Career DIMENSIONS™

Basics

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Exploring Your Workplace Preferences

Career Dimensions™ will help you find a job that interests you. It can help you know yourself better. It helps you decide what you like to do at work. It also asks about the things that are important to you at work.

Career Dimensions™ scores your preferences using the four Personality Dimensions®, one of which will be most like you, and the other three will be a lot like you, a bit like you, and not much like you. This report will help you to look for your first job or help you change your career to something new.

The Career Dimensions™ job lists give many different options. When you compare the jobs in these lists with ones from other assessments you may have taken, you will see the same jobs and patterns forming. It is through comparing these lists that you will narrow your choices to specific areas or jobs. Then you can start researching jobs. Use the NOC (National Occupational Classification) codes to further career paths that you may be interested in. Remember to explore other related areas that may not be on the list but may be of interest to you.

Think of the suggested jobs as a “starting point” to help you understand yourself and explore career options. Enjoy discovering your future career path!

Author: Lynda McKim

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Sam P L Report (sample@clsr.ca)

November 02, 2026

My Career DIMENSIONS™

	Inquiring Green	Organized Gold	Authentic Blue	Resourceful Orange
The Natural Talents I Bring to Work	4	2	3	1
Some Tasks I Might Enjoy	4	1	3	2
My Major Job Stressors	2	4	1	2
I Prefer to Work With	3	1	4	2
The Values I Bring to a Job	2	3	1	4
My Leadership Style	1	4	2	3
My Preferred Supervisor/Boss	1	3	2	4
My Best Workplace Is	4	2	3	1
To Me Success Means	3	2	4	1
FINAL SCORE	24	22	23	20

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About you:

Most Like You	A Lot Like You	A Bit Like You	Not Much Like You
Inquiring Green	Authentic Blue	Organized Gold	Resourceful Orange

My Preferred Workplace

If you have two colours in the “Most Like You” box on page 2, this section will help you decide which one describes you best. It is important to look at jobs for both of the colours in the Most Like You box. If the total scores for your Most Like You and A Lot Like You are close, look at the jobs for both.



INQUIRING GREEN

I am most comfortable in a workplace that lets me think and come up with new ideas. I need time to work on my own without a lot of interruptions, but I also enjoy working as part of a team to solve problems and share ideas. I like a well-equipped place with knowledgeable co-workers and I prefer to be involved in a job from the start so I understand what needs to be done and why. I am happiest when I can use my strengths and skills.



ORGANIZED GOLD

I am most comfortable in a structured workplace. I like to know what to expect. I like to feel I belong and that I am valued. I like to have a schedule and clear instructions. Working on one thing at a time is best for me so I carefully schedule other tasks so that everything is done well and meets the deadline. I enjoy belonging to a team where everyone shares in the work to get it done. I value tradition. I am happy when I do my best work and finish on time and can check that off my schedule.



AUTHENTIC BLUE

I am most comfortable in a warm and friendly workplace. I like people who are calm, helpful and honest and prefer to work in a team where everyone can share their ideas. Talking about problems and making decisions together is important to me. I want people to like and respect each other. I work well on my own and I also enjoy working in a team that values honesty and cooperation. I am happy when I work with others on different tasks that use my creativity.



RESOURCEFUL ORANGE

I am most comfortable in a workplace without strict rules and structure. I like to have fun at my job. I want to do things my own way and at my own speed (usually fast). I like working on many different things so I do not get bored. I do my best work when I have short deadlines. I like working with others who are quick and work hard. I also work well on my own. I am happy when things move quickly and I can move on to new tasks.

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Where does your energy come from?

Personality Dimensions® teaches about four types of people. There is another important part of us which is how we get our energy. This is called being an Introvert or Extravert. There are Introverts and Extraverts in all four groups.

Often we think that Introverted means “shy” and Extraverted means “outgoing.” Instead, these words talk about how people get their energy. Introverts get their energy by having quiet time. Extraverts get their energy from keeping in touch with the people, places and things around them.

Introverts often prefer to do their thinking and planning by themselves. Extraverts enjoy talking and being part of a group. Some Introverts enjoy being with a group of people but they may need a quiet time after. Some Extraverts can be quiet and a bit shy at first, but they will become more involved once they are comfortable.

What the Extravert says out loud is not always what they decide to think or do. They are just throwing thoughts out. When Introverts are quiet and not talking they are not necessarily bored... they may simply be listening and thinking about what they are hearing. Give them some time and then ask what they think and you may be surprised.

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Suggested Occupations

On the next pages there are list of good careers for each of the four colours. Check the listing under your most preferred colour. If you have two colours that are “Most Like You” look at the jobs under both lists. Pay special attention to jobs that appear on both lists

Other people who have the same colour preference as you have liked doing the jobs on each list. You will see that many jobs appear on more than one list. This means that many kinds of people can do the same type of jobs well. They will just enjoy different parts of the job.

Here are some examples of jobs that people from all colours enjoy, as well as what parts of the job may interest each colour.

Career	Inquiring Green	Authentic Blue	Resourceful Orange	Organized Gold
Performance Artist	research required, looking to improve, mentally challenging	sensing what others want or others would do, working with others	excitement of being in front of others, challenge to do well, physical work and requiring travel	working with people, team work, seeing how the production works
Sports Coach	analyzing need, developing strategy and designing plans/training programs to meet needs	passion for self-improvement, ability to motivate and communicate this passion to others	passion for their sport, ability to motivate and communicate with others, variety of tasks	planning and organizing training, teaching and instructing, working with others for improved results
Dental Assistant	scientific aspects, assessing patient, demonstrate expertise, on-going learning	helping and supporting others towards self-improvement, developing rapport	hands-on, variety, working with people, developing rapport, troubleshooting	serving and helping patients achieve improvement, keep accurate records, teamwork
Construction Labourer	requires high quality of work, use math, see how things work, learn new things on new projects, problem-solving	working as part of a team creating something from nothing, helping people	hands-on, can see results of work done, problem-solving, variety, can use many skills	enjoy the orderly approach to building, requires high quality of work, meeting deadlines, enjoying finished product
Family Physician	analyze, diagnose, improve conditions, problem-solving, continue learning	sensitive to needs of others, supportive, motivating, helping others to be healthy	good in a crisis, resourceful, problem-solving, helping others	focus on details, caring, supportive, requires high quality of work, helping others

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Career	Inquiring Green	Authentic Blue	Resourceful Orange	Organized Gold
Agricultural Manager	working without supervision, problem-solving, continue learning with new technology	working the land, back to nature, producing things to help for others, unselfish aspect	freedom, hard work, work with hands, work on many tasks at the same time, problem-solving, sales, making "deals"	planning far ahead, organizing things so that they work well, budget and finance aspects
Food/Beverage Server	problem-solving, set challenges for themselves (i.e remembering orders), variety, developing knowledge of food / wine, requires high quality of work	working with and for others, creating a pleasant people and becoming friends with regulars	fast moving workplace, variety, problem-solving, work with hands, meeting new people, working toward management	serving, working with and for people, making sure things are of the best quality, meeting new people and making friends with regulars, working toward management

Make a short list of the jobs that interest you AND ones on the list that you haven't heard of before. Never skip a job just because you don't know what it is. It might be the perfect fit for you.

Once you have made your list it is time to research your choices. All jobs listed in this report have a National Occupation Classification (NOC) codes next to them. The NOC is a Canadian resource that helps you research jobs.

The jobs are broken down into Broad Occupational Categories (BOC). The NOC codes in each BOC start with a different number.

First Number of NOC Code	Broad Occupational Category (BOC)
0	Legislative and Senior Management
1	Business, Finance and Administration
2	Natural and Applied Sciences
3	Health
4	Education, Law and Social, Community and Government Services
5	Art, Culture, Recreation and Sport
6	Sales and Service
7	Trades, Transport and Equipment Operators
8	Natural Resources and Agriculture
9	Manufacturing and Utilities

Look through all ten BOCs for jobs you may like. Do this even if you already have a specific field in mind. You may come across options that you had not previously thought about.

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All jobs need different levels of training, education and experience. The second number of each NOC code shows the job's Training, Education, Experience and Responsibilities (TEER) category.

Second Number of NOC Code	Training, Education, Experience and Responsibilities (TEER)
0	Management
1	Usually require a university degree
2	Usually require a college diploma or apprenticeship training of two or more years; or supervisory occupations
3	Usually require a college diploma or apprenticeship training of fewer than two years; or more than six months of on-the-job training
4	Usually require a secondary school diploma; or several weeks of on-the-job training
5	Usually require short-term work demonstration and no formal education

Some jobs on each list need more education than others. There are other jobs that are not on these lists that you might want to think about too. If you don't have the education needed for a job that interests you, and you cannot gain that education, don't dismiss it. There may be similar jobs that you can follow.

The NOC website (https://noc.esdc.gc.ca) provides short descriptions of what people in these jobs do, where they work and what education they need. You will also see related or similar jobs requiring different levels of education. You can search for any job by its NOC code. If you don't know the NOC code for a job you can search by job title. Some jobs may appear under several different NOC codes. For example, doctor, teacher, engineer, administrator and writer appear under many work sectors depending on the job's focus or specialty. This search will allow you to explore different types of similar jobs.

