



# Career Exploration

CBU Career Services  
Buckman Hall Suite 207 ▪ 901-321-3330 ▪ [career@cbu.edu](mailto:career@cbu.edu) ▪ [www.cbu.edu/career](http://www.cbu.edu/career)

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## *“How do I know what career to choose?”*

- ▶ **Learn about yourself through self–assessment.**
  - Values
  - Personality
  - Interests
  - Skills & Abilities
- ▶ **Learn about different career fields of interest through research.**
  - Work Activities
  - Outlook/Salary
  - Education Required
  - 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](http://www.bls.gov/oco)
  - [bigfuture.collegeboard.org/majors-careers](http://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](http://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](http://www.weddles.com/associations/index.cfm)

# Career Integration Chart

MBTI (TypeFocus) – Personality Type Careers

Strong Interest Inventory Careers

Personality Needs (MBTI/Do What You Are)

Skills (From SII)

Personality Needs (MBTI/Do What You Are)

| Final List Of Careers To Consider | Why did you list it? What do you like about it? |
|-----------------------------------|---|
| 1.                                |   |
| 2.                                |   |
| 3.                                |   |
| 4.                                |   |
| 5.                                |   |