

Teens in Construction: Your Career Journey Starts Here

Women in Construction



Are you a young woman ready to start working but not sure where to begin?

Construction is an exciting, hands-on industry full of opportunities to learn new skills, earn a paycheck, and build a future you can be proud of. From trades like carpentry, electrical, and plumbing to roles in project management and inspection, there are paths for every interest and skill level. With mentorship, training programs, and supportive workplaces, construction offers a career that grows with you and opens doors to long-term success.

Pathways Into Construction

There are multiple ways to start a career in construction:

- **Apprenticeships** allow you to earn a paycheck while learning on the job.
- **Entry-level programs** help you explore different trades and gain hands-on experience.
- **Career counselors and mentors** can help you figure out which trade or role fits your skills and interests and guide you through applications and interviews.

Your First Steps into Construction:

- Explore apprenticeships and entry-level programs
- Ask questions and learn about different trades
- Connect with mentors and guidance counselors
- Learn on the job while earning a paycheck
- Check out schedules, benefits, and training options
- Find a trade that matches your interests and strengths



Construction Careers for Young Women:

Hands-on Trades

- Electrician
- Carpenter
- Plumber
- Painter / Finisher
- Heavy Equipment Operator
- Skilled Trades Apprentice

Technical & Field Roles

- Construction Inspector
- Surveying Technician
- Safety Technician
- CAD / Drafting Technician

Planning, Coordination & Support

- Project Coordinator
- Estimator
- Construction Office/ Project Support

Discover Apprenticeship Opportunities at:
dir.ca.gov/DAS/Women_in_Apprenticeship.html

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You don't need experience to start a rewarding career in construction

With training, mentorship, and support, you can gain real-world skills, earn a paycheck, and build a future you're proud of.

The trades value your energy, curiosity, and determination—and there's a place for you in this industry.

Construction runs in your family? Build on that tradition and make it your own. Many young people follow parents, grandparents, or relatives into the trades—building on skills, pride, and work ethic passed down through generations. Construction offers a way to honor that tradition while creating your own path forward.

Support & Resources

Getting started can feel intimidating—but you're not alone. Many programs provide mentors, guidance on applications, and resources to help you explore different trades.

You'll have support as you learn skills, manage schedules, and make decisions about your first career steps.



Additional Resources:

California Apprenticeship Portal (DIR)

Search approved apprenticeships and learn how to apply.

www.dir.ca.gov/databases/das/aigstart.asp

YouthBuild California

Hands-on construction training, career support, and job placement for young people.

youthbuild.org/what-we-do/where-we-work/california/

Build California

Explore construction careers, apprenticeships, and training programs statewide.

buildcalifornia.com

Regional Occupational Centers & Programs (ROCPs)

Career technical training programs across California.

www.cde.ca.gov/ci/ct/rp/

Need more ideas? The EriCA Outreach Team is here to help.

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