Career Dimensions™ helps you match the way you like doing things with your preferred workplace and related jobs. It is not meant to match you with a future job. That will take more research. Remember that there are many more jobs related to the ones you found in your report that you will also want to explore. The NOC is an excellent resource to help you with this.

If you have taken other career assessments as well as Career Dimensions™, you will want to find out more about jobs that appear in the results.

SAMPLE

Inquiring Green



Legislative and Senior Management

NOC	Unit Group	Example Careers
00010	Legislator	First Nations Band Council Member, Member of Parliament, Premier
00011	Government Senior Manager	Ambassador, Consul, First Nations Band Manager
00012	Business Services Senior Manager	Bank President, General Manager, Financial Executive Director
00014	Trade/Broadcasting/Customer Services Senior Manager	Broadcasting Corporation President, Chief Privacy Officer, Department Store President
00015	Infrastructure/Production Senior Manager	Electric Power Company President, Publishing House General Manager, Transit System General Manager

Business, Finance and Administration

NOC	Unit Group	Example Careers
10011	Human Resources Manager	Occupational Health and Safety Manager, Recruiting Director, Training and Development Manager
10020	Insurance/Real Estate/Financial Brokerage Manager	Insurance Claims Service Manager, Mortgage Broker Manager, Real Estate Broker
10021	Banking Manager	Bank Manager, Investment Manager, Mortgage Manager
10022	Advertising Manager	Campaign Manager, Publicity Director, Sales and Marketing Executive
11100	Financial Auditor/Accountant	Budget Accountant, Income Tax Expert, Internal Auditor
11101	Financial/Investment Analyst	Chartered Financial Analyst, Fiscal Projections Consultant, Investment Consultant
11103	Investment Dealer	Foreign Exchange Trader, Securities Agent, Stock Broker
11200	Human Resources Professional	Policy Officer, Training Programs Supervisor, Union Representative
11201	Business Management Consultant	Corporate Vision Consultant, Method and Cost Analyst, Team Training Specialist
11202	Advertising Professional	Fundraiser, Press Secretary, Talent Agent
12113	Research Support Worker	Research Assistant, Statistical Officer, Technical Services Officer
12202	Insurance Underwriter	Accident and Sickness Underwriter, Casualty Underwriter, Insurance Rating Analyst
13100	Administrative Officer	Exam Invigilator, Office Administrator, Project Administration Officer
13111	Legal Assistant	Corporate Law Secretary, Legal Stenographer, Wills and Estates Legal Assistant
13112	Medical Administrative Assistant	Medical Secretary, Medical Stenographer, Ward Secretary
14102	Personnel Clerk	Employment Clerk, Labour Relations Clerk, Training Clerk
14401	Storekeeper	Partsperson, Stockperson, Warehouse Clerk

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Natural and Applied Sciences

NOC	Unit Group	Example Careers
21100	Physicist	Aerophysicist, Astrophysicist, Medical Physicist
21101	Chemist	Electrochemist, Food Chemist, Organic Chemist
21102	Geoscientist/Oceanographist	Geologist, Oceanographer, Volcanologist
21109	Physical Sciences Professional	Astronaut, Ballistician, Metallurgist
21110	Biologist	Ecologist, Marine Biologist, Medical Researcher
21200	Architect	Architectural Project Manager, Consulting Architect, Residential Architect
21202	Land Use Planner	Environmental Planner, Recreation Planner, Urban Planner
21203	Surveyor	Cadastral Surveyor, City Surveyor, Legal Surveyor
21210	Mathematician/Statistician	Cryptographer, Demographer, Statistician
21211	Data Scientist	Artificial Intelligence Consultant, Data Miner, Quantitative Analyst
21222	Information Systems Specialist	Data Processing Consultant, IT Engineer, Software Quality Assurance Analyst
21223	Data Administrator	Data Analyst, Database Designer, Data Processing Specialist
21230	Computer Programmer	Operating Systems Programmer, Programmer Analyst, Scientific Programmer
21231	Software Engineer	Backend Engineer, Embedded Software Designer, Software Technical Architect
21232	Software Developer/Programmer	Animation Programmer, Computer Game Developer, Mobile Application Developer
21233	Web Designer	Interactive Media Consultant, Internet Site Designer, Multimedia Consultant
21300	Civil Engineer	Hydraulics Engineer, Ocean Engineer, Water Treatment Engineer
21301	Mechanical Engineer	Automotive Engineer, Energy Conservation Engineer, Robotics Engineer
21311	Computer Engineer	Capacity Planning Analyst, Data Communications Specialist, Optical Communications Engineer
21320	Chemical Engineer	Electrochemical Engineer, Petrochemical Engineer, Waste Treatment Engineer
21322	Material Engineer	Extractive Engineer, Foundry Engineer, Refining and Metalworking Engineer
21330	Mining Engineer	Mine Design Engineer, Mine Exploration Engineer, Mineral Dressing Engineer
21331	Geological Engineer	Geophysical Engineer, Geotechnical Engineer, Hydrogeological Engineer
21332	Petroleum Engineer	Mud Engineer, Oil and Gas Drilling Engineer, Subsea Engineer
21390	Aerospace Engineer	Aeronautical Engineer, Aerospace Structural Engineer, Aircraft Design Engineer
21399	Professional Engineer	Biomedical Engineer, Engineering Physicist, Marine Engineer
22100	Chemical Technologist/Technician	Brewery Technician, Chemical Process Analyst, Forensic Laboratory Technician
22101	Geological Technologist/Technician	Hydrographic Survey Technician, Prospector, Seismic Technician
22110	Biological Technologist/Technician	Agricultural Technologist, Fish Hatchery Technician, Seed Technologist
22211	Industrial Designer	Ergonomic Products Designer, Fixture Designer, Furniture Designer
22212	Drafting Technologist/Technicians	Computer-Assisted Drafting Technician, Mechanical Draftsperson, Technical Illustrator

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22220	Network/Web Technician	Network Administrator, Network Analyst, Web Technician
22222	Information Systems Testing Technician	Application Tester, Software Tester, Video Game Tester
22300	Civil Engineering Technologist/Technician	Corrosion Technologist, Environmental Technician, Urban Planning Technician
22301	Mechanical Engineering Technologist/Technician	Aeronautical Technologist, Nuclear Technologist, Robotics Technician
22310	Electrical/Electronic Engineering Technologist/Technician	Computer Hardware Technologist, Electronic Systems Tester, Meteorology Technician
22311	Electronic Service Technician	Alarm System Technician, Photocopy Machine Technician, Television Repairer
22313	Aircraft Instrument Technician	Aircraft Electrician, Avionics Inspector, Radio and Radar Equipment Installer

Health

NOC	Unit Group	Example Careers
31100	Clinical/Laboratory Medicine Specialist	Anesthetist, Gastroenterologist, Radiation Oncologist
31101	Surgeon	Cardiac Surgeon, General Surgeon, Plastic Surgery Specialist
31102	Family Physician	Company Physician, General Practitioner, Telemedicine Family Physician
31103	Veterinarian	Animal Pathologist, Research Veterinarian, Veterinary Dentist
31110	Dentist	Dental Surgeon, Orthodontist, Periodontist
31112	Audiologist/Speech Language Pathologist	Clinical Audiologist, Research Audiologist, Speech Therapist
31120	Pharmacist	Clinical Pharmacist, Hospital Pharmacist, Pharmacist Consultant
31121	Dietitian/Nutritionist	Nutrition Specialist, Registered Dietitian, Research Nutritionist
31200	Psychologist	Clinical Psychologist, Neuropsychologist, Provisional Psychologist
31203	Occupational Therapist	Clinical Occupational Therapist, Research Occupational Therapist, Vocational Evaluator
31301	Registered Nurse	Clinical Nurse, Nursing Consultant, Psychiatric Nurse
32103	Respiratory Therapist/Clinical Perfusionist/Cardiopulmonary Technologist	Anesthesia Assistant, Cardiovascular Perfusionist, Oxygen Therapy Technician
32104	Veterinary Technician/Technologist	Animal Operating Room Attendant, Laboratory Animal Technologist, Veterinary Assistant
32112	Dental Technologist/Technician	Dental Ceramist, Dental Prosthesis Maker, Orthodontic Technician
32120	Medical Laboratory Technologist	Cytology Technologist, Hematology Technologist, Immunology Technologist
32121	Medical Radiation Technologist	Magnetic Resonance Imaging Technologist, Nuclear Medicine Technologist, Radioisotope Technician
32200	Traditional Chinese Medicine Practitioner	Acupuncturist, Doctor of Chinese Medicine, Medical Qi Gong Practitioner
32209	Natural Healing Practitioner	Homeopath, Osteopathic Manual Therapist, Reflexologist
33100	Dental Assistant	Dental Technician Assistant, Dental Laboratory Assistant, Orthodontic Band Maker
33101	Medical Laboratory Technician	Medical Laboratory Aide, Histology Technician, Renal Technician

