

SARAH, YOUR CAREERSONA

The Thoughtful Learning Architect

You blend educational expertise and systematic design to develop purposeful learning environments.

Social · Helper

Investigative · Thinker

Artistic · Creator

Interest code SIA

After twelve years in the classroom, you are ready to shift your focus toward the parts of education that give you energy. You noted that you want more time dedicated to "designing learning, adult colleagues, quieter days" and less time consumed by late-night grading and student discipline. Having already built a district-wide ecology unit, you know the satisfaction of creating resources that support both teachers and learners.

As The Thoughtful Learning Architect, your profile reflects a natural combination of service, creative thinking, and systematic planning. This report maps those qualities to roles where your classroom insight can shine in calmer, adult-focused settings.

Your strengths

Curriculum and instructional design

Your success developing a hands-on ecology unit adopted across your district shows an ability to turn educational standards into practical learning materials.

Deep empathetic communication

You scored highest in Social interests and noted that you tune into others' emotions, which helps you understand the needs of learners and collaborators.

Structured project execution

You reported that you like order and complete chores right away, pointing to a reliable, organized approach to managing long-term assignments.

Creative conceptual thinking

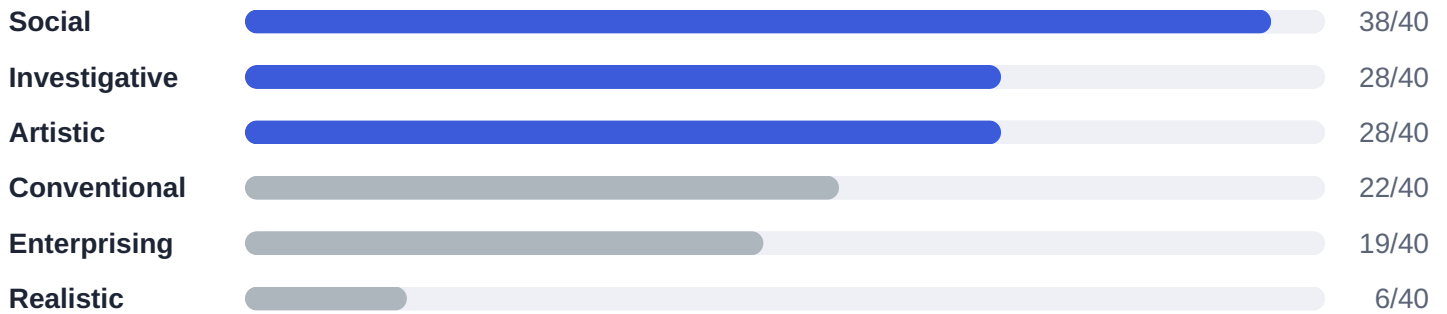
A high imagination score and interest in writing indicate you can generate original ideas and find inventive ways to present complex topics.

Independent problem solving

Your preference for high autonomy at work means you can take high-level educational goals

and run with them without requiring constant oversight.

What you like doing



Scores from the 60 work activities you rated (0 = strongly dislike all ten in an area, 40 = strongly like all ten).

Your interest profile is led by Social themes, followed closely by Investigative and Artistic interests. This combination means you are drawn to helping people grow, but you prefer to do so through thoughtful analysis and creative design rather than routine administration. You strongly liked activities such as guiding others and developing creative works, showing an inclination toward roles where you can study how people learn, write engaging content, and produce materials that make education more accessible for diverse audiences.

How you work

Extraversion

You describe yourself as balanced between reserved and energised by quiet time and outgoing and energised by people.

Agreeableness

You describe yourself as warm, tuned in to other people's feelings.

Conscientiousness

You describe yourself as organised and quick to follow through.

Emotional steadiness

You describe yourself as balanced between sensitive and calm and even-tempered.

Imagination

You describe yourself as curious about ideas and imaginative.

In day-to-day work, Sarah, you bring high conscientiousness paired with strong empathy and a vivid imagination. You tend to create structured, orderly systems while remaining deeply sensitive to the feelings

and perspectives of those around you. Because you balance social energy with an appreciation for quiet focus, you work effectively in collaborative planning meetings as well as extended independent research sessions. Your natural inclination toward steady pacing allows you to deliver thorough, high-quality work without cutting corners.

Where you'll likely do your best work

You thrive best in an organized desk or computer-based setting that offers a steady pace and considerable independence. A workplace featuring adult colleagues, clear priorities, and predictable hours will feel much more sustainable than a bustling classroom environment. Having the freedom to manage your schedule while collaborating with a supportive team fits your ideal balance.

Your top career matches

Chosen from more than 900 U.S. occupations for how well each job's typical activities, work style and setting match your answers, within the training you said you're open to. Pay is the U.S. national median from the Bureau of Labor Statistics; it varies a lot with location, experience and employer.

Instructional Coordinators

#1 match

Interests 95%

Work style 66%

Setting 85%

This role matches your desire to spend time designing learning while working with adult colleagues rather than managing student behavior. Given that you created an ecology unit used across your district, coordinating curriculum and coaching educators draws directly on what you already do well. It also fits your high Social and Artistic scores by pairing mentorship with creative program design.

