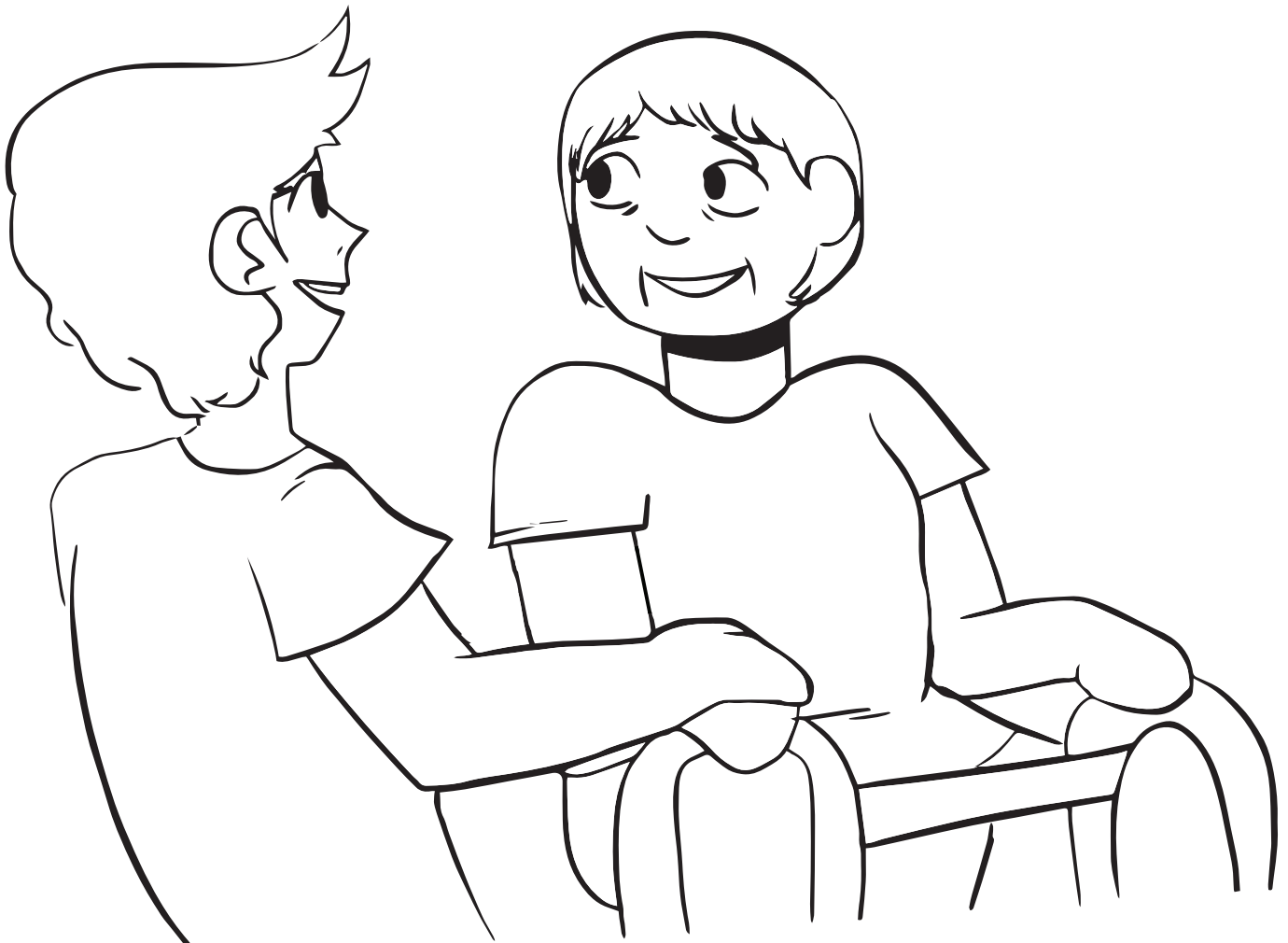
Occupational Therapist

Assess, plan, and facilitate in rehabilitative programs that help build or restore vocational, homemaking, and daily living skills, as well as general independence, to persons with disabilities or developmental delays.

