

Career Exploration Guide

Name: _____

CAREER ASSESSMENT - STRONG INTEREST INVENTORY

Section I. General Occupational Themes (Page 3)

Page 3 of the 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*. Your top General Occupational Themes are often referred to as your Holland Code.

Identify Your Holland Code (Use just the first letter from each theme, e.g. R for Realistic):

My RIASEC Interest Areas / 'HOLLAND CODE'

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Section II. Basic Interest Scales (Page 4)

There are 30 interest areas displayed in this section. The ones identified as “Very High”, “High”, and “Moderate” may point to the work activities, projects, course work, and leisure activities that are particularly motivating and rewarding for you. Identify below the interest areas where you could see yourself working, and look for industry areas that could be combined (e.g. a Research position in a Performing Arts organization).

Identify Your Top 5-6 Career Interest Areas:

1.	4.
2.	5.
3.	6.

Section III. Occupational Scales (Pages 6-8)

Identify Your Top Career Choices:

Read through these 3 pages and circle any occupations that appeal to you or you would like more information about. Pay particular attention to the occupations that score 40 and above, as these are the ones where your likes and dislikes strongly relate to the likes and dislikes of others happily working in those fields. However, understand that there are far more career options than just those listed in each area. If there are additional careers you would like to explore, please add them in the margins.

Choose Your Top 6 Career Choices:

Next, take time to review your circled (or written in) occupations and list up to six career options to explore.

1.	4.
2.	5.
3.	6.

Section IV. Personal Style (Page 9)

From the Personal Style Scales on page 9, identify the styles that fall in the “clear” range. Then, list words from the style definition that resonate with you (e.g. working alone, outgoing, prefers directing others, may lead by example, etc.).

Section V. Exploring Occupations

Based on the occupations you selected in Section III, select at least three occupations that you would like to explore further and answer the questions below. You will use the following three websites for your search (more detailed instructions found on the last page). If your exact occupation isn't listed, provide information for a related or similar occupation.

Resource	Description	Website
ONET – Occupational Information Network	Detailed career descriptions by the U.S. Department of Labor. Includes a comprehensive ranking of each occupation based on Holland interest types, related skills, work values, and more.	onetonline.org
Utah Futures	Utah career readiness website. Information, stats, and videos on hundreds of careers. Search by Holland Code and more.	utahfutures.org
OOH – Occupational Outlook Handbook	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/

Choose 2 Careers from Section III that you would like to research:

Career #1:
1. Using O*NET, list 4 specific skills and abilities needed for this occupation.
2. Using OOH, what is the projected career outlook of this occupation and typical major(s) for 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?
7. What majors/academic programs could prepare you for this career - see www.weber.edu/Majors (You may want to reference Fields of Study you listed above).

Career #1:

- a. What are some things you found that interest or energize you about this major(s)?
- b. What are some things you found that intimidate or demotivate you?

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. 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?

Career #2:

1. Using O*NET, list 4 specific skills and abilities needed for this occupation.
2. Using OOH, what is the projected career outlook of this occupation and typical major(s) for 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?
7. What majors/academic programs could prepare you for this career - see www.weber.edu/Majors (You may want to reference Fields of Study you listed above).
 - a. What are some things you found that interest or energize you about this major(s)?
 - b. What are some things you found that intimidate or demotivate you?
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. 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?

Section VI. Work Values Chart

From the Work Values assessment you completed in the textbook (Chapter 3), or on the [Major and Career Navigation website](#), list up to 10 work values in order (Highest = 1, Lowest = 10) in the top of the chart. Place an exclamation point next to those that you determined were essential to your future career. Next, choose three occupations and list them on the left side of the chart. Finally, as you research each career, identify how well it aligns with your top Work Values:

- **Great** = The career value aligns well this work value
- **Unsure** = I need to do more research to see how well this value aligns
- **Not Great** = The career value does not align well this work value

MY TOP WORK VALUES											
	Ex.	1	2	3	4	5	6	7	8	9	10
	<i>Advancement</i>	<i>Value 1</i>	<i>Value 2</i>	<i>Value 3</i>	<i>Value 4</i>	<i>Value 5</i>	<i>Value 6</i>	<i>Value 7</i>	<i>Value 8</i>	<i>Value 9</i>	<i>Value 10</i>
Occupation 1	<i>Unsure</i>										
Occupation 2	<i>Great</i>										
Occupation 3	<i>Not Great</i>										

Section VII. Summary

Looking Forward:

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 exploration, what is your next step?

Here are some suggestions for what you can do next to continue your career exploration:

- **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 --> 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.*
- Take **HNRS 4920: R.E.A.L. Projects** (3 credits) for an on-campus internship experience where you will work on an interdisciplinary student team to complete a semester-length project for an employer. <https://weber.edu/careerservices/real-projects.html>
- Connect with the [Student Involvement and Leadership](#) office for leadership opportunities and ways to engage on campus. Also, consider taking the **CliftonStrengths Assessment** to help identify your top strengths and how to actively apply them in your professional and personal life. Email wsusa@weber.edu to request a code to take the CliftonStrengths Assessment 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/ Use GradMaps to show a semester-by-semester plan for taking all the classes you need to earn your degree. <https://apps.weber.edu/gradmaps/>
- **Meet with your academic advisor** for your potential major to understand the requirements and establish an academic success plan. www.weber.edu/advisors
- Gain meaningful high impact experiences through the **Wildcat Advantage** program. <https://weber.edu/wildcatadvantage>
- 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. See the Informational Interview Guide on the WSU Career Services website for more information.
- Begin now to **build your resume**:
 - **Attend a 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
 - **Do an internship**: Engage in Internship opportunities to further explore and develop your interests. <https://weber.edu/careerservices/internships.html>
 - **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
 - **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
 - **Mentor**: Become a Peer Mentor with one of WSU's mentoring programs. <https://weber.edu/mentors/be-mentor.html>
 - **Work On Campus**: There are many great benefits to working on campus including flexible scheduling and valuable skill development. All available WSU positions are posted on jobs.weber.edu. click "Search Jobs" from the left menu and select "Hourly" under "Position Type" to pull jobs that are available to students.
 - **Get Experience**: Gain and refine valuable, on-the-job experience and leadership skills through internships, 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 Research Resources

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 "ONET Data," 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

<https://weber.edu/careerservices/handshake.html>

- 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

- Explore 100+ WSU majors based on your interests

What can I do with this major?

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

- 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)

