

Information Gathering

Gathering information about careers and professions can be a difficult task. We have provided you with an easy way to organize information about the professions you may be interested in pursuing.

Read

The Career Center has a few [online resources](#) available : Vault, Career Insider, Career InfoNet, Career Zone, Occupational Outlook Handbook and Salary.com, to name a few.

Occupational Outlook Handbook (OOH)

For hundreds of different types of jobs—such as teacher, lawyer, and nurse—the Occupational Outlook Handbook tells you:

- The training and education needed
- Earnings
- Expected job prospects
- What workers do on the job
- Working conditions

Vault Career Insider

Vault Career Insider is one of the most popular online career libraries available to college students. Occupational profiles, industry overviews, in-depth employer profiles, the “electronic water cooler” message boards, employee surveys, salary trends and more. Use your SBU email address to create your free account online.

Career InfoNet

America’s Career InfoNet is a resource for making informed career decisions to support a demand-driven workforce investment system.

Career Zone

A product of the NY State Department of Labor, CareerZone is a free career exploration and planning system designed especially for New York State students.

Salary.com

Salary.com builds on-demand software around a deep domain knowledge in the area of compensation to help customers win the war for talent by simplifying the connections among people, pay and performance. Salary.com’s cutting-edge technology is integrated with actionable data and content, empowering customers to make the best decisions about pay and performance and help them to attract, motivate, reward and retain top performers.

Talk

Take the time to talk with people in the career you are potentially interested in. The information you get from talking with someone doing the job you are interested in is priceless—you can’t find this information in a book. This will help you better understand if a field or career is the right fit for you.

The Career Advising Network Program ([ZebraCAN](#)) is a career matching program. We have many alumni and friends of Stony Brook representing a variety of career fields who are willing and able to help you learn about careers through informational interviewing. Some of these contacts have even volunteered to provide assistance with obtaining internships, employment with their organizations and job shadowing!

You can apply to participate in ZebraCAN through the Events & Job Fairs link on your ZebraNet account. You must submit a resume and cover letter expressing your interest in being matched with a Career Advisor in the network. If accepted you will attend an orientation where you will receive your match and learn how to make your connection a success!

Informational Interviewing

Here’s a startling statistic: One out of every 200 resumes (some studies put the number as high as 1,500 resumes) results in a job offer. One out of every 12 informational interviews, however, results in a job offer. Read further information on the Career Center website.

Job Shadowing

Through this activity, students will spend up to a day in a work setting to observe and meet professionals. The experience should be planned to accommodate both the student and the mentor’s schedule.

Try It Out

Internships, Jobs, and Volunteer positions Engage in an internship, part-time job or volunteer position. For more information, please visit the “Get Experience” section of the following webpage: <http://career.stonybrook.edu/students/educate>.