Salary: United States: \$39.38 hourly, \$81,910 annual; New York State: \$39.64 hourly, \$82,450 annual

Projected Growth (2014-2024): Much faster than average; 27% in the United States; 22% and higher in New York State

Education needed: These occupations require graduate school such as a master's or medical degree.





Certified Nursing Assistant

Provide basic patient care under direction of nursing staff. Perform duties such as feed, bathe, dress, groom, move patients, or change linens. May transfer or transport patients. Includes nursing care attendants, nursing aides, and nursing attendants.

Salary: United States: \$12.78 hourly, \$26,590 annual
New York State: \$16.65 hourly, \$34,640 annual

Projected Growth (2014-2024): Much faster than average; 18% in the United States; 16% and higher in New York State

Education needed: This occupation requires a high school diploma and vocational training.

Registered Nurse

Assess patient health problems and needs, develop and implement nursing care plans, and maintain medical records. Administer care and may advise patients on health maintenance and disease prevention or provide case management. Licensing or registration required.

Salary: United States: \$32.91 hourly, \$68,450 annual
New York State: \$38.65 hourly, \$80,380 annual

Projected Growth (2014-2024): Much faster than average; 16% in the United States; 17% and higher in New York State

Education needed: Occupations in this field require an associate degree or a Bachelor Degree of Nursing.





Anesthesiologist

Physicians who administer anesthetics prior to, during, or after surgery or other medical procedures.

Salary:

United States: \$100.00+ hourly, \$208,000+ annual
New York State: \$100.00+ hourly, \$208,000+ annual

Projected Growth (2014-2024):

Much faster than average; 21% in the United States; 20% and higher in New York State

Education needed: This occupation requires extensive preparation and a medical degree.



Doctor

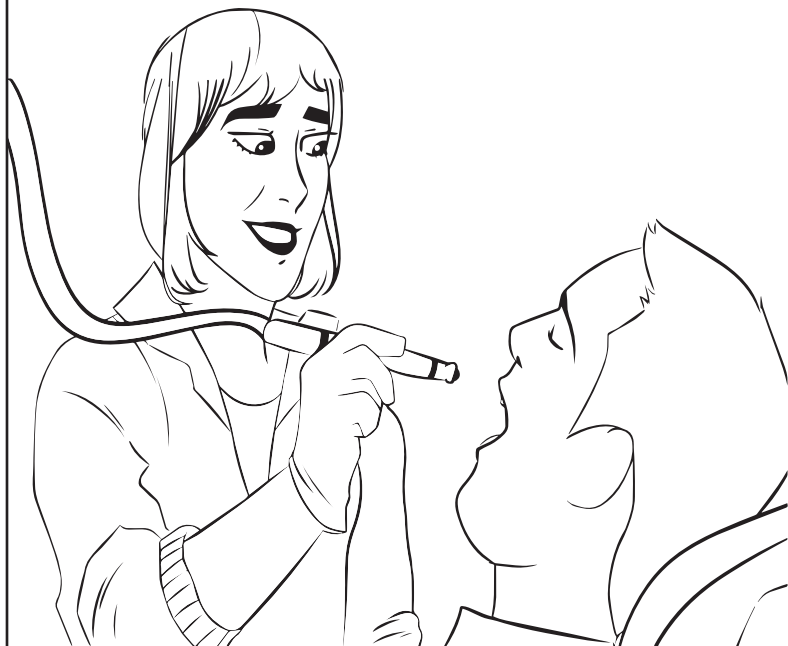
Apply knowledge of general preventive medicine and public health issues to promote health care to groups or individuals. Aid in the prevention or reduction of risk of disease, injury, disability, or death. May practice population-based medicine or diagnose and treat patients.

Salary: United States: \$99.48 hourly, \$206,920 annual
New York State: \$79.81 hourly, \$166,010 annual

Projected Growth (2014-2024): Much faster than average; 14% and higher in the United States; 13% and higher in New York State

Education needed: Extensive preparation needed. All physicians complete at least 4 years of undergraduate school, 4 years of medical school, and, depending on their specialty, 3 - 7 years in internship and residency programs.

Dental Assistant



Assist dentist, set-up equipment, prepare patient for treatment, and keep records.

