

# QUICKSTART GUIDE TO...CAREER EXPLORATION

## BEFORE YOU START...

- Use online resources and career assessments to explore career possibilities.
- Conduct informational interviews with people in your area of interest.
- Look for volunteer or internship experiences.
- You do NOT have to have your career completely figured out by the time you leave Macalester.
- Many people change jobs and sometimes career paths multiple times throughout their lives.
- Be open to your career path containing some unexpected twists and turns. There are so many factors that can influence your path, including: finances, health/illness, or having a family.
- CDC Career Counselors can help you navigate any stage of your career exploration.

## ONLINE RESOURCES

- **What can I do with this major?** This site helps you link a college major with a career path. By clicking on a major, you can view common areas of work, employers, and strategies to attain a given career. <http://whatcanidowiththismajor.com>
- **Spotlight on Careers** - Specifically for liberal arts students, this site contains information on 60 careers, including: employer websites and Twitter handles, relevant LinkedIn groups, Additional education, programs and training, graduate programs, advice from liberal arts grads on transitioning to career, and job and internship search. <http://spotlightoncareers.org>
- **My Next Move** - Allows you to search by career keywords, industries, or select characteristics, such as careers with a bright outlook, careers by how much experience is necessary, and careers with apprenticeships registered with the U.S. Department of Labor. Career information includes knowledge, skills, abilities, and education requirements. <https://www.mynextmove.org>
- **GoinGlobal** - Interested in working abroad? This site has country-specific resources for 80 locations, an H1B Plus database, work permit/visa regulations, country-specific resume/CV guidelines, interview and cultural advice, and 16 million worldwide job/internship listings. <https://online.goinglobal.com> (You must login while on campus. Create and save a profile to access from anywhere)
- **O\*Net** - This site contains extensive information about job fields and specific job titles, such as common tasks and salaries; skills, knowledge, and education requirements; and typical work activities and values. <https://www.onetonline.org>

## CAREER ASSESSMENT

- **StrengthsFinder** helps identify the top five talent themes that you already have. With awareness of your talents, you can develop them into strengths to use in career decisions and leadership development.

## Exploring Career Values

This page can be used to help you understand what you value in a career. Read through the values and rank them from 1-24 in order of their importance to you. This can be very difficult to do, so just go with your gut. Your top five are the values you will ideally want to have present in your career of choice. This can be completed by yourself or with a CDC Career Counselor!

Use my skills and abilities	High salary	Possibility of promotion and advancement
Work schedule that meets my needs	Supervisors who treat me with respect	The company fits with my own morals and beliefs
Good working conditions and work environment	Challenging and satisfying work	Steady employment and job security
Helping other people	Others respect the work I do	Enjoy what I do at work
Gaining a feeling of accomplishment	Co-workers who are easy to get along with	Have status and authority
Convenient location	Good benefits (insurance, vacation)	Work that keeps me busy
Supervisors who train their employees well	Believe in the work that I do	Work with many other people in a social atmosphere
Supervisors who provide guidance and support	Ability to work independently	Opportunities to learn and develop new skills

*Adapted from the Work Importance Profiler, <https://www.dreamitdoitvirginia.com/index>*