Explore Careers

and

Plan Your Future

With RUReady.ND.gov

The Career Key
1. How do I access RURready.ND.gov?

I’m a PUBLIC SCHOOL student in grades 6-12:

1. Go to RURready.ND.gov.
2. Click Create an Account or sign in to your account.
3. Click on the role that best describes you (Middle School or High School Student.)
4. Enter your name and date of birth and select your school and graduation year.
5. Select your Account Name and Password with care. You will use this to access the site.
7. Check the box if you agree to the privacy policy and terms of the site.
8. Click Submit.

I’m a PRIVATE or TRIBAL SCHOOL student in grades 6-12:

1. Go to RURready.ND.gov.
2. Click Create an Account or sign in to your account.
3. Click on the role that best describes you (Middle School or High School Student.)
4. Enter your name and date of birth and select your school and graduation year.
5. Select your Account Name and Password with care. You will use this to access the site.
7. Check the box if you agree to the privacy policy and terms of the site.
8. Click Submit.

Full Instructions for Public School students.

Full Instructions for Private/Tribal School students.
The UserWay Widget

Provides Keyboard navigation, Contrast, Highlight links, Bigger text, Text spacing, Pause animations, Legible fonts and Cursor. (Enable by clicking on the green icon in the upper right-hand corner.)
2. Click on CAREER PLANNING
3. Click on Learn About Yourself
4. Click on The Career Key
5. Click on Get Started
Choose careers that interest you:

- Salesperson
- Chemist
- Airplane Pilot
- Laboratory Technician
- Bookkeeper
- Research Scientist
- Mechanical Engineer
- Chemical Technician
- Singer
- Physical Therapist
- Sales Manager
- Bank Examiner
- Truck Mechanic
- Astronomer
- Bus Driver
- Biologist
- Lawyer
- Librarian
- Apartment Manager
- Teacher
- Insurance Clerk
- Nurse
- Novelist
- Musician
- Tax Expert
- Social Worker
- Fish & Game Warden
- Bank Teller
- Artist
- Counselor
- Business Teacher
- Insurance Sales Agent
- Speech Therapist
- Radio/TV Announcer
- Court Stenographer
- Restaurant Manager
- Actor/ Actress
- Carpenter
- Dancer
- Farmer
- Electrical Engineer
- Clothes Designer
What are you interests?

Your Interests

Read each statement below and decide how much it describes you. If the statement is a very accurate description of you, click “True”. If it is “Mostly True” of you, click that button. If it does not describe you, click “Not True”.

1. I like to work with animals, tools, or machines.
   - True  ○ Mostly True  ○ Not True
2. I like to study and solve math, or science problems.
   - True  ○ Mostly True  ○ Not True
3. I like to do creative activities such as art, drama, crafts, dance, music, or creative writing.
   - True  ○ Mostly True  ○ Not True
4. I like to do things where I can help people, such as teaching, first aid, or giving information.
   - True  ○ Mostly True  ○ Not True
5. I like to lead and persuade people, and to sell things and ideas.
   - True  ○ Mostly True  ○ Not True
6. I like to work with numbers, records, or machines in a set, orderly way.
   - True  ○ Mostly True  ○ Not True

Clear all
How do your abilities compare to others your age?

Your Abilities
For the abilities below, compare yourself to other persons your age. Decide the extent to which each statement is true of you.

1. I have good skills in working with tools, mechanical drawings, machines, or animals.
   - True  ○  Mostly True  ○  Not True
2. I am good at understanding and solving science and math problems.
   - True  ○  Mostly True  ○  Not True
3. I have good artistic abilities in creative writing, drama, crafts, music or art.
   - True  ○  Mostly True  ○  Not True
4. I am good at teaching, counseling, nursing, or giving information.
   - True  ○  Mostly True  ○  Not True
5. I am good at leading people and selling things or ideas.
   - True  ○  Mostly True  ○  Not True
6. I am good at working with written records and numbers in a systematic, orderly way.
   - True  ○  Mostly True  ○  Not True
How do you see yourself?