SAMPLE

Education, Law and Social, Community and Government Services

NOC	Unit Group	Example Careers
40021	Elementary/Secondary Education Administrator	Academic Dean, Principal, Superintendent
41100	Judge	Family Court Judge, Probate Court Judge, Small Claims Court Justice
41101	Lawyer/Notary	Attorney, Legal Advisor, Tax Lawyer
41200	University Professor	Computer Science Professor, Mathematics Professor, Medical Sciences Professor
41201	Post-Secondary Education Assistant	College Laboratory Assistant, Tutor, University Research Assistant
41210	College/Vocational Instructor	Company Trainer, Nursing Instructor, Mathematics Teacher
41220	Secondary School Teacher	Algebra Teacher, Chemistry Teacher, Music Teacher
41221	Kindergarten/Elementary School Teacher	Language Teacher, Reading Clinician, Remedial Teacher
41301	Specialized Therapist/Counsellor	Children's Counsellor, Music Therapist, Zootherapist
41302	Religious Leader	Chaplain, Imam, Pastor, Rabbi
41310	Police Investigator	Detective, Drug Investigator, Medical Examiner
41311	Probation/Parole Officer	Classification Counsellor, Clemency Officer, Parole Supervisor
41321	Career Development Practitioner	Career Coach, Employment Counsellor, Labour Market Information Consultant
41400	Natural/Applied Science Consultant	Fisheries Analyst, Environmental Impact Analyst, Transport Safety Analyst
41401	Economic Policy Researcher/Analyst	Consumer Advisor, Investment Economist, Trade Analyst
41402	Business Development Officer/Analyst	Business Issues Lobbyist, Economic Development Consultant, International Marketing Specialist
41403	Social Policy Consultant	Employment Standards Specialist, Labour Market Analyst, Political Analyst
41404	Health Policy Consultant	Drug and Alcohol Abuse Consultant, Health Care Planner, Wellness Consultant
41405	Education Policy Consultant	Curriculum Planner, Education Research Officer, Education Science Specialist
41409	Social Scientist	Archaeologist, Geographer, Handwriting Analyst
42200	Paralegal	Corporate Paralegal, Family Law Paralegal, Tax Paralegal
42201	Social/Community Service Worker	Corrections Case Manager, Drug Addiction Worker, Life Skills Coach
42202	Early Childhood Educator	Child Care Worker, Nursery School Teacher, Preschool Supervisor
43201	Correctional Service Officer	Detention Guard, Primary Worker, Reformatory Guard

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Art, Culture, Recreation and Sport

NOC	Unit Group	Example Careers
50010	Collections Manager	Archives Director, Chief Librarian, Museum Coordinator
51101	Conservator/Curator	Aviation/Space Museum Curator, Historical Artifact Conservator, Library Curator
51110	Editor	Book Editor, Journal Editor, News Editor
51111	Author	Playwright, Script Writer, Speech Writer
51112	Technical Writer	Proposal Writer, Medical Writer, Textbook Writer
51113	Journalist	Art Critic, Investigative Reporter, Political Analyst
51120	Creative Producer	Choreographer, Film Director, Stage Producer
51121	Conductor/Composer/Arranger	Choir Director, Lyricist, Orchestrator
51122	Musician/Singer	Harpist, Instrumental Music Teacher, Soloist
52114	Announcer/Broadcaster	Newscaster, Sports Commentator, Talk Show Host
52120	Graphic Designer	Graphic Artist, Layout Designer, Scientific Illustrator
53110	Photographer	Forensic Photographer, Photojournalist, Scientific Photographer
53121	Performance Artist	Actor, Diction Coach, Narrator
53122	Artist	Etcher, Painter, Sculptor
53201	Sports Coach	Baseball Scout, Gymnastics Coach, Tennis Coach

Sales and Service

NOC	Unit Group	Example Careers
62100	Technical Sales Specialist	Heavy Equipment Sales Representative, Medical Instruments Sales Representative, Software Sales Representative
63100	Insurance Agent	Automobile Insurance Agent, Insurance Sales Agent, Life Insurance Agent
63102	Financial Sales Representative	Credit Analyst, Mortgage Consultant, Personal Banker
64100	Retail Salesperson	Bookseller, Electronics Salesperson, Hobby Shop Sales Person
64101	Sales Account Representative	Paper Industry Sales Consultant, Field Salesperson, Wholesale Supplier
65200	Food/Beverage Server	Server, Sommelier, Waiter/Waitress
65201	Food/Kitchen Support Worker	Barista, Pot Washer, Sushi Maker

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Trades, Transport and Equipment Operators

NOC	Unit Group	Example Careers
70010	Construction Manager	Bridge Construction Superintendent, Construction Expediter, Pipeline Construction Manager
72200	Electrician	Construction Electrician, Domestic/Rural Electrician, Maintenance Electrician
72201	Industrial Electrician	Mine Electrician, Plant Maintenance Electrician, Ship's Electrician
72202	Power System Electrician	Power Station Electrician, Relay Tester and Maintainer, Substation Electrician
72404	Aircraft Mechanic/Inspector	Aircraft Engine Technician, Aircraft Safety Systems Mechanic, Flight Test Inspector
72600	Pilot	Airline Pilot, Flight Engineer, Flying Instructor
75110	Construction Labourer	Cement Mixer Operator, Gas Pipelayer, Tombstone Erector

Natural Resources and Agriculture

NOC	Unit Group	Example Careers
80020	Agricultural Manager	Apple Grower, Horse Breeder, Maple Syrup Producer
82030	Agricultural Contractor/Supervisor	Fertilization Service Contractor, Irrigation Supervisor, Soil-Testing Service Contractor
85101	Harvesting Labourer	Fruit Farm Worker, Irrigator, Vineyard Pruner

Manufacturing and Utilities

NOC	Unit Group	Example Careers
90010	Manufacturing Manager	Enologist, Printing Manager, Textile Mill Manager
94100	Mineral/Metal Processing Machine Operator	Cement Miller, Furnace Charger, Steel Roller
94105	Metalworking/Forging Machine Operator	Drop Hammer Operator, Forging Press Operator, Shear Operator
94121	Papermaking Machine Operator	Baler, Pulp Cook, Sheet Paper Inspector
94124	Woodworking Machine Operator	Boring Machine Operator, Lathe Turner, Sawyer
94130	Textile Machine Operator	Cloth Dyer, Leather Stretcher, Yarn Spinner
94132	Industrial Sewing Machine Operator	Carpet Binder, Leather Sewer, Shoe Stitcher
94140	Food/Beverage Processor	Chocolate Refiner, Dough Maker, Sausage Maker
94142	Fish/Seafood Plant Worker	Clam Shucker, Fish Cake Maker, Fish Smoker

SAMPLE

Authentic Blue

Legislative and Senior Management

NOC	Unit Group	Example Careers
00013	Public/Community Services Senior Manager	Chief Nursing Officer, Health Care Association President, Hospital Administrator
00014	Trade/Broadcasting/Customer Services Senior Manager	Chief Diversity Officer, Hotel General Manager, Sustainability Vice-President

Business, Finance and Administration

NOC	Unit Group	Example Careers
10011	Human Resources Manager	Employee Benefits Manager, Employee Equity Director, Staff Relations Manager
10022	Advertising Manager	Promotions Manager, Public Relations Director, Sales and Marketing Executive
11200	Human Resources Professional	Disability Management Coordinator, Labour Relations Officer, Mediator
11201	Business Management Consultant	Corporate Planner, Method and Cost Analyst, Records Manager
11202	Advertising Professional	Brand Manager, Press Secretary, Product Manager
12100	Executive Assistant	Constituency Aide, Corporate Secretary, Parliamentary Assistant
12113	Research Support Worker	Research Assistant, Statistical Officer, Technical Services Officer
12202	Insurance Underwriter	Fire Underwriter, Liability Underwriter, Package Underwriter
13110	Administrative Assistant	Human Resources Administrator, Personal Secretary, School Secretary
13112	Medical Administrative Assistant	Medical Secretary, Medical Stenographer, Ward Secretary
14100	Office Support Worker	Course Coordinator, Health Information Clerk, Relief Clerk
14101	Receptionist	Information Desk Clerk, Secretary, Switchboard Operator
14111	Data Entry Clerk	Data Entry Operator, Data Processor, Payment Input Clerk
14300	Library Assistant	Films and Recordings, Music Library Assistant Library Clerk, Reference Aide
14401	Storekeeper	Medical Supply Clerk, Parts Counter Clerk, Tool Room Attendant