Salary: United States: \$17.76 hourly, \$36,940 annual; New York State: \$17.33 hourly, \$36,040 annual

Projected Growth (2014-2024): Much faster than average; 18% in the United States; 19% and higher in New York State

Education needed: This occupation requires training at vocational schools, related on-the-job experience, or an associate's degree.

Dental Hygienist



Clean teeth and examine oral areas, head, and neck for signs of oral disease. May educate patients on oral hygiene, take and develop x-rays, and/or apply fluoride or sealants.

Salary: United States: \$35.05 hourly, \$72,910 annual; New York State: \$36.25 hourly, \$75,390 annual

Projected Growth (2014-2024): Much faster than average; 19% in the United States; 21% and higher in New York State

Education needed: This occupation requires training at vocational schools, related on-the-job experience, or an associate's degree.

Dentist



Examine, diagnose, and treat diseases, injuries, and malformations of the teeth and gums. May treat diseases affecting oral hygiene and retention of teeth. May fit dental appliances or provide preventive care.

Salary: United States: \$73.99 hourly, \$153,900 annual; New York State: \$70.67 hourly, \$147,000 annual

Projected Growth (2014-2024):

Much faster than average; 18% in the United States; 19% and higher in New York State

Education needed: Extensive preparation needed.

All dentists complete at least 4 years of undergraduate school, 4 years of medical school, and, depending on their specialty, 3 - 7 years in internship and residency programs.

Machinist

Set up and operate a variety of machine tools to produce precision parts and instruments. Includes those who fabricate, modify, or repair mechanical instruments. May also fabricate and modify parts to maintain machines, applying knowledge of mechanics, mathematics, metal properties, layout, and procedures.

Salary: United States: \$20.05 hourly, \$41,700 annual, New York State: \$21.01 hourly, \$43,690 annual

Projected Growth (2014-2024): Faster than average; 10% in the United States; 14% and higher in New York State

Education needed: Occupations in this field require training at vocational schools, related on-the-job experience, or an associate's degree.



Welder

Use hand-welding or flame-cutting equipment to weld or join metal components or fill holes, indentations, or seams of fabricated metal products.

Salary:

United States: \$18.94 hourly, \$39,390 annual

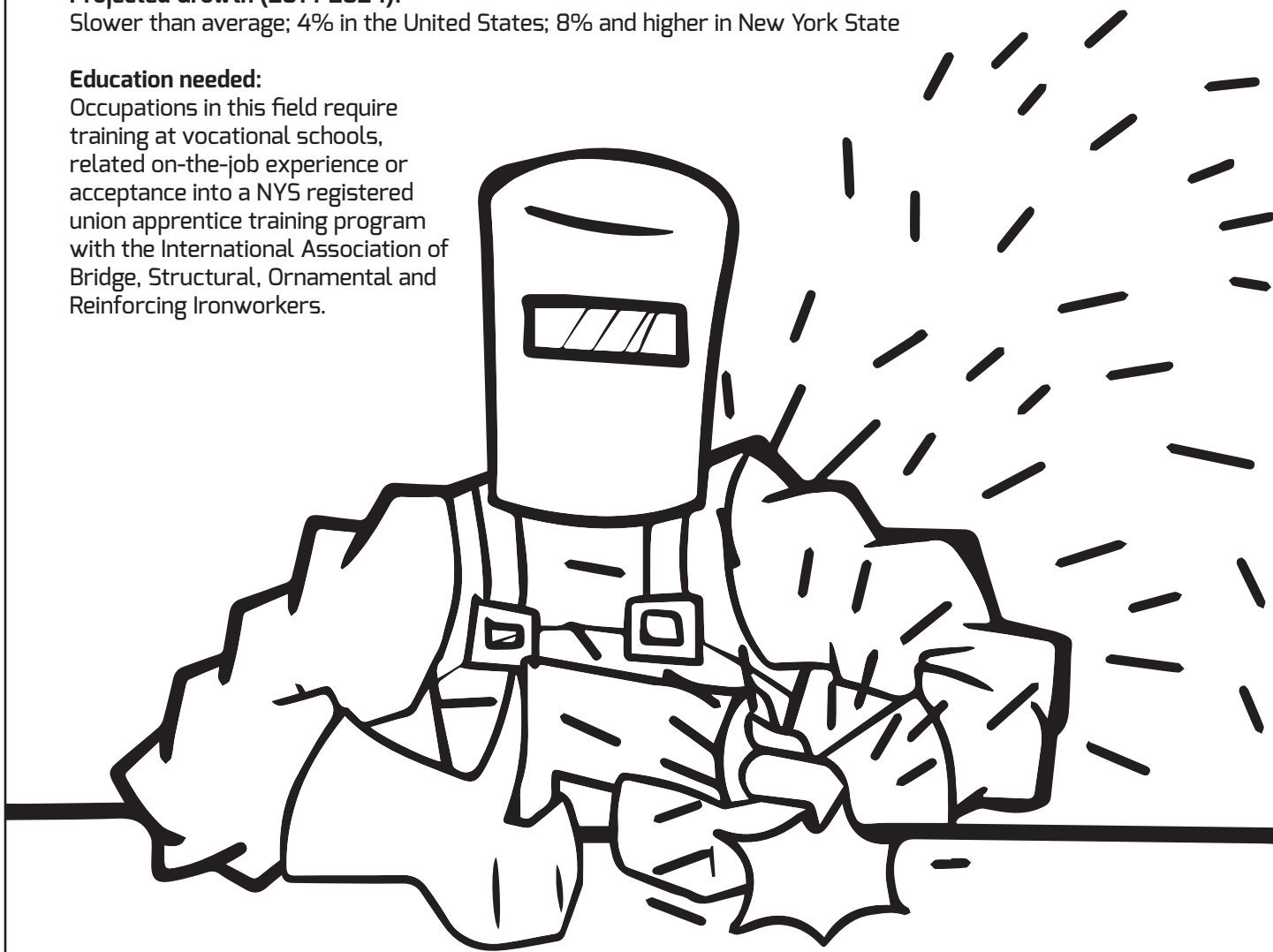
New York State: \$20.58 hourly, \$42,810 annual

