

CAREER EXPLORATION – WHAT’S OUT THERE?

A crucial piece of the career exploration process is EXPLORATION, or "what types of careers are there?"

It is important for you to do the following during your exploration process:

- Keep an open mind: don't discount careers because of their title or status
- Be aware of biases based on incomplete or faulty information about careers (examples: teachers don't make very much money, retail jobs are about folding sweaters at the GAP)
- Be mindful and reflective as you look at different careers. Why are you choosing to discount or keep careers in the mix?

Exploration can be divided into three categories of action: READ*TALK*DO. All are important steps in which to engage

READ: read about different careers: Career Services has several books on major and career exploration as well Web Resources available to assist you in the career decision making process.

TALK: it is good to read about careers, but it is also important to talk to professionals in the field. Doing an informational interview can help you delve deeper into a career area. Always talk to a variety of people to get the widest perspective possible. Who should you talk to?

- Parents, other relatives, and their colleagues
- Neighbors
- Professionals
- Professors
- Recruiters
- Faculty Advisors
- Professional Organizations
- Alumni
- Career Services

DO: In addition to talking and reading about careers, you may want to practice or try out a career area by taking an introductory course in a field of study that interest you. Other ways to become acquainted with a career field include joining a student organization that relates to the major, participate in a related community service project, shadow a professional in the field, or contact a professional in the field and volunteer to assist with a project and/or office work.

For more ideas contact the Advising Center at 814.362.7645 or Career Services at 814.362.7657