

What is Career Exploration?

Career Exploration



Don't Go to
College Without it!

“Typical” Outside Influences Used to Choose a Career

TV = 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 knowledgeable source of information.

Life’s Interactions = OK, you have used the services of Dentists, Pharmacists, Teachers, etc. but... Do you 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.



3 Stages of Career Exploration

Stage 1 : Determine Your Interests

Stage 2: Discover Your Career

Stage 3: Plan your Goals



Stage 1: Determine Your Interests

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?

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



So... what is the answer?





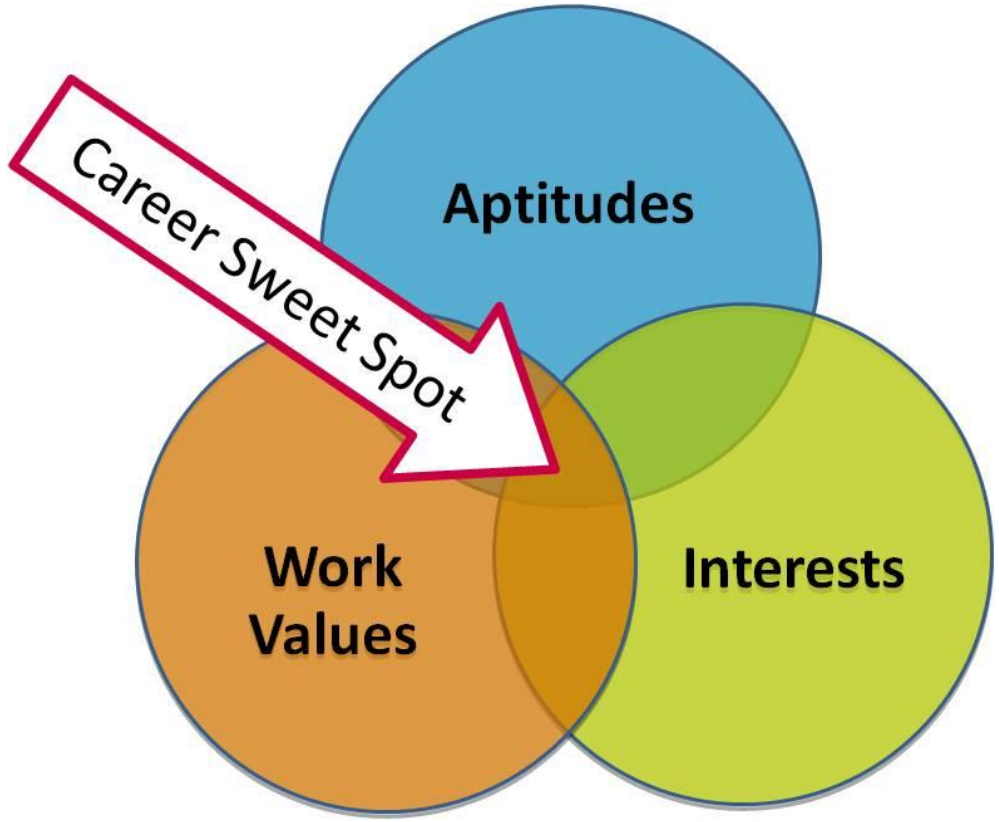
What kind of Questions do you ask to determine if a student needs assistance in deciding on a major?

Open-ended questions



Closed-ended questions

Refer student for Career Planning



Career Planning...Personality, Interest, & Values Assessments

Knowing yourself sets the stage for choosing careers that are right for you. It makes sense to choose a career that fits your personality strengths, values, interests, and skills.



