



# Career Exploration Assignment

You should have previously taken the *Strong Interest Inventory* and received your results. Page 3 of your report compares your response patterns to people working in a variety of occupations. These occupations are organized into six broad career preferences: *Realistic, Investigative, Artistic, Social, Enterprising, and Conventional*.

## Section I. Career Interests (Page 3)

**Identify Your Holland Code** (top 3 preferences on page 3 – use just the first letter e.g. R for Realistic):

### MY HOLLAND CODE

|              |               |              |
|--------------|---------------|--------------|
|              |               |              |
| <i>first</i> | <i>second</i> | <i>third</i> |

## Section II. Occupational Interests (Page 4)

**Identify Your Top 5 Interest Areas:** (page 4):

\*These can be found in the blue box titled “Your Top Five Interest Areas.”

|    |    |    |    |
|----|----|----|----|
| 1. | 2. | 3. | 4. |
| 5. |    |    |    |

## Section III. Your Career Preferences

**Identify Occupations:**

The Occupational Scales section (Pages 6-8) of the Strong report lists representative occupations for each of your top Holland Code matches. If there are other occupations you would prefer to explore, you may use those instead of the occupations listed on your report. Select up to 6 Occupations you would like to learn more about and list them here:

## OCCUPATION POSSIBILITIES:

|    |    |    |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. | 6. |

## Identify College Majors:

Suggested majors based on your Strong results can be found on page 11. In the chart below, list 6 majors you would be interested in learning more about.

## POSSIBLE COLLEGE MAJORS:

|    |    |    |
|----|----|----|
| 1. | 2. | 3. |
| 4. | 5. | 6. |

## Section IV. Exploring Occupations

Choose two of the occupations you listed above that you would like to research. For each of these two occupations, answer the following questions in the space provided. You will be using the following three websites. If your exact occupation isn't listed, provide information for a related or similar occupation.

| Resource  | Description  | Website  |
|---|--|--|
| <b>O*Net - Occupational Information Network</b> | Detailed career descriptions by the U.S. Department of Labor. Includes a comprehensive ranking of each job based on Holland interest types, related skills, work values, and more. | onetonline.org   |
| <b>OOH - Occupational Outlook Handbook</b>      | Encyclopedia of career descriptions published by the U.S. Bureau of Labor Statistics. Includes up-to-date salary information and employment projections.                           | bls.gov/ooh  |
| <b>Handshake</b>                                | Find local, national and international jobs and internships just for Weber State Students. Search by industry, location, major, job-type and more.                                 | weber.joinhandshake.com<br>or through your eWeber portal |

**TITLE OF OCCUPATION #1:**

1. Using O\*NET, list 4 specific skills or abilities needed for this occupation.

2. Using O\*NET, what is the projected job outlook of this occupation?

3. Using Handshake, are there any current job or career opportunities listed that relate to this occupation? If so, what are they? If not, check back for more opportunities in the future!

4. Using O\*NET, find the median salary for this occupation in the state you plan to live in.

5. Using O\*NET, what is the typical education level for this occupation? (ex. Bachelor)

6. Using OOH, what is a typical major(s) for this occupation? (Hint: type the name of your occupation into the search bar, and click on the “how to become one” tab.)

7. What majors/academic programs could prepare you for this career - see [www.weber.edu/Majors](http://www.weber.edu/Majors) (You may want to reference Fields of Study you listed above).

8. Being involved and connected to campus, outside of the classroom, correlates with better grades and graduation rates and makes students more marketable. Take a moment to look at opportunities for you to be involved at Weber State University found on [www.weber.edu/co](http://www.weber.edu/co). What three clubs or activities can you join that explore career options, develop professional skills, or build your resume to make you a stronger candidate for this potential major/career field?

**TITLE OF OCCUPATION #2:**

9. Using O\*NET, list 4 specific skills and abilities needed for this occupation.

|  |
|--|
|  |
| 10. Using O*NET, what is the projected job outlook of this occupation?   |
| 11. Using Handshake, are there any current job or career opportunities listed that relate to this occupation? If so, what are they? If not, check back for more opportunities in the future!           |
| 12. Using O*NET, find the median salary for this occupation in the state you plan to live in.  |
| 13. Using O*NET, what is the typical education level for this occupation? (ex. Bachelor)   |
| 14. Using OOH, what is a typical major(s) for this occupation? (Hint: type the name of your occupation into the search bar, and click on the “how to become one” tab.)                                 |
| 15. What majors/academic programs could prepare you for this career - see <a href="http://www.weber.edu/Majors">www.weber.edu/Majors</a> (You may want to reference Fields of Study you listed above). |
| 16. Go back to <a href="http://www.weber.edu/co">www.weber.edu/co</a> and choose three clubs or activities that would support this major and list them here.   |

**Section V. Next Steps**

|  |
|--|
| 1. Based upon your research thus far, are you still interested in these occupations? Why or why not? |
| 2. Are there other occupations you would like to research? Please explain.                           |