SAMPLE

Natural and Applied Sciences

NOC	Unit Group	Example Careers
21110	Biologist	Ecologist, Geneticist, Virologist
21120	Environmental Health Professional	Environmental Safety Officer, Food Inspector, Public Health Inspector
21200	Architect	Architectural Project Manager, Consulting Architect, Residential Architect
21203	Surveyor	Country Surveyor, Land Surveyor, Property Surveyor
21211	Data Scientist	Artificial Intelligence Designer, Data Modeler, Machine Learning Specialist
21220	Cybersecurity Specialist	Cyber Operator, Informatics Security Consultant, System Security Planner
21231	Software Engineer	Software Designer, Systems Applications Engineer, Telecommunications Software Engineer
21300	Civil Engineer	Environmental Engineer, Noise Abatement Engineer, Water Management Engineer
21301	Mechanical Engineer	Acoustics Engineer, Internal Combustion Engineer, Mechanical Maintenance Engineering Lead
21311	Computer Engineer	Fibre-Optic Network Designer, Microwave Systems Engineer, Network Support Engineer
21320	Chemical Engineer	Biotechnology Engineer, Plastics Engineer, Waste Treatment Engineer
21321	Industrial Engineer	Safety Engineer, Time-Study Engineer, Work Measurement Engineer
21322	Material Engineer	Materials Engineer, Metallurgical Engineer, Welding Engineer
21330	Mining Engineer	Mine Exploration Engineer, Mine Safety Engineer, Mine Ventilation Engineer
21331	Geological Engineer	Geological Engineer, Geophysical Engineer, Hydrogeology Engineer
21332	Petroleum Engineer	Natural Gas Engineer, Offshore Drilling Engineer, Oil and Gas Production Engineer
21390	Aerospace Engineer	Aircraft Design Engineer, Aerospace Flight Operations Engineer, Aerospace Test Engineer
21399	Professional Engineer	Agricultural Engineer, Food Technology Engineer, Textile Engineer
22113	Conservation Officer	Fish and Game Warden, Forest Ranger, Natural Resources Officer
22220	Network/Web Technician	Computer Operations Supervisor, Network Support Technician, Web Site Administrator
22303	Construction Estimator	Construction Cost Consultant, Contractors Estimator, Quantity Surveyor

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Health

NOC	Unit Group	Example Careers
30010	Health Care Manager	Director of Nursing, Mental Health Residential Care Program Manager, Rehabilitation Services Director
31100	Clinical/Laboratory Medicine Specialist	Dermatologist, Neurologist, Psychiatrist
31102	Family Physician	Company Physician, General Practitioner, Telemedicine Family Physician
31103	Veterinarian	Animal Behavior Veterinarian, Companion Animal Veterinarian, Veterinary Dentist
31110	Dentist	Oral Medicine Specialist, Pediatric Dentist, Public Health Dentist
31112	Audiologist/Speech Language Pathologist	Clinical Audiologist, Research Audiologist, Speech Therapist
31120	Pharmacist	Community Pharmacist, Hospital Pharmacist, Retail Pharmacist
31121	Dietitian/Nutritionist	Community Dietitian, Public Health Nutritionist, Therapeutic Dietitian
31200	Psychologist	Child Psychologist, Clinical Psychologist, Educational Psychologist
31202	Physiotherapist/Physical Therapist	Clinical Physiotherapist, Consultant Physical Therapist, Research Physiotherapist
31203	Occupational Therapist	Clinical Occupational Therapist, Research Occupational Therapist, Vocational Evaluator
31204	Kinesiologist	Recreational Therapist, Exercise Therapist, Certified Athletic Therapist
31301	Registered Nurse	Mental Health Nurse, Palliative Care Nurse, School Nurse
32102	Paramedic	Advanced Care Paramedic, Ambulance Attendant, Newborn Emergency Medical Care Technician
32104	Veterinary Technician/Technologist	Animal Health Technician, Animal Operating Room Attendant, Veterinary Assistant
32109	Therapy Technician	Audiology Technician, Rehabilitation Assistant, Speech Therapy Assistant
32111	Dental Therapist/Hygienist	Community Dental Hygienist, Dental Nurse, Periodontal Hygienist
32112	Dental Technologist/Technician	Dental Ceramist, Dental Prosthesis Maker, Orthodontic Technician
32201	Massage Therapist	Massotherapist, Myotherapist, Orthotherapist
32209	Natural Healing Practitioner	Auriculotherapist, Homeopath, Hypnotherapist
33100	Dental Assistant	Dental Clinic Assistant, Denture Setter, Denture Trimmer-Polisher
33101	Medical Laboratory Technician	Blood Bank Technician, Histology Technician, Phlebotomist
33102	Health Care Aide	Geriatric Health Care Attendant, Long Term Care Aide, Nursing Aide
33103	Pharmacy Assistant	Dispensary Assistant, Drugstore Side Room Attendant, Pharmacy Aide
33109	Health Services Assistant	Blood Donor Clinic Assistant, Optometrist Assistant, Morgue Technician

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Education, Law and Social, Community and Government Services

NOC	Unit Group	Example Careers
40010	Health/Social Policy Government Manager	Immigration and Settlement Director, Medical Officer of Health, Social Services Director
40020	Post-Secondary Education Administrator	Dean, Director of Studies, University Registrar
40021	Elementary/Secondary Education Administrator	Academic Dean, Principal, Superintendent
40030	Social/Community Services Manager	Community Arts Coordinator, Director of Guidance Services, Volunteer Services Director
41101	Lawyer/Notary	Immigration Lawyer, Legal Advocate, Solicitor
41200	University Professor	English Professor, Journalism Professor, Nursing Professor
41210	College/Vocational Instructor	Child-Care Service Teacher, Fashion Design Teacher, Music Teacher, Vocational Trainer
41220	Secondary School Teacher	Career Education Teacher, Language Teacher, Music Teacher
41221	Kindergarten/Elementary School Teacher	Art Teacher, Nature Study Teacher, Special Needs Teacher
41300	Social Worker	Adoption Worker, Caseworker, Children's Aid Investigator
41301	Specialized Therapist/Counsellor	Art Therapist, Bereavement Counsellor, Mental Health Counsellor
41302	Religious Leader	Chaplain, Imam, Pastor, Rabbi
41320	Educational Counsellor	Career Counsellor, Guidance Counsellor, Indigenous Advisor
41321	Career Development Practitioner	Career Coach, Job Counsellor, Workforce Development Officer
41402	Business Development Researcher/Analyst	International Development Officer, Marketing Analyst, Small Business Counsellor
41403	Social Policy Consultant	Child Welfare Policy Analyst, Home Economist, International Relations Specialist
41405	Education Policy Consultant	Curriculum Developer, Literacy Coach, School Inspector
41409	Social Scientist	Anthropologist, Linguist, Sociologist
42101	Firefighter	Fire Inspector, Industrial Firefighter, Training Firefighter
42201	Social/Community Service Worker	Aboriginal Outreach Worker, Mental Health Support Worker, Youth Worker
42202	Early Childhood Educator	Daycare Worker, Nursery School Teacher, Preschool Supervisor
42204	Religion Worker	Hazzan, Missionary, Ragi
44100	Home Child Care Provider	Child Minder, Foster Parent, Nanny
44101	Home Support Worker	Doula, Family Caregiver, Personal Support Worker

SAMPLE

Art, Culture, Recreation and Sport

NOC	Unit Group	Example Careers
50012	Recreation Director	Director of Leisure and Sports, Fitness Centre Manager, Physical Training Director
51100	Librarian	Bibliographer, Library Consultant, Music Librarian
51110	Editor	Contributing Editor, Literary Editor, Publication Editor
51111	Author	Copywriter, Novelist, Screen Writer
51113	Journalist	Columnist, Critic, News Reporter
51114	Translator	Interpreter, Transliterator, Terminologist
51120	Creative Producer	Artistic Director, Film Producer, Production Designer
51121	Conductor/Composer/Arranger	Band Conductor, Lyricist, Musical Director
51122	Musician/Singer	Accompanist, Concert Singer, Street Musician
52114	Announcer/Broadcaster	Master of Ceremonies, Newscaster, Television Host
52120	Graphic Designer	3D Modeler, Cartoonist, Poster Artist
52121	Interior Designer/Decorator	Decorating Consultant, Home Stager, Retail Space Planner
53100	Art Gallery Worker	Aquarium Interpreter, Dinosaur Museum Interpreter, Wilderness Interpreter
53110	Photographer	Photojournalist, Portrait Photographer, Street Photographer
53121	Performance Artist	Actor, Drama Teacher, Dramatic Reader
53122	Artist	Painter, Printmaker, Sculptor
53123	Theatre/Fashion/Exhibit Designer	Costume Designer, Jewellery Designer, Museum Exhibit Designer
53124	Artisan/Craftsperson	Floral Designer, Jewellery Maker, Screen Printing Artisan
53201	Sports Coach	Baseball Coach, Hockey Coach, Swimming Coach
54100	Recreation Leader	Camp Counsellor, Personal Trainer, Yoga Instructor
55109	Performer	Art/Photography Model, Puppeteer, Street Entertainer

Sales and Service

NOC	Unit Group	Example Careers
60020	Retail Manager	Bookstore Manager, Fabric Store Manager, Record Store Manager
60030	Food Service Manager	Bar Manager, Café Manager, Restaurateur
60031	Accommodation Service Manager	Bed and Breakfast Operator, Hotel Manager, Retirement Home Manager
60040	Customer/Personal Services Manager	Dance School Manager, Tour Operator, Dog Grooming Establishment Manager
62022	Travel/Tourism Supervisor	Casino Shift Manager, Reservation Supervisor, Tour Guide Supervisor
62200	Chef	Head Chef, Pastry Chef, Rotisserie Chef
62201	Funeral Director	Embalmer, Mortician, Undertaker
63100	Insurance Agent	Automobile Insurance Agent, Insurance Sales Supervisor, Life Insurance Agent
63200	Cook	Banquet Cook, Hospital Cook, Caterer Cook
63202	Baker	Bread Baker, Cake Decorator, Pastry Maker
63210	Hairstylist	Barber/Hairdresser, Hair Colour Technician, Wig Stylist
63211	Esthetician/Electrologist	Cosmetician, Tattoo Artist, Skin Care Specialist
64100	Retail Salesperson	Art Salesperson, Florist, Pet Store Salesperson
64201	Personal Consultant	Fashion and Wardrobe Consultant, Public Speaking Consultant, Social Consultant