Projected Growth (2014-2024):

Slower than average; 4% in the United States; 8% and higher in New York State

Education needed:

Occupations in this field require training at vocational schools, related on-the-job experience or acceptance into a NYS registered union apprentice training program with the International Association of Bridge, Structural, Ornamental and Reinforcing Ironworkers.



Firefighter

Control and extinguish municipal fires, protect life and property, and conduct rescue efforts.

Salary:

United States: \$23.09 hourly, \$48,030 annual

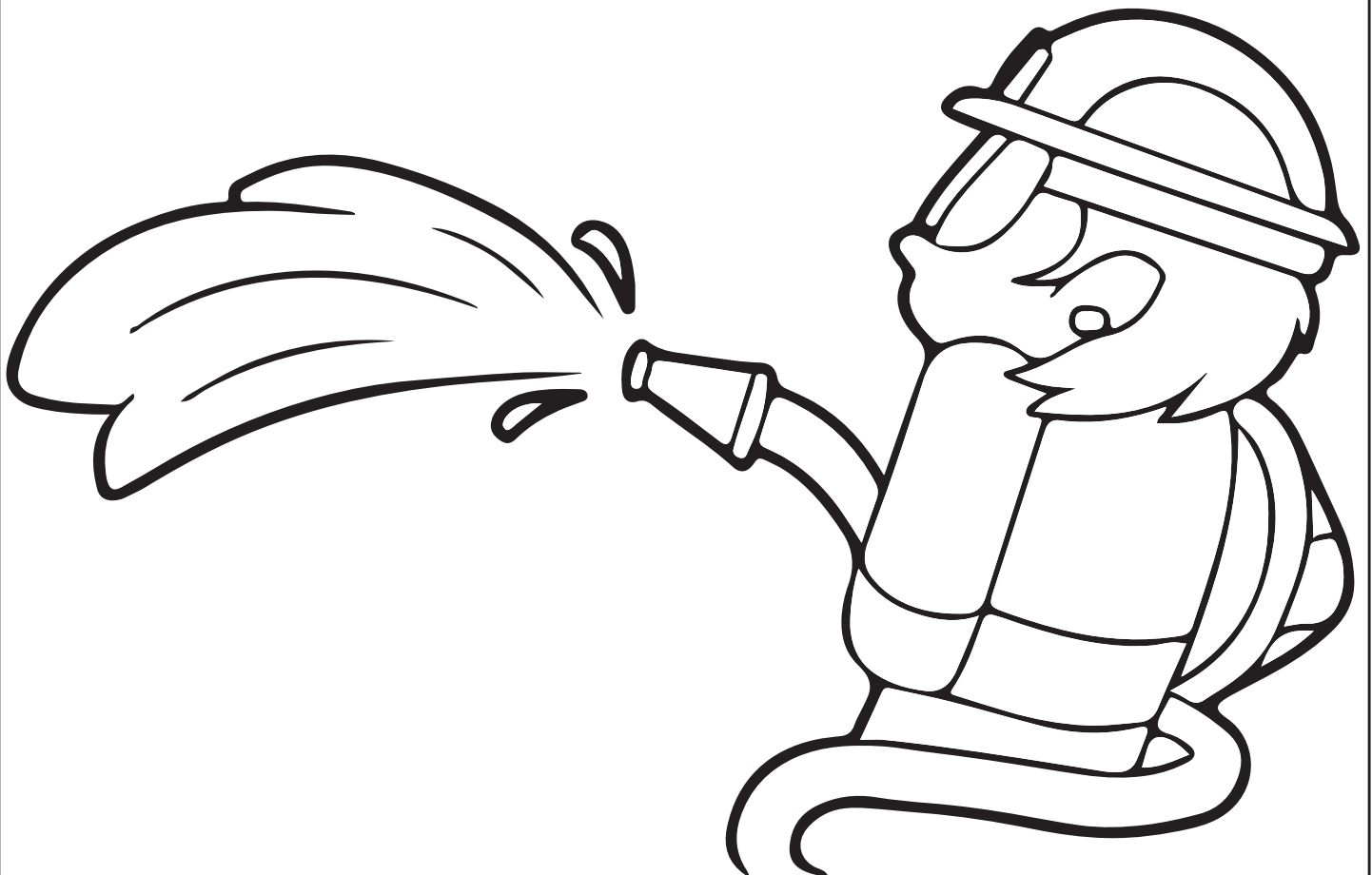
New York State: \$34.44 hourly, \$71,640 annual

Projected Growth (2014-2024):

Average; 5% in the United States; 6% and higher in New York State

Education needed:

Occupations in this field require training at vocational schools, related on-the-job experience, or an associate's degree.



U.S. Military Service Member



Maintain the national defense. While some service members work in occupations specific to the military, such as fighter pilots or infantry, many hold occupations such as nurses, doctors, and lawyers. Branches include the Army, Navy, Air Force, Marine Corps, and Coast Guard, as well as Reserve components and the Air National Guard and Army National Guard.

Salary: In addition to receiving basic pay, members of the military are either housed free of charge on base or receive a housing allowance. Members who serve for a certain number of years may receive other benefits including education and medical.

