

Career Exploration & Planning

Planning Your Career Journey

Agenda

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“Typical” Outside Influences Used to Choose a Career

TV/IOT = There is a big difference between TV drama and “real life”.

Friends = They’ll know what sounds “cool”, but unless they have proactively used the career /college tools available, they are probably not a source of information.

Life’s Interactions = OK, you have used the services Dentists, Pharmacists, Teachers, etc. but... Do really know what it is like to do their job?

Parent = A great source, if your parent’s career happens to be “the right one” out of several hundred possibilities for you.

What is Career Exploration & Planning?

The career exploration process involves learning more about yourself, researching your options, trying new experiences, and creating a strategic plan to reach your professional goals.

3 Stages of Career Exploration

Stage 1 : Determine Your
Interests

Stage 2: Discover Your Career

Stage 3: Plan your Goals

How do you currently search for jobs?

Knowing about yourself is the basis of career decision-making. What are your interests, skills, and values? What is important to you about your work? What are your personal traits and characteristics? Ask yourself:

What do I like to do?

What do I value?

What motivates me?
What keeps my
curiosity?

What skills do I
possess? What new
ones can I develop?

Stage 2: Discover Your Career

Learning about the careers, types of jobs, educational requirements, and job functions are important in understanding the careers that fit your interests and goals. You may ask yourself:

What are examples
of careers in my
chosen major or field
of interest?

What job titles
interest me?

What type of work
environments do I
like?

Where can I go to
research my chosen
career or field of
interest?

Stage 3: Plan your Goals

Take what you have learned about yourself and piece it together with the reality of the world of work. Begin to evaluate career options that are practical for you. Use decision-making and action planning skills to identify successful career and life plans. Some important questions include:

Do I have the resources to pursue these options?

What challenges might be presented during my educational pursuit? In the job market?

What else do I need to know to identify my career objectives?

Do I need to conduct more self-assessment or career research to make a career decision?

Why is Career Exploration Important?

Career planning is a process of systematically matching career goals and individual capabilities with opportunities for their fulfillment. While the definition of career planning may differ from student to student, it is imperative to understand its importance in today's volatile world.

Career planning is not just about choosing a major; it's a dynamic process of setting short and long-term goals, identifying interests, and developing the skills needed for fulfilling professional career growth and successful life.

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|--|---|
| Know yourself better | Align your passion, skills, and interests |
| Clear direction and roadmap for the future | Opportunity to analyze your competencies |
| Increased motivation and morale | Support for designing career aspirations |
| Occupational experience | Reduced fear of failure and future |

Benefits of Career Planning

While in college:

- ***Clarify short and long term goals***
- ***Fewer transfers and switching of major***
- ***Graduate on time***
- ***More motivated and goal focused***
- ***Higher academic achievement***

After Graduation:

- ***Better entry job with higher income***
- ***More satisfied with chosen career field***
- ***Less career change and faster career advancement***

The consequences of NOT planning are costly

Absence of Career Planning is a major cause of:

- **Switching majors**
- **The feeling of being trapped in a major**
- **College transfer**
- **Dropout**
- **Extended year(s) in school**
- **Run out of Financial Aid**

Anticipated Problems

- 1. What does the term career mean and not mean?***
- 2. What are the vital questions that must be asked before key career decisions are made?***
- 3. How can decision-making skills related to career identification and selection be developed?***
- 4. How can one determine potential careers?***
- 5. Where and how does one record career path and program decisions?***

Career

“A career is a profession or occupation that one chooses and for which one is prepared by education, training, and experience.”

Progress through Life

A career reflects lifelong learning (LLL), which is the continuous building of skills and knowledge throughout the life of an individual for personal and professional benefit.

- ***Learning becomes self-motivated, as opposed to education that required or mandated.***
- ***A person's individual, unique experiences and training build and evolve and stop growing only when he or she decides not to learn anymore.***
- ***One's career is always emerging.***

What a Career is Not

- *A career is not the first job out of high school or college.*
- *A career is not one course or program of study.*
- *A career is not a college major.*

Making Career Decisions

“What are my interests, skills, and aptitudes?”

- ***An interest is something that draws the attention of an individual—something that may involve or concern the person.***
- ***A skill is an ability stemming from knowledge or practice.***
- ***An aptitude is a special fitness or talent, whether innate or acquired.***
- ***Individual preferences and values should also be considered.***

Making Career Decisions Cont.

“What do I want for myself?”

- ***What lifestyle would I like to have?***
 - ***A lifestyle is a set of individual behaviors that are uniquely comfortable, including social entertainment, consumption, and dress.***
- ***What salary will I need to maintain my chosen lifestyle?***

Making Career Decisions Cont.

What are the realities of my career interests?"

- ***"What are my career interests?"***
- ***"To which clusters do my interests point?" What does the Occupational Outlook Handbook (OOH) indicate?***
- ***"What do I like about this career?"***
- ***"What are the educational requirements of my chosen career?"***
- ***"Is the career legal?"***

Making Career Decisions Cont.

Researching..“Does the career fit me?”

- ***The field of study is the academic discipline.***
- ***The industry is the aggregate of enterprises producing a good (either a material or a service) within an economy (such as hospitality, farming, technology, automotive, chemical, etc.).***

Making Career Decisions Cont.

- *A vocation is the work in which a person is employed.*
- *A profession is work requiring specialized knowledge and intensive academic preparation.*

Developing Decision Making Skills

Firsthand experiences within the field of study or career cluster

- ***Field trips***
- ***Job shadowing***
- ***Internship***
- ***Volunteer opportunities***
- ***Cooperative education (co-op)***
- ***Work experience (in or out of school)***

Developing Decision Making Skills Cont.

Job shadowing—a career exploration activity that offers an opportunity to spend time with a professional currently working in a person’s career field of interest.

- ***Offers firsthand experience in a specific job***
- ***Gives a student the opportunity to ask questions and meet a potential mentor***

Developing Decision Making Skills Cont.

Cooperative education (co-op)—a structured method of combining classroom-based education with practical work experience.

- ***“Co-op” provides academic credit for job experience.***

Developing Decision Making Skills Cont.

Additional research about the field

- ***Libraries (school and public)***
- ***The Internet***
- ***Informational interviews (family, relatives, friends)***

Developing Decision Making Skills Cont.

Postsecondary educational research

- *College research*
- *College visitations*
- *Job and career fairs*
- *Alumni networks*
- *Industry leader visits*

Developing Decision Making Skills Cont.



Put all the pieces together, and check for a good fit.

If the fit is acceptable, take a step in the direction of that career.

Confirm your fit by trying that career on for size—try a firsthand career experience.

Essential Career Planning Tips

Know Yourself – Strengths, Weaknesses, and Everything in Between

Be Real With Your Goals

Explore, Explore, Explore

Run After Your Passion

Don't Shy Away From Internships

Do Skill-Based Courses

Focus On Developing Soft Skills

Find (And Stalk) Your Dream Companies on Social Media

Have a Vision

Go for an Aptitude Test

Talk to the People, Ask Them Questions

Don't Let Failure Belittle Your Faith

Recruitment and selection process in a flowchart



Q&A Session





THANK YOU