SAMPLE

64310	Travel Counsellor	Booking Agent, Reservation Agent, Travel Agent
64311	Purser/Flight Attendant	Airline Purser, Flight Service Director, Ship Supply Officer
64312	Airline Representative	Cargo Agent, Check-In Agent, Reservation Agent
64314	Hotel Front Desk Clerk	Concierge, Guest Services Agent, Night Clerk
64320	Tour/Travel Guide	Boat Tour Guide, Bus Tour Guide, Walking Tour Guide
65100	Cashier	Customer Service Cashier, Front Desk Cashier, Grocery Store Cashier
65200	Food/Beverage Server	Server, Waiter/Waitress, Wine Steward
65210	Accommodation/Travel Worker	Baggage Handler, Cruise Line Passenger Attendant, Hotel Doorperson
65220	Animal Care Worker	Kennel Keeper, Pet Groomer, Veterinary Attendant
65229	Personal Services Worker	Astrologist, Chat Line Agent, Psychic Reader

Trades, Transport and Equipment Operators

NOC	Unit Group	Example Careers
70010	Construction Manager	Building Construction Superintendent, General Contractor, Residential Construction Manager
72300	Plumber	Marine Plumber, Plumbing Installer, Plumbing Mechanic
72310	Carpenter	Log Home Building Carpenter, Maintenance Carpenter, Renovation Carpenter
72311	Cabinetmaker	Custom Wood Furniture Maker, Jig Builder, Wood Pattern Inspector
72421	Appliance Servicer	Dishwasher Repairer, Refrigerator Repairer, Vacuum Cleaner Repairer
73112	Painter/Decorator	House Painter, Maintenance Painter, Paperhanger
73200	Installer/Servicer	Duct Installer, Pool Servicer, Window Installer
75110	Construction Labourer	Bricklayer Helper, Insulator Helper, Scaffolder
75200	Driver/Chauffeur	Hearse Driver, Limousine Driver, Taxi Driver
75201	Door-To-Door Distributor	Milk Deliverer, Parcel Delivery Driver, Pizza Delivery Driver

Natural Resources and Agriculture

NOC	Unit Group	Example Careers
80020	Agricultural Manager	Crop Farmer, Domestic Animal Breeder, Maple Syrup Producer
84121	Fishing Vessel Deckhand	Fishboat Deckhand, Fishing Vessel Icer, Trawlerman/woman

Manufacturing and Utilities

NOC	Unit Group	Example Careers
95109	Processing/Manufacturing Labourer	Box Packer, Garment Folder, Printing Press Feeder

SAMPLE

Organized Gold

Legislative and Senior Management

NOC	Unit Group	Example Careers
00012	Business Services Senior Manager	Chief Financial Officer, Personnel Vice-President, Trust Company General Manager
00013	Public/Community Services Senior Manager	Hospital Administrator, Non-Governmental Organization Executive Director, Voluntary Organization Executive Director

Business, Finance and Administration

NOC	Unit Group	Example Careers
10010	Financial Manager	Accounting Manager, Financial Evaluations Director, Internal Audit Manager
10011	Human Resources Manager	Compensation Manager, Pay and Benefits Manager, Training and Development Manager
10019	Administrative Services Manager	Accounting Records Manager, Inventory Manager, Operations Chief
11100	Financial Auditor/Accountant	Chartered Accountant, Field Auditor, Internal Audit Project Manager
11102	Financial Advisor	Banking Advisor, Financial Planner, Wealth Advisor
11109	Financial Officer	Estate and Trust Administrator, Finance Advisor, Financial Compliance Officer
11200	Human Resources Professional	Disability Management Specialist, Labour Relations Officer, Union Adviser
11201	Business Management Consultant	Conference Facilitator, Methods and Cost Analyst, Supply Chain Project Manager
12010	Office Supervisor	Clerical Supervisor, Filing Clerks Supervisor, Switchboard Operators Supervisor
12102	Purchasing Agent	Materials Coordinator, Purchasing Supervisor, Storage Purchasing Coordinator
12103	Conference/Event Planner	Convention Planner, Meeting Coordinator, Trade Show Organizer
12110	Court Reporter/Transcriptionist	Closed Captioner, Court Recorder, Medical Transcriptionist
12200	Accounting Technician	Accounting Bookkeeper, Bookkeeping Clerk, Finance Officer
12202	Insurance Underwriter	Farm Insurance Underwriter, Liability Underwriter, Property Underwriter
13100	Administrative Officer	Financial Assistance Officer, Liaison Officer, Planning Officer
13102	Payroll Administrator	Benefits and Pension Plan Officer, Pay Clerk, Payroll Officer
13110	Administrative Assistant	Corporate Secretary, Executive Secretary, Office Administrative Assistant
13111	Legal Assistant	Corporate Law Legal Assistant, Family Law Legal Assistant, Litigation Secretary
13112	Medical Administrative Assistant	Home Health Care Case Load Manager, Medical Secretary, Medical Stenographer
14100	Office Support Worker	Filing Clerk, Mail Order Clerk, Records Management Clerk
14102	Personnel Clerk	Human Resources Classification Clerk, Personnel Services Clerk, Training Clerk

SAMPLE

14110	Survey Interviewer/ Statistical Clerk	Census Worker, Poll Interviewer, Statistics Technical Assistant
14201	Banking/Financial Clerk	Credit Authorization Clerk, Insurance Claims Clerk, Mortgage Clerk
14202	Collection Clerk	Collections Investigation Officer, Financial Collector, Loan Collector
14300	Library Assistant	Branch Library Clerk, Interlibrary Loan Clerk, Shelving Clerk
14401	Storekeeper	Linen Supply Clerk, Motor Vehicle Parts Clerk, Stock Control Clerk
14405	Transportation Route/ Crew Scheduler	Bus Scheduler, Schedule Analyst, Truck Scheduler

Natural and Applied Sciences

NOC	Unit Group	Example Careers
20012	Information Systems Manager	Computer Facility Manager, Computer Programs Manager, Data Processing Manager
21101	Chemist	Dairy Chemist, Nutritional Chemist, Water Purification Chemist
21110	Biologist	Ecologist, Geneticist, Immunologist
21111	Forestry Professional	Forest Nursery Forester, Project Forester, Research Forester
21202	Land Use Planner	Community and Urban Planner, Heritage Work Planner, Neighbourhood Planner
21210	Mathematician/Statistician	Casualty Actuary, Operations Research Analyst, Sales Statistician
21220	Cybersecurity Specialist	Cybersecurity Analyst, Internet Security Analyst, Systems Security Planner
21222	Information Systems Specialist	Computer Analyst, Information Technology Consultant, Technical Support Engineer
21231	Software Engineer	Site Reliability Engineer, Software Designer, Software Quality Assurance Engineer
21300	Civil Engineer	Airport Engineer, Cartographic Engineer, Material Testing Civil Engineer
21301	Mechanical Engineer	Cryogenics Engineer, Mould Design Engineer, Pattern Engineer
21311	Computer Engineer	Hardware Engineer, Network Test Engineer, Microwave Systems Engineer
21320	Chemical Engineer	Chemical Process Engineer, Industrial Hygiene Engineer, Pipeline Transport Engineer
21321	Industrial Engineer	Cost Engineer, Manufacturing Engineer, Quality Assurance Engineer
21330	Mining Engineer	Mine Exploration Engineer, Mine Layout Engineer, Mine Safety Engineer
21331	Geological Engineer	Geotechnical Engineer, Petrography Engineer, Rock Sciences Engineer
21390	Aerospace Engineer	Aerodynamics Engineer, Aeronautical Engineer, Weight and Balance Engineer
21399	Professional Engineer	Dairy Plant Engineer, Food Processing Engineer, Marine Engineer
22100	Chemical Technologist/Technician	Crime Scene Examiner, Food Technologist, Forensic Handwriting Expert
22110	Biological Technologist/Technician	Crop Production Technician, Plant Pathology Technician, Zoo Supervisor
22302	Industrial Engineering/ Manufacturing Technologist/ Technician	Inventory Control Technician, Production and Quality Control Technologist, Time Study Analyst