Projected Growth (2014-2024): Opportunities should be very good for qualified individuals in all branches of the Armed Forces through 2024.

Police Officer

Patrol assigned area to enforce laws and ordinances, regulate traffic, control crowds, prevent crime, and arrest violators.

Salary: United States: \$28.69 hourly, \$59,680 annual, New York State: \$34.31 hourly, \$71,370 annual

Projected Growth (2014-2024): Average; 5% in the United States; 6% and higher in New York State

Education needed: Occupations in this field require training at vocational schools, related on-the-job experience, or an associate's degree.





CDL Driver

Drive a tractor-trailer combination or a truck with a capacity of at least 26,000 pounds Gross Vehicle Weight (GVW). May be required to unload truck. Requires commercial driver's license.

Salary:

United States: \$19.87 hourly, \$41,340 annual
New York State: \$21.80 hourly, \$45,340 annual

Projected Growth (2014-2024): Average; 6% in the United States; 14% and higher in New York

Education needed: This occupation requires a vocational licensing program.

Ambulance Drivers or EMT

Assess injuries, administer emergency medical care, and extricate trapped individuals. Transport injured or sick persons to medical facilities.

Salary:

United States: \$27.07 hourly, \$32,670 annual
New York State: \$29.67 hourly, \$39,730 annual

Projected Growth (2014-2024):

Much faster than average; 24% in the United States; 29% and higher in New York State

Education needed:

Occupations in this field require training at vocational schools, related on-the-job experience, or an associate's degree.