MEDIAN PAY (U.S.)

\$77,440/yr

OUTLOOK 2025-2035

Slower than average

OPENINGS PER YEAR

23,100

TYPICAL EDUCATION

Master's degree

What you'd do

- Observe work of teaching staff to evaluate performance and to recommend changes that could strengthen teaching skills.
- Plan and conduct teacher training programs and conferences dealing with new classroom procedures, instructional materials and equipment, and teaching aids.
- Interpret and enforce provisions of state education codes and rules and regulations of state education boards.

Worth knowing: You may face district bureaucracy or state reporting requirements that limit how quickly you can implement fresh ideas.

First step this week: Review job postings for curriculum specialists in neighboring districts to note the specific instructional frameworks they prioritize.

Also called: Curriculum and Instruction Director, Curriculum Coordinator, Curriculum Director, Curriculum Specialist · [Details on O*NET OnLine](#)

Training and Development Specialists

#2 match

Interests 95%

Work style 66%

Setting 89%

Bright Outlook

Transitioning to corporate or non-profit training aligns with your preference for quieter days at a computer and collaborating with adults. Your strong background in education translates smoothly into building workshops and evaluating learning outcomes. It satisfies your steady-paced work style while letting you invent engaging materials without grading papers late at night.

MEDIAN PAY (U.S.)

\$69,280/yr

OUTLOOK 2025-2035

Much faster than average

OPENINGS PER YEAR

46,000

TYPICAL EDUCATION

Bachelor's degree

What you'd do

- Present information with a variety of instructional techniques or formats, such as role playing, simulations, team exercises, group discussions, videos, or lectures.
- Obtain, organize, or develop training procedure manuals, guides, or course materials, such as handouts or visual materials.
- Evaluate modes of training delivery, such as in-person or virtual, to optimize training effectiveness, training costs, or environmental impacts.

Worth knowing: You might need to adapt to business performance metrics and unfamiliar industry subject matter.

First step this week: Search LinkedIn for former teachers currently working as instructional designers or corporate trainers to see how they frame their classroom background.

Also called: Computer Training Specialist, Corporate Trainer, Job Training Specialist, Leadership Development Specialist · [Details on O*NET OnLine](#)

Education Administrators, Kindergarten through Secondary

#3 match

Interests 80%

Work style 65%

Setting 80%

School administration draws on your deep familiarity with school systems and allows you to guide educational standards at scale. Your high conscientiousness and strong empathy can help you support faculty and resolve staff challenges thoughtfully. It gives you a central voice in curriculum direction while remaining in the public education ecosystem.

MEDIAN PAY (U.S.)

\$105,870/yr

OUTLOOK 2025-2035

Little or no change

OPENINGS PER YEAR

20,600

TYPICAL EDUCATION

varies

What you'd do

- Counsel and provide guidance to students regarding personal, academic, vocational, or behavioral issues.
- Confer with parents and staff to discuss educational activities, policies, and student behavior or learning problems.
- Observe teaching methods and examine learning materials to evaluate and standardize curricula and teaching techniques and to determine areas for improvement.

Worth knowing: The role often involves heavy parent mediation and disciplinary oversight, which may conflict with your desire to leave classroom management behind.

First step this week: Speak with an assistant principal in your district to ask about the day-to-day balance between operational management and instructional leadership.

Also called: Athletic Director, Curriculum and Instruction Superintendent, Curriculum Director, Elementary Principal · [Details on O*NET OnLine](#)

Computer Science Teachers, Postsecondary

#4 match

Interests 85% Work style 67% Setting 88% Bright Outlook

Teaching at the postsecondary level offers the intellectual focus of higher education alongside adult learners who manage their own behavior. Your Investigative score and high imagination fit the work of preparing college-level coursework and lectures. It also allows you to focus purely on content delivery and academic problem-solving.

MEDIAN PAY (U.S.)

\$96,980/yr

OUTLOOK 2025-2035

Faster than average

OPENINGS PER YEAR

3,200

TYPICAL EDUCATION

Master's degree

What you'd do

- Prepare course materials, such as syllabi, homework assignments, and handouts.
- Compile, administer, and grade examinations or assign this work to others.
- Prepare and deliver lectures to undergraduate or graduate students on topics such as programming, data structures, and software design.

Worth knowing: Transitioning into computer science instruction would require substantial technical coursework beyond your master's in education.

First step this week: Check course requirements for introductory computer science classes at your local community college to gauge the content depth needed.

Also called: Assistant Professor, Associate Professor, Computer Information Systems Instructor (CIS Instructor), Computer Science Instructor · [Details on O*NET OnLine](#)

Mental Health Counselors

#5 match

Interests 96%

Work style 66%

Setting 86%

Bright Outlook

Your top score in the Social area and your strong agreement with feeling others' emotions point toward supportive counseling work. You strongly liked quiz activities centered on advising and helping people through personal problems. Working one-on-one with clients provides the quiet, focused setting you prefer over crowded classrooms.