SAMPLE

Health

NOC	Unit Group	Example Careers
30010	Health Care Manager	Director of Surgery, Nursing Care Manager, Therapeutic Services Administrator
31100	Clinical/Laboratory Medicine Specialist	Allergist, Autopsy Pathologist, Diagnostic Radiologist
31102	Family Physician	Company Physician, General Practitioner, Telemedicine Family Physician
31103	Veterinarian	Animal Behavior Veterinarian, Farm Veterinarian, Veterinary Laboratory Diagnostician
31110	Dentist	Endodontist, Orthodontist, Pediatric Dentist
31111	Optometrist	Doctor of Optometry, Optometrist
31112	Audiologist/Speech Language Pathologist	Clinical Audiologist, Research Audiologist, Speech Therapist
31120	Pharmacist	Health Care Institution Pharmacist, Hospital Druggist, Retail Pharmacist
31121	Dietitian/Nutritionist	Administrative Nutritionist, Community Nutritionist, Dietetic Consultant
31201	Chiropractor	Chiropractor, Doctor of Chiropractic
31203	Occupational Therapist	Clinical Occupational Therapist, Research Occupational Therapist, Vocational Evaluator
31301	Registered Nurse	Community Health Nurse, Telehealth Registered Nurse, Triage Nurse
32104	Veterinary Technician/Technologist	Animal Care Technician, Laboratory Animal Technologist, Veterinarian Assistant
32109	Therapy Technician	Hearing Aid Technician, Physical Therapy Aide, Speech Therapist Assistant
32120	Medical Laboratory Technologist	Autopsy Technologist, Clinical Genetics Technologist, Histology Technologist
32121	Medical Radiation Technologist	Mammography Technician, Diagnostic Radiological Technologist, Radiation Therapist
33100	Dental Assistant	Denture Bench Moulder, Dental Clinical Assistant, Orthodontic Band Maker
33102	Health Care Aide	Geriatric Aide, Hospital Orderly, Medical Ward Aide
33109	Health Services Assistant	Blood Donor Clinic Helper, Recreation Therapist Aide, Seniors' Activity Leader

SAMPLE

Education, Law and Social, Community and Government Services

NOC	Unit Group	Example Careers
40010	Health/Social Policy Government Manager	Employment Equity Programs Director, Labour Demand Analysis Chief, Public Administrator
40012	Education Policy/Administration Government Manager	Education Policy Analysis and Research Director, Education Program Administration Manager, School Inspection Director
40020	Post-Secondary Education Administrator	Business School Manager, Post-Secondary Admissions Director, Post-Secondary Program Coordinator
40021	Elementary/Secondary Education Administrator	Assistant Principal, School Superintendent, Director of Education
40030	Social/Community Services Manager	Labour Organization Manager, Religious Education Director, Social Services Centre Manager
40042	Commissioned Military Officer	Admiral, Major, Search and Rescue Captain
41100	Judge	Family Court Judge, Tax Court Judge, Youth Court Judge
41101	Lawyer/Notary	Crown Attorney, Family and Estates Lawyer, Title Lawyer
41200	University Professor	Public Administration Professor, Psychology Professor, Sociology Professor
41210	College/Vocational Instructor	Business Law Teacher, Management Seminar Leader, Professional Training Instructor
41220	Secondary School Teacher	Career and Life Management Teacher, Economics Teacher, Mathematics Teacher
41221	Kindergarten/Elementary School Teacher	Cooking Teacher, Language Teacher, Supply Teacher
41302	Religious Leader	Chaplain, Imam, Pastor, Rabbi
41320	Educational Counsellor	College Counsellor, Guidance Counsellor, Learning and Study Skills Specialist
41321	Career Development Practitioner	Employment Services Assessment Officer, Job Search Trainer, Relocation Consultant
41401	Economic Policy Researcher/Analyst	Economic Analyst, Economic Research Group Supervisor, Tax Economist
41403	Social Policy Consultant	Community Organizer, Employment Initiatives Coordinator, Home Economist
42100	Police Officer	Community Police Officer, Police Evidence Technician, Police Morality Officer
42200	Paralegal	Family Law Paralegal, Land Titles Clerk, Legal Researcher
42201	Social/Community Service Worker	Life Skills Coach, Return-To-Work Facilitator, Women's Shelter Supervisor
42202	Early Childhood Educator	Daycare Coordinator, Early Childhood Educator Assistant, Infants' Daycare Worker
42204	Religion Worker	Hazzan, Missionary, Ragi
43100	School Teacher Assistant	Educational Assistant, Remedial Education Aide, Special Education Assistant
43201	Correctional Service Officer	Correctional Services Unit Supervisor, Penitentiary Guard, Prison Officer
44100	Home Child Care Provider	Child Caregiver, Foster Parent, Nanny
44200	Military Primary Combat	Able Seaman, Aviator, Soldier

SAMPLE

Art, Culture, Recreation and Sport

NOC	Unit Group	Example Careers
50012	Recreation Director	Director of Sports Administration, Municipal Leisure Manager, Recreation Administrator
51100	Librarian	Library Cataloguer, Database Librarian, Reference Librarian
51101	Conservator/Curator	Fossil Curator, Historical Artifact Conservator, Photography Museum Curator
51102	Archivist	Corporate Archivist, Historical Archivist, Research Archivist
52114	Announcer/Broadcaster	Broadcasting Moderator, Radio Announcer, Talk Show Host
53110	Photographer	Forensic Photographer, Photography Retoucher, Photography Supervisor
53124	Artisan/Craftsperson	Carver, Rughooker, Weaver
53200	Athlete	Chess Player, Hockey Player, Soccer Player
53201	Sports Coach	Junior Hockey Coach, Gymnastics Coach, Track and Field Coach
54100	Recreation Leader	Golf Instructor, Lifeguard, Physical Training Instructor

Sales and Service

NOC	Unit Group	Example Careers
60010	Corporate Sales Manager	Distribution Sales Manager, Package Tour Sales Manager, Sales Planning Manager
60020	Retail Manager	Antique Dealer, Deli Manager, Toy Store Manager
60030	Food Service Manager	Banquet Manager, Catering Service Manager, Fast Food Restaurant Manager
60031	Accommodation Service Manager	Campground Manager, Hotel Front Desk Manager, Reservations Manager
62022	Travel/Tourism Supervisor	Baggage Handler Supervisor, Hotel Clerk Supervisor, Travel Clerk Supervisor
62200	Chef	Pasta Chef, Sous-Chef, Supervising Chef
63100	Insurance Agent	Group Insurance Representative, Insurance Field Agent, Life Insurance Agent
63101	Real Estate Agent	Associate Broker, Commercial Real Estate Salesperson, Real Estate Sales Consultant
63202	Baker	Bread Baker, Cake Baker, Muffin Baker
63210	Hairstylist	Barber/Hairdresser, Hair Colour Technician, Wig Stylist
63211	Esthetician/Electrologist	Beautician, Cosmetologist, Skin Care Consultant
64201	Personal Consultant	Corporate Image Consultant, Professional Image Consultant, Wedding Consultant
64310	Travel Counsellor	Booking Agent, Reservation Agent, Travel Agent
64201	Personal Consultant	Corporate Image Consultant, Professional Image Consultant, Wedding Consultant
64314	Hotel Front Desk Clerk	Hotel Receptionist, Hotel Reservations Clerk, Room Service Clerk
64401	Postal Services Representative	Mail Room Clerk, Postal Office Clerk, Shipping CLerk
65100	Cashier	Customer Service Cashier, Food Store Cashier, Money Counter
65200	Food/Beverage Server	Cocktail Waiter/Waitress, Dining Car Steward, Sommelier
65310	Light Duty Cleaner	Hotel Housekeeper, Nursing Home Cleaner, Room Attendant
65311	Specialized Cleaner	Auto Detailer, Bus Cleaner, Fireplace Cleaner
65312	Heavy Duty Cleaner	Apartment Building Caretaker, Factory Cleaner, Office Building Concierge
65329	Service Support Worker	Cremator, Hotel Valet, Mystery Shopper

SAMPLE

Trades, Transport and Equipment Operators

NOC	Unit Group	Example Careers
72200	Electrician	Domestic Electrician, Electrical Fixtures Installer, Maintenance Electrician
72600	Pilot	Air Navigator, Commercial Airline Pilot, Survey Pilot
72601	Air Traffic Controller	Air Traffic Coordinator, Flight Dispatcher, Flight Service Specialist
73300	Truck Driver	Dump Truck Driver, Groceries Long Haul Driver, Logging Truck Driver
73301	Transit Operator	School Bus Driver, Shuttle Bus Driver, Streetcar Operator
73310	Railway/Yard Locomotive Engineer	Freight Train Engineer, Passenger Train Engineer, Switch Engineer
75110	Construction Labourer	Construction Caulker, Floor Sander and Finisher Helper, Measurer

Natural Resources and Agriculture

NOC	Unit Group	Example Careers
80020	Agricultural Manager	Egg Producer, Grape Producer, Organic Grower
82030	Agricultural Contractor/Supervisor	Animal Husbandry Foreman/Woman, Farm Operations Supervisor, Orchard Foreman/Woman
85100	Livestock Labourer	Cattle Ranch Worker, Egg Grader, Sheep Shearer

Manufacturing and Utilities

NOC	Unit Group	Example Careers
90010	Manufacturing Manager	Food Production Manager, Mill Superintendent, Plant Manager
92022	Furniture/Fixtures Manufacturing Supervisor	Furniture Assembly Foreman/Woman, Furniture Finishers Supervisor, Laminating Foreman/Woman
94133	Textile/Fabric/Fur/Leather Inspector/Grader	Clothing Inspector, Fur Sorter, Hosiery Sizer
94143	Food/Beverage Tester/Grader	Beef Grader, Candy Inspector, Honey Grader/Blender
94200	Motor Vehicle Assembler/Inspector/Tester	Assembly Inspector, Engine Installer, Interior Trim Assembler
94204	Mechanical Assembler/Inspector	Automotive Engine Assembler, Railway Car Assembler, Truck Assembly Inspector
94212	Plastic Products Assembler/Finisher/Inspector	Linoleum Quality Control Inspector, Plastic Parts Assembler, Windmill Blade Inspector
95100	Mineral/Metal Processing Labourer	Kiln Labourer, Smelter Labourer, Steel Plant Labourer