AUTOMOTIVE



ENGINEER

Develop new or improved designs for vehicle structure, engines, transmissions, or other systems, using computer-assisted design technology. Direct building, modification, or testing of vehicle and/or components.

Salary: United States: \$40.48 hourly, \$84,190 annual
New York State: \$40.32 hourly, \$83,870 annual

Projected Growth (2014-2024): Average; 5% in the United States, 11% and higher in New York State

Education needed: Some of these occupations require a four-year bachelor's degree.



HVAC Technician

**Install, service, or repair heating and air conditioning systems
in residences or commercial establishments.**

Salary:

United States: \$22.07 hourly, \$45,910 annual
New York State: \$25.38 hourly, \$52,790 annual

Projected Growth (2014-2024):

Much faster than average; 14% in the United States; 27% and higher in New York State

Education needed:

Occupations in this field require training at vocational schools,
related on-the-job experience, or an associate's degree.

Veterinary Technician

Perform medical tests in a laboratory environment for use in the treatment and diagnosis of diseases in animals. Prepare preventive vaccines and serums, take tissue and blood samples, and execute tests, such as urinalysis and blood counts. Clean, sterilize, and maintain equipment and machines. May assist a veterinarian during surgery.

Salary:

United States: \$15.62 hourly, \$32,490 annual
New York State: \$20.34 hourly \$42,310 annual

Projected Growth (2014-2024):

Much faster than average;
19% in the United States;
22% and higher in New York State

Education needed:

Occupations in this field require training at vocational schools, related on-the-job experience, or an associate's degree.



Hospitality Industry

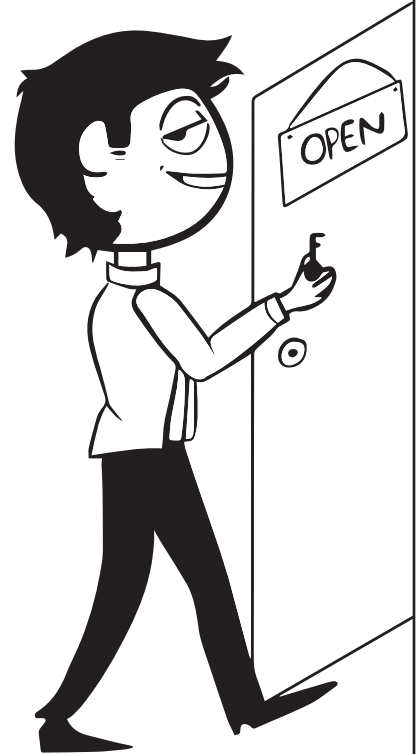
The hospitality industry has many entry-level jobs, but you can also enter at a managerial level or climb the ladder from desk clerk to hotel manager or dishwasher to executive chef.



Dishwasher



Server



Owner

Direct and participate in the preparation of salads, soups, fish, meats, vegetables, desserts, and other foods. May plan and price menu items, order supplies, and keep records and accounts.

Salary:

United States: \$20.76 hourly, \$43,180 annual
New York State: \$20.11 hourly, \$41,820 annual

Projected Growth (2014-2024):