How You See Yourself
How do you see yourself? Decide the extent to which each of the statements below is true of you.

1. I am practical, mechanical, and realistic.
   - True  ○  Mostly True  ○  Not True
2. I am precise, scientific, and intellectual.
   - True  ○  Mostly True  ○  Not True
3. I am artistic, imaginative, original, and independent.
   - True  ○  Mostly True  ○  Not True
4. I am helpful, friendly, and trustworthy.
   - True  ○  Mostly True  ○  Not True
5. I am energetic, ambitious, and sociable.
   - True  ○  Mostly True  ○  Not True
6. I am orderly and good at following a set plan.
   - True  ○  Mostly True  ○  Not True

Clear all
What are your values?

---

**Your Values**

To what extent are the statements below true of you?

1. I value practical things you can see and touch, such as plants and animals you can grow, or things you can build and make better.
   - True  ○ Mostly True  ○ Not True
2. I value science.
   - True  ○ Mostly True  ○ Not True
3. I value creative arts such as drama, music, art or the works of creative writers.
   - True  ○ Mostly True  ○ Not True
4. I value helping people and solving social problems.
   - True  ○ Mostly True  ○ Not True
5. I value success in politics, leadership, or business.
   - True  ○ Mostly True  ○ Not True
   - True  ○ Mostly True  ○ Not True

---
7. Read through your results. What are your top two Interest Areas?

8. Click View Careers to see careers that match your results.

Write a reflection at the bottom of the page.
9. Research matching careers using the search tools:

### 105 Careers matching Your Interests

**Your Top Interest Areas:**

- **Realistic, Social**

Didn't find the career you're looking for? Search for the career you're looking for, then see how it compares to your interests.

Search for:

<table>
<thead>
<tr>
<th>CAREER</th>
<th>% EDUCATION LEVEL</th>
<th>% STATE AVERAGE ANNUAL EARNINGS</th>
<th>% CAREER CLUSTER</th>
<th>% INTERESTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acupuncturist</td>
<td>Master's degree</td>
<td>$49,330</td>
<td>Health Science</td>
<td>Social, Realistic, Investigative</td>
</tr>
<tr>
<td>Acute Care Nurse</td>
<td>Master's degree</td>
<td>$66,290</td>
<td>Health Science</td>
<td>Social, Investigative, Realistic</td>
</tr>
<tr>
<td>Adapted Physical Education Specialist</td>
<td>Bachelor's degree</td>
<td>-</td>
<td>Education and Training</td>
<td>Social, Realistic</td>
</tr>
<tr>
<td>Allergist/Immunologist</td>
<td>First professional degree</td>
<td>$229,550</td>
<td>Health Science</td>
<td>Investigative, Social, Realistic</td>
</tr>
<tr>
<td>Ambulance Driver/Attendant</td>
<td>High school preferred, plus moderate length, on-the-job training</td>
<td>$29,210</td>
<td>Transportation, Distribution and Logistics</td>
<td>Realistic, Social</td>
</tr>
<tr>
<td>Anesthesiologist</td>
<td>First professional degree</td>
<td>-</td>
<td>Health Science</td>
<td>Investigative, Realistic, Social</td>
</tr>
<tr>
<td>Anesthesiologist Assistant</td>
<td>Master's degree</td>
<td>$112,240</td>
<td>Health Science</td>
<td>Realistic, Social, Investigative</td>
</tr>
</tbody>
</table>
Career Exploration: Dental Assistant

What They Do
Dental Assistants Career Video

Career Exploration: Dental Assistant

What They Do
Dental Assistants Career Video

What They Do

- Assists dentist, sets up equipment, prepares patient for treatment, and keeps records.