SAMPLE

Resourceful Orange



Legislative and Senior Management

NOC	Unit Group	Example Careers
00010	Legislator	Aboriginal Band Council Member, Member of Parliament, School Board Trustee
00012	Business Services Senior Manager	Advertising Agency President, Human Resources Vice-President, Telecommunications General Manager
00014	Trade/Broadcasting/Customer Services Senior Manager	Casino General Manager, Radio Station General Manager, Sales Vice-President
00015	Infrastructure/Production Senior Manager	Electric Power Company President, Manufacturing Company Chief Executive Officer, Transit System General Manager

Business, Finance and Administration

NOC	Unit Group	Example Careers
10010	Financial Manager	Accounting Manager, Investment Research Manager, Treasurer
10021	Banking Manager	Bank Branch Manager, Credit Manager, Loans Manager
11109	Financial Officer	Credit Advisor, Estate Executor, Mortgage Broker
11201	Business Management Consultant	Export Trade Consultant, Supply Chain Analyst, Security Management Specialist
11202	Advertising Professional	Marketing Consultant, Public Relations Specialist, Talent Agent
12010	Office Supervisor	Data Entry Supervisor, Receptionist Supervisor, Telephone System Supervisor
12102	Purchasing Agent	Contract Negotiator, Procurement Officer, Supply Chain Specialist
12103	Conference/Event Planner	Convention Coordinator, Festival Organizer, Trade Show Planner
13110	Administrative Assistant	Appointment Secretary, Human Resources Administrator, Sales Secretary
13111	Legal Assistant	Collection Legal Assistant, Family Law Legal Assistant, Real Estate Secretary
13112	Medical Administrative Assistant	Medical Secretary, Medical Stenographer, Ward Secretary
14100	Office Support Worker	Administrative Clerk, Medical Records Clerk, Personnel Scheduling Clerk
14101	Receptionist	Beauty Salon Receptionist, Hospital Admissions Clerk, Telephone Operator
14400	Shipper/Receiver	Distribution Clerk, Freight Forwarder, Stock Handler
14401	Storekeeper	Salvage Clerk, Sample Control Clerk, Ship Keeper

SAMPLE

Natural and Applied Sciences

NOC	Unit Group	Example Careers
21203	Surveyor	Land Survey Supervisor, Port Surveyor, Railway Surveyor
21230	Computer Programmer	Operating Systems Programmer, Programmer Analyst, Scientific Programmer
21231	Software Engineer	Cloud Infrastructure Engineer, Site Reliability Engineer, Software Testing Engineer
21300	Civil Engineer	Highway Engineer, Public Health Engineer, Water Treatment Engineer
21301	Mechanical Engineer	Lubrication Engineer, Nuclear Engineer, Robotics Engineer
21311	Computer Engineer	Radio Systems Engineer, Satellite Data Transmission Engineer, Wireless Communications Network Engineer
21320	Chemical Engineer	Adhesive Engineer, Explosives Engineer, Refinery Engineer
21321	Industrial Engineer	Fire Prevention Engineer, Maintenance Engineering Lead, Plant Engineer
21322	Material Engineer	Corrosion Engineer, Materials Engineer, Smelting Plant Engineer
21330	Mining Engineer	Consulting Mining Engineer, Mine Planning Engineer, Mine Production Engineer
21331	Geological Engineer	Geological Engineer, Geophysical Engineer, Hydrogeological Engineer
21332	Petroleum Engineer	Offshore Drilling Engineer, Oil and Gas Drilling Engineer, Subsea Engineer
21390	Aerospace Engineer	Aerospace Engineer, Aerospace Flight Support Engineer, Aerospace Reliability Specialist
21399	Professional Engineer	Agroprocessing Engineer, Food Technology Engineer, Naval Engineer
22100	Chemical Technologist/Technician	Food Technologist, Master Dyer, Quality Control Technician
22113	Conservation Officer	Fish and Game Warden, Natural Resources Officer, Park Ranger
22114	Landscaping Specialist	Gardener, Golf Course Superintendent, Lawn Care Specialist
22300	Civil Engineering Technologist/Technician	Construction Technologist, Railway Technician, Water Distribution Systems Technician
22310	Electrical/Electronic Engineering Technologist/Technician	Electronic Systems Tester, Electronics Quality Control Troubleshooter, Radar Technician

SAMPLE

Health

NOC	Unit Group	Example Careers
31100	Clinical/Laboratory Medicine Specialist	Anatomical Pathologist, Rehabilitation Specialist, Sports Medicine Physician
31102	Family Physician	Company Physician, General Practitioner, Telemedicine Family Physician
31111	Optometrist	Doctor of Optometry, Optometrist
31120	Pharmacist	Hospital Pharmacist, Industrial Pharmacist, Retail Pharmacist
31121	Dietitian/Nutritionist	Nutrition Consultant, Nutrition Specialist, Registered Dietitian
31201	Chiropractor	Chiropractor, Doctor of Chiropractic
31202	Physiotherapist/Physical Therapist	Clinical Physiotherapist, Consultant Physical Therapist, Research Physiotherapist
31203	Occupational Therapist	Clinical Occupational Therapist, Research Occupational Therapist, Vocational Evaluator
31301	Registered Nurse	Ambulatory Care Nurse, Critical Care Nurse, Red Cross Nurse
32101	Licensed Practical Nurse	Graduate Nursing Assistant, Medical Technician, Operating Room Technician
32102	Paramedic	Ambulance Driver, Drilling Rig Medic, Emergency Medical Technician
32103	Respiratory Therapist/ Clinical Perfusionist/Cardiopulmonary Technologist	Cardiopulmonary Technologist, Oxygen Therapy Technician, Respiratory Technologist
32111	Dental Therapist/Hygienist	Dental Hygienist Technician, Dental Nurse, Orthodontic Hygienist
32121	Medical Radiation Technologist	Mammography Technician, Oncology Technologist, X-Ray Technician
33100	Dental Assistant	Dental Laboratory Assistant, Denture Moulder, Preventive Dental Assistant
33102	Health Care Aide	Emergency Room Aide, Operating Room Aide, Surgical Aide

Education, Law and Social, Community and Government Services

NOC	Unit Group	Example Careers
40030	Social/Community Services Manager	Halfway House Manager, Manufacturers' Association Manager, Trade Association Manager
40040	Commissioned Police Officer	Chief Inspector, Police Chief, Regional Coroner
40042	Commissioned Military Officer	Admiral, Major, Search and Rescue Captain
41100	Judge	Chief Justice, Juvenile Court Judge, Small Claims Court Justice
41101	Lawyer/Notary	Corporation Lawyer, Prosecutor, Real Estate Lawyer
41220	Secondary School Teacher	Industrial Arts Teacher, Physical Education Teacher, Substitute Teacher
41221	Kindergarten/Elementary School Teacher	Crafts Teacher, Music Teacher, Physical Education Teacher
41301	Specialized Therapist/Counsellor	Addictions Counsellor, Crisis Counsellor, Physiotherapist
41302	Religious Leader	Chaplain, Imam, Pastor, Rabbi
43111	Probation/Parole Officer	Classification Counsellor, Clemency Officer, Parole Supervisor
41400	Natural/Applied Science Consultant	Emergency Preparedness Planner, Environmental Lobbyist, Sustainability Officer
41402	Business Development Researcher/Analyst	Business Issues Lobbyist, Marketing Researcher, Small Business Counsellor
41403	Social Policy Consultant	Housing Field Officer, Labour Market Analyst, Poverty Researcher

SAMPLE

42100	Police Officer	Dog Master, Drug Investigator, RCMP Officer
42101	Firefighter	Fire Inspector, Industrial Firefighter, Training Firefighter
42201	Social/Community Service Worker	Addictions Worker, Crisis Intervention Worker, Social Rehabilitation Worker
42202	Early Childhood Educator	Daycare Worker, Nursery School Teacher, Preschool Supervisor
42204	Religion Worker	Hazzan, Missionary, Ragi
43100	School Teacher Assistant	Laboratory Assistant, Special Education Assistant, Teacher's Aide
43201	Correctional Service Officer	Detention Guard, Head Correctional Officer, Primary Worker
44100	Home Child Care Provider	Child Minder, Foster Parent, Nanny
44200	Military Primary Combat	Able Seaman, Aviator, Soldier