Faster than average; 9% in the United States;
26% and higher in New York State

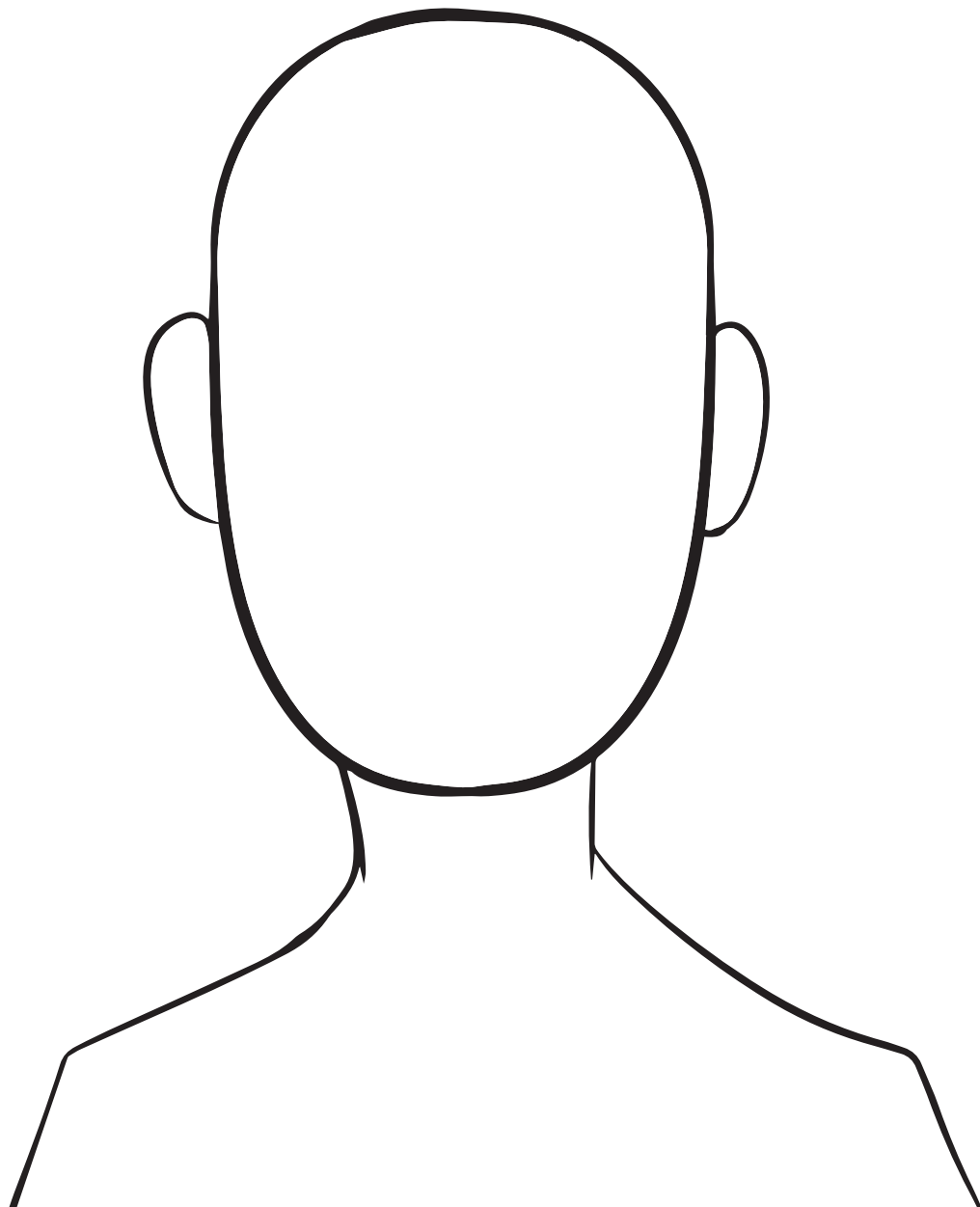
Education needed:

Occupations in this field require training at vocational schools, related on-the-job experience, or an associate's degree.

Chef



**Draw yourself in a
career of your choice!**

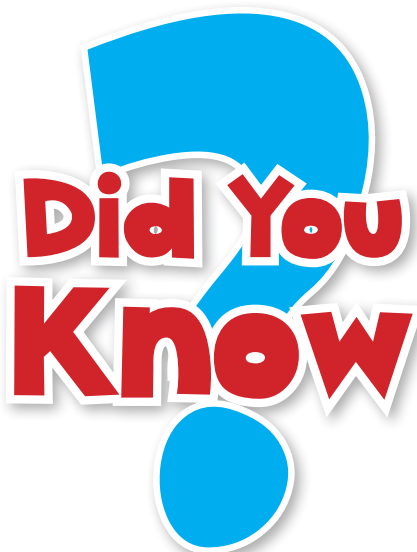


Career Exploration Word Search

WORD LIST:

ARTIST
ASSISTANT
BUSINESS
CAREER
CHEF
COMPUTER
DENTIST
DOCTOR
DRIVER
EDUCATION
ENGINEER
FIREFIGHTER
FUTURE
JOB
LEADERSHIP
MANAGER
MECHANIC
MILITARY
NURSE
POLICE
PROGRAMMER
SALARY
SUCCESS
TEACHER
TEAMWORK
TECHNICIAN
THERAPIST
TRAINING
WELDER
WORKERS
WORKFORCE