Career Exploration: Dental Assistant

A person in this career:
- Prepares patient, sterilizes or disinfects instruments, sets up instrument trays, prepares materials, or assists dentist during dental procedures.
- Records treatment information in patient records.
- Exposes dental diagnostic x-rays.
- Takes and records medical and dental histories and vital signs of patients.
- Assists dentist in management of dental or dental emergencies.
- Provides postoperative instructions prescribed by dentist.
- Instructs patients in oral hygiene and plaque control programs.
- Cares for and maintains dental supplies and equipment inventory.
- Fabricates temporary restorations or custom, impressions from prior impressions.
- Makes preliminary impressions for study casts and occlusal registrations for recording study casts.

Working Conditions and Physical Demands

People who do this job report that:
- You would often handle loads up to 10 lbs., sometimes up to 20 lbs. You might do a lot of walking or standing, or you might sit, but use your arms and legs to control machines, equipment or tools.
- Work in this occupation involves bending or twisting your body more than one-third of the time.
- Work in this occupation involves the use of protective personal equipment such as safety shoes, gloved, hearing protection, a hard hat, or personal flotation devices.
- Exposure to pollutants, gases, dust, fumes, odors, poor ventilation, etc.
- Requires getting into awkward positions.
- Exposed to disease and infections more than once a month through work such as patient care, laboratory work, and sterilization control.
- Work in this occupation involves using your hands to hold, control, and feel objects more than one-third of the time.
- Exposed to conditions such as high voltage electricity, combustibles, explosives, and chemicals more than once a month.
- Work in this occupation requires being inside most of the time.
- Sound and noise levels are loud and distracting.
- Exposed to radiation more than once a month.
- Work in this occupation involves making repetitive motions more than one-third of the time.
- Work in this occupation involves sitting more than one-third of the time.
- Work in this occupation involves standing more than one-third of the time.

Working in this career involves (physical activities):
- Standing clearly up close.
- Speaking clearly enough to be able to be understood by others.
- Identifying and understanding the speech of another person.

Work Hours and Travel
- Regular working hours and limited travel.

Specialty and Similar Careers

Careers that are more detailed or close to this career:
- Certified Dental Assistant (CDA)
- Certified Registered Dental Assistant (CRDA)
- Expanded Duty Dental Assistant (EDDA)
- Expanded Function Dental Assistant (EFDA)
- Oral Surgery Assistant
- Orthodontic Assistant (Ortho Assistant)
- Orthodontic Technician
- Registered Dental Assistant (RDA)
- Surgical Dental Assistant
Is This For You?

Interests

The following categories describe the work interests (compatible with Holland's Model) of people who tend to succeed in this career:

- Conventional - You are an "organizer". Keeping things neat and organized is important to you. You like working with charts and reports, and work well with power and authority.
- Realistic - You are a "doer". You like physical activities and projects. You like to find the answers to problems by doing hands-on work instead of talking about solutions.
- Social - You are a "helper". You like being around people and helping them with problems. Socializing is fun for you.

What are your interests?
Take the Interest Profiler to find out.

Start the Interest Profiler

Work Values

Work values are aspects of work that are satisfying to you. The following work values are generally associated with this career:

- Relationships - It's very important to you that you have friendly co-workers. You would like to be of service to others without compromising your sense of right and wrong.
- Support - It is very important to you that you know the company stands behind its workers, and that competent, considerate, and fair management.

Tell me more about Work Values...

What are your work values?
Take the Work Values Sorter to find out.

Start the Work Values Sorter

Aptitudes

Aptitudes reflect a person's ability to acquire skills and knowledge. The following aptitudes are important for success in this career:

All Aptitudes

- General learning ability - Bottom third
- Numerical aptitude - Bottom third
- Form perception - Bottom third
- Finger dexterity - Top one-third
- Verbal aptitude - Middle third
- Spatial perception - Bottom third
- Manual dexterity - Top one-third

Tell me more about Aptitudes...
**Skills Needed**

**Basic Skills**
The following skills are important for this career:

- Reading comprehension
  medium (Level 3)
- Speaking
  medium (Level 3)
- Active learning
  medium (Level 3)
- Active listening
  medium (Level 4)
- Critical thinking
  medium (Level 3)
- Monitoring
  medium (Level 3)

These skills are necessary but not as important:

- Writing
  low (Level 2)
- Science
  low (Level 2)
- Mathematics
  low (Level 1)
- Learning strategies
  low (Level 2)

Tell me more about Basic Skills ...

