


CHOOSING A CAREER


One of the hardest—and most exciting—choices you'll ever make is your career. Although chance may play a part, come prepared!




RULE#1: Choose a career that is something you really like to do.

RULE#2: Do your research and choose carefully and thoughtfully.

RULE#3: Make it meaningful to you.



You owe it to yourself to look for work that is meaningful and rewarding!



CHOOSE CAREER OPTIONS THAT MATCH YOUR VALUES

- Knowing what you value most will help you refine your career search and choice:
 - Helping others
 - Prestige
 - High income
 - Flexible work hours
- Establish and align values, career choice, and career goals for motivation.

There is no substitute for "knowing yourself."

SURVIVING IN A FAST ECONOMY

- You will always have some control over your career.
- You must accept risks and plan for the future to advance your career.
- A college degree does not guarantee employment.
- A commitment to lifelong learning will help keep you employable.

The more you know,
the greater your marketability.



FACTORS TO CONSIDER



Do:

- explore a number of careers and majors
- get involved
- Get advice from people in your target occupation
- follow your passion
- Dare to try something new

Don't:

- focus on a major just to get a career out of it
- select a major just because it is "cool" or seems to promise prestige
- let someone else push you into a job
- Assume that you have it all figured out

FACTORS AFFECTING CAREER CHOICES

- Interests
- Skills
- Aptitudes
- People skills
- Experience
- Family traditions
- Personality
- Life goals and work values



EXPLORING YOUR INTERESTS

Holland's Hexagonal Model of Career Fields



WHERE TO GO FOR HELP

- Career center
- Faculty
- Upper-class students
- Student organizations
- Placement services



Ask someone in your chosen field:
How did you find your job?

BECOME KNOWLEDGEABLE ABOUT CAREERS

- Explore the *Occupational Outlook Handbook* at <http://www.bls.gov/oco/>
- Research several careers, not just one
- Browse the Careers section of a local bookstore
- See a career counselor
- Scope out Internet resources
- Network--many people love to talk about their jobs!



Know your options.

EXPLORE THE *OCCUPATIONAL OUTLOOK HANDBOOK* [HTTP://WWW.BLS.GOV/OCO/](http://www.bls.gov/oco/)

- Keep up with the occupational outlook for various fields.
- Get to know which ones are adding jobs and which ones are losing them.
- *The Occupational Outlook Handbook* is an excellent source, and is updated every two years.
- **Good news!** Over the next few years, jobs requiring college degrees will be the fastest-growing and highest paying.



What to Look for in a Career

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|---|--|
| <ul style="list-style-type: none"> ● Major career field target ● Preferred type of work ● Income requirements ● Geographical requirements ● Special needs ● Industry preferences ● Stress level ● Level of interaction with other people ● Indoor vs. outdoor ● Amount of independence ● Balance between creative and conventional tasks | <ul style="list-style-type: none"> ● The type of people you would interact with ● Physical requirements ● Local/national/international organization ● Benefits and perks ● Advancement opportunities ● A good boss ● Training ● Industry outlook ● Reputation of the firm in the industry |
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SELECT SEVERAL CAREERS, NOT JUST ONE

- It's a good idea to have several careers in mind rather than just one in your first year of college.
- Approximately 60% of students change their major at some point during their college career.
- It pays to be knowledgeable about more than just one career field. The average graduate changes their job seven times in their life.
- It also pays to develop a wide variety of general skills, particular those related to communication.

Keep your options open...

NETWORK

- Check with people you know about career information.
- Networking can lead to meeting someone who may be able to answer your questions about a specific career or company.
- It is an effective way to learn about the type of training necessary for a particular position, what it took to get into the field, and the positive and negative aspects of the work.
- More and more professionals are active on online networks such as LinkedIn.com and Doostang.com. Some professionals even use Facebook to get in touch with others in their field...as well as research potential candidates.



☑ **ASSESS YOUR SKILLS**



☑ Academic Strengths

- ☐ Reading, Writing, Speaking, and Listening
- ☐ Math
- ☐ Creative Thinking
- ☐ Problem Solving and Decision Making

☑ Personal Qualities

- ☐ Self-Esteem, Self-Management, Responsibility



☑ People Skills

- ☐ Social, Negotiation, Leadership, Teamwork

SEE A CAREER COUNSELOR



- The career counselors at your college are trained professionals who can help you
 - discover your strengths and weaknesses
 - evaluate your values and goals
 - sort through what type of career you want
- They will not tell you what to do, they will simply help identify what factors may lead to successful and interesting career options.

QUESTIONS FOR ACADEMIC ADVISORS

- What classes should I take this term and next?
- What sequence of classes should I take?
- Am I taking too many difficult classes in one term?
- What electives do you recommend?
- What career opportunities are there if I study mainly _____?



GETTING EXPERIENCE

- Volunteer or service learning
- Study abroad
- Internships/co-ops
- On-campus employment
- Student projects/competitions
- Research
- On-the-job training
- Apprenticeships



Nothing teaches like experience.

RESEARCH THE JOB

- Identify the skills and experience necessary to perform the job you want.
- Determine the general requirements of the job.
- Learn about the day-to-day tasks and responsibilities.
- Research the company and employer.
- Determine the company's philosophy.
- The more you know about the job, the stronger the candidate you will become.

How big will my office be?



EXPLORE RELEVANT PART-TIME AND SUMMER JOBS

- Students benefit when their jobs are on campus.
- Investigate if there exists a part-time job in the department of your major.
- Advanced planning will help you obtain a summer job with a company related to your field.
- If you can't find a related job, you can still demonstrate work-related skills and a work ethic that will impress prospective employers.



INTERNET CAREER JOURNEY ACTIVITY 13.2 -- WEB RESOURCES

Occupational Outlook Handbook
[11 Careers new.ppt](#)

Career Resource Center
<http://www.careers.org/>

Job Hunt
<http://www.job-hunt.org>

The Catapult on Job Web
<http://www.job-hunt.org/>

The Riley Guide: Employment
Opportunities and Job
Resources on the Internet

www.rileyguide.com

Monster.com
<http://www.monster.com/>

Quintessential Careers
<http://www.quintcareers.com/index.html>