Holland's Six Personality Types



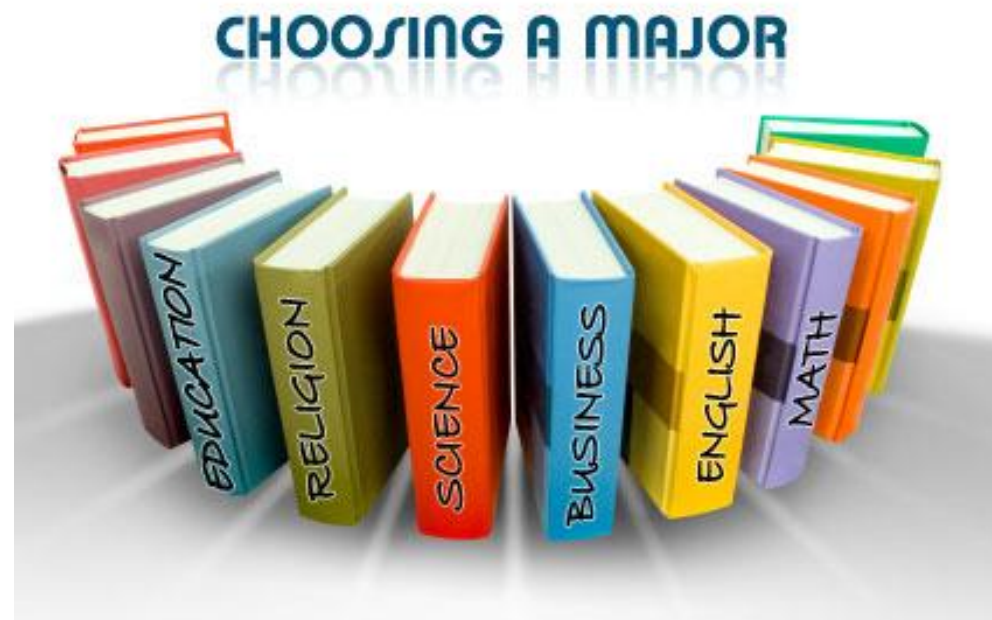
What is YOUR Holland Code?

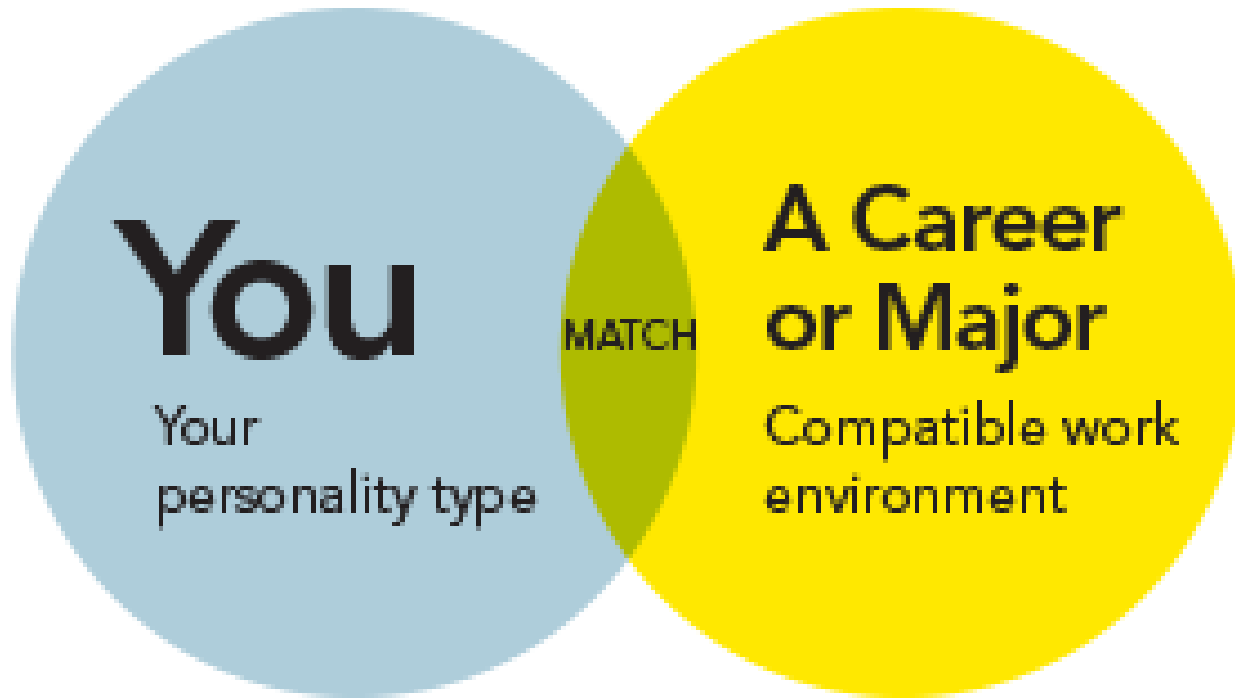


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How do you think the Hollands Personality codes relate to college majors?





Leads to greater
success and satisfaction

People who choose a career or major that matches or is similar to their personality or interest type are more likely to be successful and satisfied.