

Career/Major Exploring Activity

Web Sites to Use as Resources

O*Net On-line

<http://online.onetcenter.org/>

Find Your Major

<http://www.findyourmajor.ilstu.edu/>

Explore/Clarify/Commit stages of Career Self-help on the SCS web site (lots of links here)

<http://www.counseling.ilstu.edu/career/model-explore.shtml>

Part I: Exploring Careers with the O*Net On-Line website

- 1) Go to the O*Net website and click on **Find Occupations**.
- 2) In the **Quick Search** box type the name of a career. If you can't think of one, try one of these: Urban Planner, Counselor, Computer Graphic Designer, Architect, Public Relations Manager, Forensic Science Technician.
- 3) After typing in an occupation, click on it, and read all about it. Notice you can read about the tasks, values, education, and may other aspects related to the occupation you chose.
- 4) Now return to the **Find Occupations** page but move down to the **Browse by O*Net descriptor** section. Click on **Skills**, click on **Social Skills**, and then click on **Service Orientation**. A list of occupations that use a "service orientation of trying to help people" will appear. Click on "**show all occupations**" at the bottom of that page and you will find a huge listing of career options for people who like to help others.
- 5) From that huge list you can explore any occupation that is on the list. Go back to the **Browse by O*Net descriptor** section and click on some other aspect (such as interests). Click on one of the interest areas (Realistic, Investigative, Artistic, Social, Enterprising, Conventional) to find careers related to that type of interest. These interest areas were identified by research done by John Holland and can be used to explore. See Fine Tuning in step 6.
- 6) **Fine Tuning your Interest search:** If you know your Holland Code (the three interest areas that fit your personality best) type those into the open boxes at the top of the page. *Your Holland Code refers to the three interest areas that best reflect your personality with the strongest one listed first.*
- 7) Keep exploring!. The O*Net is a great way to learn about a career, or to generate options you might be interested in knowing more about.

List 3 careers you explored:

1. _____

2. _____

3. _____

For each career listed, answer the following:

A. Is this something you found interesting/appealing?

1.

2.

3.

B. Do you have the skills, or are you interested in developing the skills needed for this career?

1.

2.

3.

C. What type of major would be needed for this career? *If unknown, consider asking someone at the Career Center, a professor, or someone in this occupation or explore on the web.*

1.

2.

3.

D. Is your GPA sufficient to let you pursue the necessary major for this career? *(If unknown, consider discussing with your academic advisor)*

1.

2.

3.

Part II: Exploring Majors with the Find Your ISU Major website

- 1) Go to the **Find Your ISU Major website** and click on **Explore your options**, then click on **By Majors of Interest**.
- 2) At the top of the page that opens click on **Print This List of Illinois State Majors**. You'll obtain a listing of majors and worksheet for making notes as you explore.
- 3) Return to the Explore your options page, then scroll down to read about the 10 different types of fields of study (**Business, Education, Liberal Arts, Communication, Healthcare, Science, Creative, Helping/Public Service, Social Science, Technology/Computer**). For any of these 10 that are interesting; click on the area, see what ISU majors are associated with the area, and begin doing some research on the majors of interest.
- 4) **Explore at least 3 majors**, but as many as you wish, to investigate by clicking on the major to read about: entry requirements, types of courses needed, and associated careers. **Make notes of your research for each major you examine. To get information about specific majors** your next step is to look at the left hand side of the screen and click on **Decide on a Major**, then click **What do I need to Request This Major**. For any major you are interested in, click on the major to get information about entry requirements, courses needed, etc.
- 5) Using the worksheet you printed off in step 2, read about the majors of interest and **write down** any **questions** you have about the major.
- 6) **Cross off majors** (from the listing you printed out in step 2) that you are no longer interested in after researching them.
- 7) Try to **narrow your search** to a top choice, and a Plan B (or second choice).
- 8) If you have trouble narrowing your choices talk with your advisor, one of your professors, or someone at the Career Center or Student Counseling Services about why.