**Transferable Skills**
Here's a list of skills used in this career that are also used in other careers.

Medium level of skill required:

- Collecting and recording medical information
- Helping people understand health care instructions
- Treating physical or mental problems
- Using medical or dental instruments to treat patients
- Working as a member of a health services team

Tell me more about Transferable Skills ...

**Improve Your Skills**
Skills are wonderful because you can always improve them! All it takes is a little hard work and motivation. So if you see that a career requires more skill than you currently have, don't worry -- it's always possible to learn more skills.
What To Learn

High School

What high school courses should you take if you're interested in this career? Get your answers from the Health Science cluster Therapeutic Services pathway.

Beyond High School

Here's a list of programs that you should consider if you're interested in this career:

- Dental Assisting/Assistant

Education Level

Education training and experience are required at different levels for success in different occupations.

One to two years post-secondary training

There are several possible paths to becoming a dental assistant. Some states require assistants to graduate from an accredited program and pass an exam. In other states, there are no formal educational requirements and dental assistants learn how to do their jobs through on-the-job training.

Additional Information

Dental assistants complete their training through one of two routes. Some are trained on the job. Others attend training programs.

Dental-assisting programs are available through community and junior colleges, trade schools, technical institutes or through the Armed Forces.

Licensed certified dental assistants must meet a continuing education requirement to maintain their licenses.

"It's also important to have CPR skills," says Loris Parento. She's the president of the California Dental Association. Parento advises those interested in a dental assistant career to study science, office practice, and computerized bookkeeping.

Dental assistants must be caring and compassionate. They must have good communication skills and a good work ethic. They must be good with their hands.

Computer skills are important. "We work with digital things like digital radiography and digital impressions," said Parento. "Computer skills are a necessity for today's student."

In some locations, speaking a second language is helpful. Parento says Spanish-speaking dental assistants are needed in California.

Marlene Robinson is the executive director of a dental association. She would like to see all dental assistants become credentialed. "It's a public safety issue," she points out. Certified dental assistants practice infection control. They perform tasks that could put both themselves and the public at risk if not done correctly.

Many dental assistant associations are actively lobbying government to make credentialing a requirement.

Extra Requirements

Some states require dental assistants to be certified; requirements vary by state. States that allow assistants to perform expanded duties, such as coronal polishing, require that they be licensed, registered, or hold certifications from the Dental Assisting National Board (DANB).

For additional information, visit these websites:

- http://www.americasmedtech.org
- http://www.danb.org
Money & Outlook

To view earnings and outlook for another state, select it from the following list:

North Dakota

North Dakota Earnings

Average Annual Wage: $47,140
Entry Annual Wage: $15,250
Experienced Annual Wage: $60,800
Average Hourly Wage: $22.66
Entry Hourly Wage: $16.95
Experienced Hourly Wage: $29.23
Median Hourly Wage: $22.28

National Earnings

Average Annual Wage: $41,170
Average Hourly Wage: $19.79
Average Annual Range: $27,980 to $56,930

Note: Variations in salaries reflect differences in size of firm, location, level of education and professional credentials.

Where do these numbers come from?

National Employment and Outlook

Outlook: stable
The employment change from 2018 to 2028 is estimated to be +11%.
(The National average for all occupations is +5%)

Job Openings: very small number
A total of 490 average annual openings are expected for this occupation between 2018 and 2028.
(The National Average for all occupations is 1,812 openings)

Employment: medium occupation
This was a medium sized occupation in the United States, employing 3,400,000 workers in 2018.
(The National average for all occupations is 14,900,000 workers)

Growth: Much faster than average growth
Ongoing research linking oral health and general health will continue to increase the demand for preventive dental services. Dentists will continue to hire dental assistants to complete routine tasks, allowing the dentists to work more efficiently. As dental practices grow, more dental assistants will be needed.