MEDIAN PAY (U.S.)

\$59,350/yr

OUTLOOK 2025-2035

Much faster than average

OPENINGS PER YEAR

50,500

TYPICAL EDUCATION

Master's degree

What you'd do

- Maintain confidentiality of records relating to clients' treatment.
- Encourage clients to express their feelings and discuss what is happening in their lives, helping them to develop insight into themselves or their relationships.
- Counsel clients or patients, individually or in group sessions, to assist in overcoming dependencies, adjusting to life, or making changes.

Worth knowing: Counseling requires holding emotional space for clients through heavy distress, which can lead to fatigue if boundaries slip.

First step this week: Read the state licensing guidelines on CareerOneStop to see what post-master's supervised clinical hours are required.

Also called: Behavior Analyst, Behavioral Health Counselor, Case Manager, Clinician · [Details on O*NET OnLine](#)

Industrial-Organizational Psychologists

#6 match

Interests 81% Work style 67% Setting 90% Bright Outlook

This field merges your Investigative curiosity with your desire to understand and improve adult work environments. It focuses on research-based solutions for training, selection, and organizational systems, fitting your analytical side. You would spend substantial time at a desk solving organizational puzzles rather than dealing with immediate interpersonal conflicts.

MEDIAN PAY (U.S.)

\$193,950/yr

OUTLOOK 2025-2035

Much faster than average

OPENINGS PER YEAR

300

TYPICAL EDUCATION

Master's degree

What you'd do

- Provide advice on best practices and implementation for selection.
- Develop and implement employee selection or placement programs.
- Develop interview techniques, rating scales, and psychological tests used to assess skills, abilities, and interests for the purpose of employee selection, placement, or promotion.

Worth knowing: Most roles in this specialty require significant statistical research and often a dedicated graduate degree in organizational psychology.

First step this week: Browse the O*NET OnLine summary for this title to examine the research and statistical tools used daily.

Also called: Consulting Psychologist, I-O Practitioner (Industrial-Organizational Practitioner), I-O Psychologist (Industrial-Organizational Psychologist), Industrial Psychologist · [Details on O*NET OnLine](#)

More careers to explore

Substance Abuse and Behavioral Disorder Counselors

\$59,350/yr

Appeals to your desire to guide individuals through significant behavioral change in focused, quiet sessions. **Much faster than average**

Self-Enrichment Teachers

\$46,800/yr

Lets you teach adults who choose to be there, removing disciplinary friction entirely. **Average**

Mental Health and Substance Abuse Social Workers Draws on your deep empathy and structured problem-solving to connect individuals with essential care.	\$60,280/yr Much faster than average
Sociologists Taps into your Investigative drive to study how social structures and educational groups function.	\$106,030/yr Average
Genetic Counselors Combines scientific concepts with direct guidance, fitting your science background and caring nature.	\$100,040/yr Much faster than average
Marriage and Family Therapists Uses your strong empathetic listening to help families resolve conflict in a calm office environment.	\$66,940/yr Much faster than average

Things to watch

Because you feel others' emotions deeply, you may risk taking on coworkers' stress or overextending yourself to keep everyone happy.

Your preference for order and careful planning might make sudden shifts in project direction or ambiguous instructions feel especially frustrating.

Transitioning from direct student interaction to behind-the-scenes curriculum design could occasionally feel isolated if you do not actively seek out adult collaboration.

Your 90-day plan

DAYS 1-30

Explore and Translate Skills

Map classroom accomplishments into corporate and district-level competencies.

1. Use O*NET OnLine to compare task statements for Instructional Coordinators and Training and Development Specialists.
2. Draft a master resume highlighting your district-wide ecology unit as a curriculum project rather than classroom teaching.
3. Conduct one informational interview with an instructional designer or corporate trainer through your existing network.

DAYS 31-60

Build Skills and Evidence

Demonstrate practical design ability outside the K-12 classroom setting.

1. Complete a short free or low-cost online module via the public library or community college on adult learning theory.
2. Execute a trial task by turning one of your favorite science lesson plans into a 15-minute adult e-learning storyboard.
3. Update your LinkedIn profile summary to reflect your focus on learning design and curriculum coordination.

DAYS 61-90

Network and Apply

Target relevant openings in training design and curriculum leadership.

1. Identify five organizations, school districts, or companies hiring for curriculum or training specialist positions.
2. Connect with two professionals working in training and development to ask about their hiring cycles and team structures.
3. Submit applications for at least two instructional coordinator or corporate training roles that fit your background.

Your twelve years in the classroom give you genuine insight into how people absorb complex ideas, Sarah. Moving into curriculum design or adult training honors that foundation while giving you the quieter, more

balanced environment you want. Take steady steps, focus on your design strengths, and give yourself room to explore these options at your own pace.

About this report. Careersona combines the work activities you rated (from the O*NET Interest Profiler), short personality statements from the public-domain International Personality Item Pool and your answers about work settings, then compares them with U.S. occupation data. It's a tool for exploring options, not a scientific diagnosis, and it can't promise any job, pay or outcome. Writing assistance by AI, based on your answers.

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