D B A A T Y N U L H T E F F I R E F I G H T E R C A N T N U
R O O G W B S F M V E O M T O O O D F L B J T E T K S G Y Z
I W Z C X V M Y E F T Y D S E A J U B W Q U O J W C O Q N E
V E H Y E Y P I H H M R O A M P T M W U W G K B C P K Q H Y
E L V X V T M Y L N T B C N Q U S V G X S O R A O B E N X U
R D W P G Y S C P I P D T M R E C U J A N I R A D T A N R Y
P E A P K Q C G X H T W O E U R W I G X A H N K G Y K K T X
A R Y A R T I S T R P A R N E Z N H U H T T A E E T L Q N C
Z C W G G P Y T G O W A R N W N D R F B J P E Q S R N K M M
C L Z V R Q T X Q U F E D Y W H N M M Y G S Q W K S S B Y U
W H X U U H R T Y N W V P W A T H O P D R E X D K P W Y L S
T D X W X K A G R E H M O Z W A B K I U R U O U S G U S U R
H U P M G C I M K A Z R V O M E Z C N T P E Q L I R N Y E K
E N C R C R N D R R K B P P J C Z N I W A Z E V G C C M R C
R Z V L W M I D V F L I S O U X Y K V E H C D N T I D U O W
A P B Q N Q N W O G P Q S A L I B S G B F E U E I Z X Y A M
P A N R Z V G R R V S P I V V I L L R J N T A D C G O M V X
I N L M K T C A T W Q J P W P Z C W Y T Y M D Y E A N U A N
S I Z X S E X U G F N S C M S Y S E I S W W I B S X R E T H
T Y K W O R Q K V M I P H F C X C S A O A U G T T Z M E J P
G W W Y Q V L Z M W O R S Y N J T L R P B O J I O Q N U E R
C M D Q F D T X I E O U N Y T D A K P L M C S B M R M F B R
V C E P O F E L K H C D E L Y R C I N A H C E M C S W E H D
R E G A N A M O Z C X O S H Y B K G I U F B I N C F O H V E
U D R Y F W P I E P I H S R E D A E L E R E H C A E T C F B
D E L Z M G A S I J U T G Q B M T N A T S I S S A Q O K D I
X M I K M Q S V W I T B E L U O E Y Y B U R E T U P M O C D
Q R E R L D A M D C A C F P N R E M M A R G O R P R E H Z M
O A L F X F C E X B I O Z P T T T E C H N I C I A N E M X D
D U I U T W X H M C G Z N T S M W I L O B C M A O J G S A T



1. Did you know volunteering can boost your career?
2. Did you know the fastest growing occupation is wind turbine service technicians with 108% growth rate between 2014-2024?
3. Did you know one of the scariest occupations is being an epidemiologist: a person who studies patterns and causes of infectious diseases?
4. Did you know one of the most valued skills in the workplace is communication?
5. Did you know an average person will live through 4,200 Mondays in his/her lifetime?



Featured Artists

Color My Future! is a unique coloring book created by current and recently graduated Poughkeepsie High School students. Through this project, the artists and researcher became more aware of the requirements necessary to enter the workforce and particular career fields. This coloring book will also give younger students exposure to the vast opportunities of the future.

We hope this project inspires and encourages you or your children to look forward to the future and all its possibilities!



Angie

Age: 15
Hobbie(s): Drawing
Desired Career:
Graphic Artist



Zion

Age: 14
Hobbie(s):
Singing & Drawing
Desired Career:
Character Designer



Nadia

Age: 16
Hobbie(s): Drawing
& Video Games
Desired Career: Comic
Book Artist/Concept
Artist



Naiya

Age: 15
Hobbie(s): Drawing
& Video Games
Desired Career:
Animator



Tamara

Age: 15
Hobbie(s): Sleeping
Desired Career:
Concept Artist



Anemarie

Age: 19
Hobbie(s):
Singing & Soccer
Desired Career:
Therapist

This book was made possible by the Workforce Development Institute/WDINY.org. Special thanks to Fidelis Care.