Non Traditional Occupation: This is a non-traditional occupation for men in 2019.

Industries: Large concentrations of this occupation are found in these industries
- Offices of dentists (NAICS 621200): 93.63%
- Federal Government, excluding Postal Service: 5.2%
Military Options

Get paid to get a career. That’s what the military can offer you. Take a moment to review related potential military careers.

Dental Hygienists and Assistants (Enlisted)

Opportunities
Dental hygienists and assistants have many responsibilities, including teeth cleaning, examining patients for signs of oral diseases such as gingivitis, and providing other preventive dental care. They also educate patients on ways to improve and maintain good oral health and perform other miscellaneous tasks, such as equipment maintenance and supplies inventory.

Training Provided
Job training for dental hygienists and assistants consists of classroom and on-the-job instruction, including practice in providing dental care.

- Preventive dentistry
- Radiology (X-ray) techniques
- Dental office procedures
- Dental hygiene procedures
- Basic principles and techniques of patient care
- Anatomy and physiology

All enlisted service members complete basic military training, which includes time spent in a classroom and in the field, and covers tactical and survival skills, physical training, military life and customs, and weapons training.

Earnings
Military pay and benefits are set by Congress, which normally grants a cost-of-living pay increase once each year. All members of the military receive basic pay, which is the largest component of a member’s pay. A member’s grade (usually the same as rank) and years of service determines the amount of basic pay received. Enlisted members can progress through nine enlisted pay grades during their careers. In 2020, most enlisted personnel started as recruits at Grade E-1 ($20,756/year basic pay); however, those with special skills or above average education started as high as Grade E-4 ($27,150/year basic pay). In addition to pay, the military provides many of life’s necessities, such as food, clothing, and housing, or pays allowances for them. Other benefits include health care, 30 days paid vacation, legal assistance, recreational programs, education assistance, and military store privileges.

Services offering this occupation

Air Force
- Air National Guard
- U.S. Air Force
- U.S. Air Force Reserve

Army
- U.S. Army
- U.S. Army National Guard
- U.S. Army Reserve

Coast Guard
- U.S. Coast Guard

Navy
- U.S. Navy
Connections

Associations
American Dental Association
211 E Chicago Ave.
Chicago, IL 60611-2578
http://www.ada.org

Dental Assisting National Board
444 N Michigan Ave Ste 900
Chicago, IL 60611
http://www.dasn.org

Internet Sites
American Dental Assistants Association
http://www.dentalassistant.org/
Myfuture.com
http://www.myfuture.com

Related Career Information Sources
O*NET-SOC occupation
Dental Assistants - 31-9010.00
http://www.onetonline.org

Occupational Outlook Handbook
http://www.bls.gov/ooh/

Military Career Opportunities
Air Force
- Air National Guard
- U.S. Air Force
- U.S. Air Force Reserve

Army
- U.S. Army
- U.S. Army National Guard
- U.S. Army Reserve

Coast Guard
- U.S. Coast Guard

Navy
- U.S. Navy

Job Banks by State
North Dakota
Search

Job Service ND >
US Jobs - North Dakota >
Interviews

Would you like to be a dental assistant?

Sherry Messenger knows how that feels. This certified dental assistant helps organize the Tooth Trolley Project with some colleagues. These good people rented a “Tooth Trolley” from a bus company. They brought a group of needy children to a downtown dental school for screening.

“Five dentists went through all those little mouths and we saw some horrific things,” she said. It was sad to see, but it also felt good to know she was helping.

Many changes have occurred in the profession since Messenger graduated in 1972. She says her professional association has made a big difference.

Today the law allows dental assistants to do many things that they could not do in the past. “It makes it more fun and more challenging,” she says. “It is more pleasant working in an office when you are not just a secretary.”

Messenger has had a varied job in the field. She has worked in a small one-dentist office for many years. She loves her job and the people. Sometimes she has worked with a patient’s parents or even grandparents.

