



Career Exploration Guide

Career exploration is a multi-faceted, active and dynamic process. You learn best by doing and talking with people, but there are also assessments and online resources that can be very helpful.

1. Identify your aspirations, interests, skills, personality and work values

There are many ways to identify these factors – you can start by reflecting on these types of questions to see if they point to interests and strengths:

What is my career fantasy? What is an example of a time I was in the zone – what was I doing? What are my hobbies? What are my favorite classes?

Consider taking a career assessment with a career counselor to learn more about your strengths, interests, values, and personality. The SLCD offers two formal assessments, the Myers Briggs Type Indicator (MBTI) and the Strong Interest Inventory. Make an appointment with a career counselor on WolfLink to see if these or other informal assessments would be helpful. There are also several free self-assessments that can help you in this process: <http://www.wou.edu/slcd/students/exploring-your-possibilities/assessments/>

My Strong Interest Inventory Results: _____

My MBTI Results: _____

2. Explore what you can do with different majors

- Learn more about WOU majors: <http://www.wou.edu/resources/student-resources/academics/>
- Visit “What Can I Do With A Major In . . .” <https://uncw.edu/career/WhatCanIDoWithaMajorIn.html>

My top major choices: 1.) _____ Why? _____

2.) _____ Why? _____

3. Research Occupations

Research job duties, tasks, education requirements, salary, and job outlook on **O*NET** <https://www.onetonline.org/> and **Occupational Outlook Handbook** <https://www.bls.gov/ooh/>

Occupations that interest me:

Job Title 1: _____ Education required: _____

Job outlook/growth _____ Average salary: _____

I like this occupation because: _____

Job Title 2: _____ Education required: _____

Job outlook/growth _____ Average salary: _____

I like this occupation because: _____

SLCD is dedicated to helping you **Explore Careers**. Visit our website at www.wou.edu/slcd or make an appointment with a career counselor at 503-838-8432. Stop by our office at 119 WUC.



4. Explore through Experience

Nothing beats experience when exploring careers – first you do, then you know! These are ways you can gain experience while at WOU:

- Volunteer <http://www.wou.edu/slcd/volunteer/> or participate in an Alternative Break <http://www.wou.edu/slcd/ab/>
- Participate in an Internship <http://www.wou.edu/slcd/internships/>
- Work at a part-time job while at WOU – visit [WolfLink](#) on your Portal to find listed opportunities
- Get involved with a student organization on campus <http://86465.orgsync.com/org/aswou/clubsandorgs>
- Job shadow - contact a WOU Alum Mentor on WolfLink <http://www.wou.edu/wolflink/>
- Participate in an Undergraduate Research experience <http://www.wou.edu/pure/students/>

5. Find sample job postings

Job listings show you what a job entails and what employers require of qualified applicants. Use [WolfLink](#), or search sites such as [indeed.com](#), LinkedIn, [Mac’s List](#), Oregon Employment Department <https://www.qualityinfo.org/>, etc.

Job Title 1. _____ **Employer:** _____

Requirements I meet: _____ don’t meet _____

I like this job because: _____

Job Title 2. _____ **Employer:** _____

Requirements I meet: _____ don’t meet _____

I like this job because: _____

6. Ask the Experts

- Get advice from faculty and current students in your academic department of interest
 - Arrange [Informational Interviews](#) with professionals in occupations of interest (Link)
 - Connect with a WOU Alumni Mentor on WolfLink <http://www.wou.edu/wolflink/>
 - Attend SLCD networking events, career fairs, employer and grad school information sessions – look for upcoming events on WolfLink <http://www.wou.edu/wolflink/>
 - Use LinkedIn to find and connect with professionals in your fields of interest
- 3 people I would like to ask for information: _____, _____, _____
- 3 events I could attend at WOU or in the community _____, _____, _____

Career management requires:

- Awareness of who you are, where you came from and what you can and like to do
- Confidence in pursuing your goals
- Adaptability in the face of change
- A network of people for support

You gain these through experiences and engagement with people and the community.

