

CAREER EXPLORATION

Are you undecided about your future? Maybe you have no idea what you want to do. Or, you know what you want to major in, but do not know what the career options are for graduates in that field. Choosing a career or occupation is not easy and you are not alone. Many students are undecided in their academic and career paths when they begin college. In fact, over half of students will change their major at least one time during their college experience. Most people do not know exactly what they want to do or change their mind at some point in their lives.

CAREER DEVELOPMENT PROCESS

Career development is a process that happens across the lifespan. It is a 4 step process that often repeats itself as we constantly assess ourselves and our happiness then make changes and adjustments based on our own self assessments.



1. Self-Awareness

Discover your interests, skills, values and personality. The more you understand about yourself, the clearer your life goals and the way to reach them will become. Reflect on what would make you satisfied in a job.

2. Career Exploration

Gather information and explore majors and career options. Make a list of the career options and occupations that interest you. Research the type of work, tasks, education, salary, etc. for each job.

3. Decision Making

Evaluate your research and make your 'major' decision. Talk with an adviser or career counselor who can help you evaluate the information you have collected, suggest additional resources, and guide you through the decision-making process

4. Career Planning

Develop and career action plan by creating goals and plans to gain the necessary knowledge, skills, and experiences to obtain your dream job.

RESOURCES FOR CAREER EXPLORATION

MyPlan (usfsp.myplan.com)

MyPlan.com helps students and professionals plan more fulfilling lives by making well-informed decisions about their education and careers. MyPlan.com can help you explore options and bring clarity and insight into figuring out what's right for you. Contact or visit the Career Center to obtain the access code for this resource. Students can take all four assessments for free with the access code. Take quizzes on your personality, interests, values, and skills. Then the system will suggest occupations that align with your results.

O*Net (onetonline.org)

O*NET Online is an application that was created for the general public to provide broad access to the O*NET database of occupational information. O*NET Online offers a variety of search options and occupational data, while My Next Move is a streamlined application for students and job seekers. Both applications were developed for the U.S. Department of Labor by the National Center for O*NET Development. O*Net includes a section called MyNextMove.org which offers a online assessment to determine interests.

If you are not sure what to do with your life...DON'T STRESS! The Career Center is here to help reach your MAJOR decision!

MAJOR AND CAREER MYTHS

MYTH: There is one perfect job for me.

FACT: There are many occupations—and many jobs—that you would enjoy. Focusing on finding a single, perfect career is not only intimidating, it's limiting. If you're like most people, you will have several jobs and careers in your life, and each will have positive and negative aspects to it. Furthermore, your job preferences are apt to change over time as you gain experience, skill, and self-knowledge. Keeping your options open is a position of strength, not weakness.

MYTH: My job has to match my college major.

REALITY: You need not restrict your job search to careers related to your degree or training. Most jobs do not specify which college major is needed, even if they require that workers have a college degree. What is more important are the skills and experiences you have acquired prior to your job search.

MYTH: A career counselor can tell me what occupation to pick.

FACT: A career counselor, or any other career development professional, can't tell you what career is best for you. He or she can provide you with guidance in choosing a career and can help facilitate your decision. They can provide resources, assessments and advice to help you through the process of choosing a career, but the decision is always yours to make.

MYTH: Liberal Arts, Humanities and Science majors are usually unemployable after college.

FACT: Those who have completed science and liberal arts programs usually develop critical analysis, writing, and research skills. These skills can be applied a number of ways in different industries. The important part is being able to showcase these transferable skills to employers through networking, resumes, and interviews.

MYTH: Most students know their major and career goals when they enter college.

FACT: This maybe true for some, but most college students change their majors and career focuses many times during college. Over half of college students will change their major at least one time during college. Many college students switch majors 3 to 5 times during college.

MYTH: Most people have a solid understanding of careers and majors and if I don't, then I am the only one who is confused!

FACT: Many people are not aware of all the responsibilities and duties associated with certain careers. Movies and television programs are usually the source of many of these misconceptions. For example, someone watching an exciting courtroom drama may get the impression that most lawyers spend all day in a courtroom. However, most lawyers spend very little time in courtrooms. When considering career options, gather accurate first-hand information before making decisions.

MYTH: Career assessment tests will tell me what career is right for me.

FACT: Career assessments are useful in determining career interests, but these tests will not tell people which career is best for them. People answer a variety of questions during a career assessment to get a general idea of what type of career they should pursue. However, many factors cannot be accounted for on a career assessment. After completing an assessment, it is a good idea to critically analyze the results before pursuing a specific career path.

MYTH: Picking a major and a career are the same thing.

FACT: Students often think that choosing a major is the same thing as choosing a career (and vice-versa). Although these two choices are related, choosing one doesn't automatically mean you've chosen the other. Choosing a major doesn't limit you to just one career; choosing a career doesn't limit you to just one major.

MYTH: My major will determine what I do for the rest of my life.

FACT: People change; careers change. The connection between the major that you choose now and the career that you'll find yourself in ten years from now is likely to be very small. Just like students change their majors, graduates change their careers. Did you know that studies have shown that within ten years after graduation, most people are working in careers that aren't directly related to their undergraduate majors? Most jobs also change over time, whether people want them to or not. Many jobs that exist today will be very different five years from now or may even be obsolete by then. New types of jobs are emerging every year, and most of us have no way of knowing what those jobs will be or what type of education will be needed in order to qualify for them.