There is a lot of laughter at work. Her co-workers like to play practical jokes and kid around.

Messenger thinks it is helpful if dental assistants have a sense of humor and are outgoing. It calms the patients and makes them happier. “You don’t want a dental assistant who is all serious,” she remembers.

The work can be cold at times. Sometimes people are terrorized. They had bad experiences with dentists years ago. They don’t understand that most dentists today are different.

“We say, ‘Listen, this is where you are now, but it is going to get better.’” Messenger says. “We don’t always see them at their best.”

Times also create stress. It’s hard to fit everything in on busy days.

The biggest stress doesn’t come from the office, though. The biggest stress comes from lobbying efforts to bring legislative changes to the profession. She would like to see a legal movement that all dental assistants be considered before they can practice. “Not everyone agrees with this,” Messenger says. “I have some good friends in the other arena. Everyone has a different point of view,” she points out. “If you let that get to you, there is a problem.”

Messenger advises newcomers to be their own advocate. She says it is a wonderful profession, so don’t waste an office that doesn’t meet your needs. Messenger also says that dental assistants have to take care of themselves. Some dentists don’t follow employment standards. “Get your education. Join your professional association and be active,” she advises.

Like Messenger, Nicholas Covian loves his job. Covian works for a dental practice in a rural town. This is his first job since he graduated from his training program 16 months ago. Sometimes he would like to be a dentist himself. Not many small town work as dental assistants. Covian says his former dental assistant inspired him to go into the field.

Unfortunately, after he finished his training, he could not find work in his town. He had to take a job in another location.

“I took the chance and I got a job,” he recalls. “He was the best dentist I could find.”

“Every day is a pleasure going to work.” Although Covian misses his friends and family, he says he never wants to leave his employer. He enjoys working inside. He also likes being part of a team and having an opportunity to interact with the public. “I like the responsibility that goes with the job,” Covian comments.

Covian works as many hours as he can—sometimes 90 or 45 hours a week. Sometimes the dentist takes him to the hospital where they work with elderly patients under general anesthesia.

“We’re working in a hospital scene and we’re taking out around 25 teeth or more,” he says.

Marnia Swartz is a dental assistant who graduated from an accredited program. She is the president of the Massachusetts Dental Assistants Association and has been a member of the American Dental Assistants Association for 20 years. Swartz also has certification allowing her to assist with dental surgery. At one point in her career, she worked as an implant coordinator for the oral surgery instructor at Tufts University. Today she works in a small dental office.

Swartz chose the profession because she likes working with her hands. When she was in high school, she loved watching her dentist at work. “It’s like an art form,” she comments. “Dentistry is a very creative field.”

There is always something new to learn. She has traveled for training events. If dentists see you are interested, they will often help you get special training.

At one training event, Swartz volunteered to have 10 veneers put on her teeth as part of a classroom learning experience.

“Not only did I have that work done, but I participated in the classroom learning.”

Swartz points out that you can make as much of this profession as you want. “You can say, ‘It’s just a job’ or you can make it into a fabulous career.”

Those in the field emphasize that the work is important. People have died from massive infections in an untreated tooth. Also, certain diseases first show up in the mouth. Staph infections can start out as tooth infections. Swallowing a lot of tartar can cause heart disease and heart problems.

“Tartar is the same as having a cavity,” Swartz remarks. “That’s why it’s so important that people get treated in this profession.”

She adds that the profession needs people who have a good work ethic, who want to help people and who are compassionate. “If this is you, she definitely recommends the field. You also have to be good with your hands. “You don’t have to be an artist, but you can’t be all calloused.”
Health Science

Dental Assistant

 AVG. SALARY $47,140
 EDUCATION 1-2 years post-secondary training
 JOB OUTLOOK Stable

Real-Life Activities

Real-Life Math
Try this activity to see how you might use math on the job

Real-Life Decision Making
Do you have what it takes to make decisions in this career

Real-Life Communication
Practice the skills you'd use in this career
What questions do you still have?