“How do I know what career to choose?”

► Learn about yourself through self-assessment.
  ● Values  ● Interests
  ● Personality  ● Skills & Abilities

► Learn about different career fields of interest through research.
  ● Work Activities  ● Education Required
  ● Outlook/Salary  ● Skills Needed

► Learn about key information related to Careers that “fit” you.
  ● Interview people who are in the career fields you are considering
  ● Take part in an internship, part-time job or shadow opportunity

Learn About Careers with these Research Resources:

► On-Line Career Exploration Tools
  ● O*Net - http://online.onetcenter.org (click on “Find Occupations”)
  ● Occupational Outlook Handbook - www.bls.gov/oco
  ● bigfuture.collegeboard.org/majors-careers

► What Can I do with a Major In…?
  ● Visit the Career Services website to see what CBU graduates have done with their majors: www.cbu.edu/career

► First-Hand Knowledge/Hands-On Experience
  ● Informational Interviews, Shadows, Externship Program (Winter and Spring Break)
  ● Internships, Summer Jobs, Part-time Jobs

► Career Library
  ● Check-out books related to careers of interest from our library
  ● Utilize Sigi-3 Career Exploration Software (Accessible through your CBU CareerLinX Account. Click the “Resources” tab, then the “Resource Library” link)

► Professional and Student Organizations
  ● Join career-related organizations and gain information on careers of interest and build contacts: www.weddles.com/associations/index.cfm
Career Integration Chart

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<th>MBTI (TypeFocus) – Personality Type Careers</th>
<th>Strong Interest Inventory Careers</th>
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<tbody>
<tr>
<td>Personality Needs (MBTI/Do What You Are)</td>
<td>Skills (From SII)</td>
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<tr>
<th>Final List Of Careers To Consider</th>
<th>Why did you list it? What do you like about it?</th>
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