Art, Culture, Recreation and Sport

NOC	Unit Group	Example Careers
50012	Recreation Director	Cruise Ship Director, Health Club Manager, Sport Team Manager
51101	Conservator/Curator	Aviation/Space Museum Curator, Contemporary Art Curator, Sculpture Conservator
51110	Editor	Contributing Editor, Picture Editor, Sports Editor
51111	Author	Advertising Writer, Blogger, Publicity Writer
51113	Journalist	Cyberjournalist, Newspaper Critic, Sports Reporter
51120	Creative Producer	Cinematographer, Visual Effects Production Manager, Video Game Producer
51122	Musician/Singer	Guitarist, Pop Singer, Voice Teacher
52112	Broadcast Technician	Broadcast Engineer, Broadcasting Technician, Mobile Broadcasting Equipment Operator
52113	Audio/Video Recording Technician	Recording Engineer, Postproduction Technician, Sound Mixer
52114	Announcer/Broadcaster	Disc Jockey, Game Show Host, Sports Commentator
52120	Graphic Designer	Animation Artist, Caricaturist, Litho Artist
52121	Interior Designer/Decorator	Colour Consultant, Home Decorator, Retail Space Planner
53100	Art Gallery Worker	Art Restoration Technician, Exhibit Preparator, Framing Technician
53110	Photographer	Aerial Photographer, Photojournalist, Wildlife Photographer
53120	Dancer	Dancing Instructor, Ballet Dancer, Folk Dancer
53121	Performance Artist	Acting Coach, Comedian, Stunt Performer
53122	Artist	Ice Sculptor, Mural Painter, Wood Sculptor
53123	Theatre/Fashion/Exhibit Designer	Fashion Designer, Jewellery Designer, Stage Scenery Designer
53124	Artisan/Craftsperson	Glass Blower, Potter, Woodcarver
53200	Athlete	Basketball Player, E-Sports Player, Race Car Driver
53201	Sports Coach	Baseball Coach, Lacrosse Coach, Ski Coach
54100	Recreation Leader	Fitness Leader, Lifeguard, Skydiving Instructor
55109	Performer	Dancer, JD, Fashion Model

SAMPLE

Sales and Service

NOC	Unit Group	Example Careers
60010	Corporate Sales Manager	Account Manager, Distribution Manager, Trade Expansion Manager
62200	Chef	Head Chef, Pastry Chef, Rotisserie Chef
63100	Insurance Agent"	Automobile Insurance Agent, Insurance Field Agent, Insurance Sales Agent
63101	Real Estate Agent	Associate Broker, Commercial Real Estate Salesperson, Residential Real Estate Salesperson
63102	Financial Sales Representative	Debt Counsellor, Loans Agent, Mortgage Officer
63200	Cook	Banquet Cook, First Cook, Restaurant Cook
63210	Hairstylist	Barber/Hairdresser, Hair Colour Technician, Wig Stylist
63211	Esthetician/Electrologist	Cosmetologist, Manicurist, Hair Replacement Consultant
64100	Retail Salesperson	Clothing Salesperson, Florist, Furniture Salesperson
64101	Sales Account Representative	Advertising Space Representative, Auctioneer, Financial Services Sales Representative
64201	Personal Consultant	Fashion and Wardrobe Consultant, Personal Image Counsellor, Wedding Consultant
64301	Bartender	Bartender, Mixologist, Tap-Person
64310	Travel Counsellor	Booking Agent, Reservation Agent, Travel Agent
64311	Purser/Flight Attendant	Airline Purser, Flight Service Director, Ship Supply Officer
64314	Hotel Front Desk Clerk	Concierge, Guest Services Agent, Hotel Receptionist
64320	Tour/Travel Guide	Boat Tour Guide, Plant Tour Guide, Ski Resort Host
64322	Outdoor Recreation Guide	Balloon Pilot, Canoeing Guide, Rock Climbing Guide
64400	Banking Customer Service	Bank Customer Service Officer, Bank Teller, Foreign Exchange Teller
64410	Security Guard	Bouncer, Loss Prevention Officer, Private Investigator
65100	Cashier	Box Office Cashier, Casino Cashier, Dining Room Cashier
65200	Food/Beverage Server	Server, Sommelier, Waiter/Waitress
65201	Food/Kitchen Support Worker	Barista, Cafeteria Worker, Dish Washer
65210	Accommodation/Travel Worker	Baggage Handler, Bellhop, Luggage Attendant
65310	Light Duty Cleaner	Domestic Housekeeper, Hotel Cleaner, Rest Room Attendant
65312	Heavy Duty Cleaner	Custodian, Factory Cleaner, Janitor

SAMPLE

Trades, Transport and Equipment Operators

NOC	Unit Group	Example Careers
70010	Construction Manager	Construction Expediter, Industrial Construction Manager, General Contractor
70012	Facility Operation Manager	Athletic Facility Manager, Marina Manager, Plant Maintenance Manager
72200	Electrician	Construction Electrician, Domestic/Rural Electrician, Maintenance Electrician
72201	Industrial Electrician	Mine Electrician, Railway Signal Maintainer, Shipyard Electrician
72202	Power System Electrician	Power Station Electrician, Relay Tester and Maintainer, Voltage Regulator Maintainer
72300	Plumber	Marine Plumber, Plumbing Installer, Plumbing Mechanic
72310	Carpenter	Framing Carpenter, Interior Finish Carpenter, Stairway Carpenter
72410	Automotive Mechanic	Car Mechanic, Diagnostic Technician, Truck and Transport Service Technician
72600	Pilot	Helicopter Pilot, Flight Engineer, Flying Instructor
73112	Painter/Decorator	Bridge Painter, House Painter, Roof Painter
73300	Truck Driver	Dangerous Goods Driver, Long Haul Truck Driver, Moving Van Driver
73301	Transit Operator	School Bus Driver, Streetcar Conductor, Tour Bus Operator
74204	Utility Maintenance Worker	Damage Prevention Technician, Gas Leak Surveyor, Waterworks Repairperson
75101	Material Handler	Explosives Packer, Forklift Truck Operator, Truck Loader
75110	Construction Labourer	Asphalt Spreader, Demolition Worker, Pipelayer

Natural Resources and Agriculture

NOC	Unit Group	Example Careers
80020	Agricultural Manager	Beef Cattle Farmer, Grape Producer, Organic Grower
83100	Miner	Blaster, Driller, Hoist Operator
85121	Landscaping Labourer	Groundskeeper, Park Maintenance Worker, Transplanter

Manufacturing and Utilities

NOC	Unit Group	Example Careers
90010	Manufacturing Manager	Brewmaster, Clothing Factory Manager, Foundry Manager
95100	Mineral/Metal Processing Labourer	Melt Shop Labourer, Rolling Mill Worker, Tapper
95109	Processing/Manufacturing Labourer	Baseball Glove Shaper, Film Cutter, Machine Feeder

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What's Next?

Now that you have looked up the choices on your list using the NOC, you have probably shortened your list again. You may want to examine additional things such as pay rates, availability of jobs, the future direction of this job (are jobs increasing or dying off), etc. An employment counsellor or librarian can direct you to other resources to help you find more information about the jobs on your shortlist.

The following worksheet may help you to continue researching your career choices, make a final choice, and start seeking opportunities in your chosen area.

My Next Steps

Step 1

I have learned the following things about myself and my work preferences:

1.
2.
3.
4.
5.

Step 2

Combining what I have learned from Career Dimensions™ and other assessment tools, I will do more detailed research, finding out the following: education needed, work location, starting pay/potential increase, experience needed, physical/time demands, job availability, typical job responsibilities, job future

I will look into the following careers or career areas:

1.
2.
3.
4.
5.

Step 3

I will set up informational interviews with the following people/organizations:

1.
2.
3.
4.
5.

SAMPLE

Step 4

I will get help to write my resumé to specific jobs/career areas.

Date Completed:

Step 5

I will learn how to write an effective, targeted cover letter specific to each job/organization to which I apply.

Date Completed:

Step 6

I will learn how to prepare for and conduct myself in a job interview. I will arrange a practice interview with someone who can provide me with helpful, practical feedback on my performance.

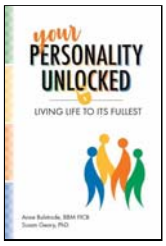
Date Completed:

Conclusion

Now that you have a sense of each of the four colours as well as Introversion and Extraversion you will have a better understanding of yourself, your strengths and your values. Use this important information as part of your career search and continuing process of self-discovery.

SAMPLE

Grow Your Personality Dimensions®

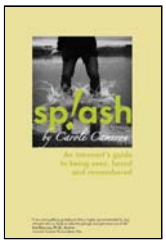


Your Personality Unlocked – Living Life to its Fullest

By: Anne Bulstrode, BBM FCIB & Susan Geary, PhD

ISBN# 978-1-89-442260-4

Discover what makes you tick and why others see the world differently. This book helps you understand yourself and those around you, making interactions smoother and relationships stronger. With each chapter, you'll gain insights into personality differences, helping you navigate life with more clarity and connection. Unlock your potential and build better relationships by seeing the world through a new lens.

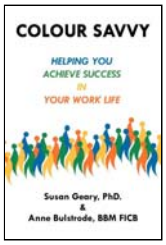


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By: Carole Cameron

ISBN# 978-1-89-442250-5

A slightly irreverent look at Introversion with a practical twist. If you're ready to break past obstacles and create more opportunities, without changing who you are, this book is for you. Based on real experiences and research, *Splash!* is a hands-on guide to understanding what you want, what's getting in your way, and how to build new habits for personal and professional success.

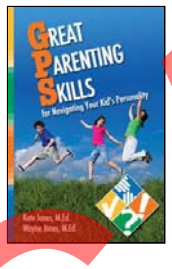


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ISBN# 978-1-89-442249-9

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