



# Career Exploration



What can I do with this major?

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Who knows exactly what career you want to do for the rest of your life?

- ▶ For those of you who do not know what career you want to pursue, don't worry. Do not feel that you need to rush into a decision on a college major.
- ▶ A majority of college students change their major at least once and some several more times during their college career. This is normal.



# Learn about various majors

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- ▶ View the [SVCC Catalog](#) for a list of current majors The Catalog also helps you learn more about the departments and colleges that offer each major.
- ▶ Research the majors that interest you. Look at the courses that are required for each major. Are you excited about them? Do you think they will help you in your life and in your career?
- ▶ The SVCC Counseling office can help you in your quest to find the right major.



# Learn about careers

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- ▶ **Work with a plan:** Part-time work, summer employment, internships, and volunteer work can be very helpful as you investigate areas of interest that will guide you to make a good career choice. Choose opportunities that will further your career goals.
- ▶ **Visit the SVCC Career Services Office**
- ▶ Most people will have several careers in their lifetime. Sometimes it's helpful to think about developing a set of skills that can be used in multiple ways rather than trying to choose just one option.



# FOCUS 2 Career Interest Inventory

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- ▶ When looking at a possible career to focus on, start with determining what types of activities interest you. What subjects excite you? What careers appeal to you?
- ▶ If you do not know, you may want to start with a self-assessment of your interests.
- ▶ Log in to [FOCUS 2](#) from the counseling webpage to provide an overview of this information.
- Work through the 5 self-assessments – work interest, personality assessment, skills assessment, values assessment, leisure interest assessment to get an idea of which majors you are best suited for



# Examine Your Interests

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- ▶ What types of activities interest you?
- ▶ What subjects excite you?
- ▶ What careers appeal to you?



# Examine Your Abilities

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- ▶ Make a list of your strengths.
- ▶ Make a list of your weaknesses.
- ▶ Look at the classes in which you have done well. Did you enjoy the subject?
- ▶ Look at the classes in which you did poor. You may want to steer clear of careers that involve those subjects.
- ▶ Look at the types of jobs you have held in the past. Are there any positions you have really enjoyed?
- ▶ Are you involved in any activities that you enjoy? Could any of these activities evolve into a career possibility?



# Examine What You Value in Work

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- ▶ What types of values or characteristics are you looking for in a work environment?
- ▶ Are you looking for an office environment or would you rather work outdoors?
- ▶ Do you want to work with a group or would you rather work alone?
- ▶ Are you able to work under pressure or would you rather have a laid back environment?





# The Reality Check

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- ▶ Do you really want to be a doctor but have little skills in science?
- ▶ Do you have a strong interest in working with children but your family would like for you to go into the family business?
- ▶ Does your career choice require an advanced degree and you do not have interest in pursuing more coursework after you have earned your bachelor's degree?



# Narrow Your Choices and Determine Your Major/ Career Choice

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- ▶ Review your research and make a list of your top 3 choices
- ▶ Discuss your choices with you academic advisor or professors.
- ▶ Talk to students currently in the major.
- ▶ Talk to professionals currently practicing in the career.
- ▶ Share your choices with your family and friends and ask their opinions.
- ▶ Visit you college's career center to obtain more information.



# Gain experience in your career of interest

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- ▶ Participate in student organizations
- ▶ Obtain relevant work experience
- ▶ Develop leadership skills
- ▶ Improve computer skills
- ▶ Strengthen communication skills
- ▶ Find a professional mentor
- ▶ Service learning



## Information retrieved from:

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- ▶ [http://www.quintcareers.com/printable/choosing\\_major.html](http://www.quintcareers.com/printable/choosing_major.html)
- ▶ [http://en.wikipedia.org/wiki/Myers-Briggs\\_Type\\_Indicator](http://en.wikipedia.org/wiki/Myers-Briggs_Type_Indicator)
- ▶ [http://en.wikipedia.org/wiki/Strong\\_Interest\\_Inventory](http://en.wikipedia.org/wiki/Strong_Interest_Inventory)
- ▶ **How to Prepare for a Career Woodburn Press**
- ▶ **Becoming a Master Student by Dave Ellis**
- ▶ **Focus on Community College Success by Constance Staley**