3. Using the checklist below or your own ideas about career preparation, describe what you will do next:

### SUGGESTED NEXT STEPS (not required, but recommended):

- Make an appointment with your career advisor** to discuss your ideas about majors and careers, to further explore your personality, work values, motivations, and skills, to review your resume, and more. Appointments can be made via Wildcat Handshake, found in your eWeber portal.
- Explore career options**, potential employers, and affiliated organizations for potential majors through the online resource “What Can I Do with This Major.” *Go to [weber.edu/career\\_services](http://weber.edu/career_services) --> scroll down to “Careers & Counselors Related to Your College” and select any college --> click the “What can I do with this Major” link to access this resource for free.*
- Run a **“What If” scenario for potential majors** through CatTracks in your eWeber portal, review the list of Weber State majors, or explore Weber State’s list of majors. [catalog.weber.edu/](http://catalog.weber.edu/)
- Meet with your academic advisor** for your potential major to understand the requirements and establish an academic success plan. [portalapps.weber.edu/advisors/](http://portalapps.weber.edu/advisors/)
- Begin **researching graduate school** requirements and options if the career options you are considering will require you to complete a graduate or professional school program.
- Network** by engaging in meaningful conversations with family members, friends of the family, friends, roommates, classmates, alumni, and industry professionals on LinkedIn about potential career fields.
- Conduct informational interviews** or job shadows with professionals in your areas of interest.
- Begin now to **build your resume**:
  - **Attend Class**: Dedicate yourself to doing well academically. Get to know your professors.
  - **Volunteer**: Visit the Center for Community Engaged Learning to get a current list of volunteer opportunities. [www.weber.edu/ccel](http://www.weber.edu/ccel)
  - **Get Involved**: Explore options in the Office of Student Involvement & Leadership to identify student organizations and co-curricular opportunities. Also join student organizations related to your major and seek out leadership roles. [www.weber.edu/StudentInvolvement/default.html](http://www.weber.edu/StudentInvolvement/default.html)
  - **Go Abroad**: Consider an international experience to gain a worldly perspective in your area of interest. Most industries in today’s professional world are global in nature. For more

information visit Weber State's Study Abroad office, CCEL, or talk to your major's department about international opportunities. [weber.edu/studyabroad](http://weber.edu/studyabroad)

- **Work Experience:** Gain and refine valuable, on-the-job experience and leadership skills through internships, part-time/seasonal employment, volunteer opportunities, & student organizations.

□ Additional questions to consider:

- **Interests** What do you enjoy learning about or doing?
- **Values** What are your most important ("must have") workplace satisfiers?
- **Skills/Knowledge** Do you have, or are you willing and able to gain, what's required?
- **Aptitudes** What do you naturally excel at and enjoy doing?
- **Motivations** What goals energize you enough to sustain effort?
- **Lifestyle Implications** Will your choice be compatible with your desired lifestyle?
- **Activities** What types of work-related projects or activities engage you?
- **Personality** Will your choice allow you to operate in your preferred manner?
- **Education & Training** What degrees, certifications, or licenses are required?
- **Job Outlook** Will there be sufficient demand for workers in this career field?

# Online Resources

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## **O\*Net - <https://www.onetonline.org/>**

- Search by keyword for specific occupations
- Click "I want to be a..." for a quick summary about an occupation
- Search under "Advanced Search," then "Interests" to search by Holland Code

## **Occupational Outlook Handbook - <https://www.bls.gov/ooh/>**

- Use keywords to research occupations
- Click on the "Pay" tab to see potential starting/ending salary ranges and education requirements
- Click on the "How to Become One" tab to see what type of degrees may lead into this occupation

## **Wildcat Handshake - [www.weber.edu](http://www.weber.edu)**

- Log in to your eWeber Portal and search for Wildcat Handshake
- Search EVENTS and research JOBS (internship and career) options
- Schedule an appointment with your career advisor using the CAREER CENTER tab
- Build/upload your resume and change your settings so that your resume is searchable by employers

## **WSU Major Pages - [www.weber.edu/majors](http://www.weber.edu/majors)**

- Explore 100+ WSU majors

## **What Can I Do With This Major? - [www.weber.edu/careerservices](http://www.weber.edu/careerservices)**

- Scroll down to "Careers & Counselors Related to Your College," then select any College
- Click on "whatcanidowiththismajor.com" (free access only available through this link on Career Services' site)
- Discover multiple possibilities and areas of employment for your field of study
- See suggestions for what you can do now to better prepare to work in the field

## **Buzzfile.com - <http://www.buzzfile.com/>**

- Create a free account to research which employers have hired people from your area of study
- Select "Buzzfile Basic," "Employers by Major," your area of study, and the state you want to work in
- Click on the company for more information
- Search for other companies that classify themselves in that same industry

## **"What If" in CatTracks - [www.weber.edu](http://www.weber.edu)**

- Log in to your eWeber Portal, select CatTracks, and pull up your personal information
- Click "What If" on the left and enter a major you're interested in exploring, then click "Run What If"
- View your progress toward that degree, required classes, etc. (always meet with your advisor)

## **WSU Graduation Maps - <https://apps.weber.edu/gradmaps/>**

## **Find My Advisor - [www.weber.edu/advisors](http://www.weber.edu/advisors)**



801-626-6393

[www.weber.edu/careerservices](http://www.weber.edu/careerservices)

Student Services, Room 230