



Self-Exploration:

Choosing A Major And/Or Career

CBU Career Services

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WHO ARE YOU? A GUIDE TO SELF-ASSESSMENT

In order to know where you want to go in life, you have to know who you are. Self-awareness is the first step in the career development process. When making career decisions, it is important to implement **the four areas of your self concept: personality, interests, skills and values.** Increasing your awareness of these four areas will help you choose a career path that will be a better “fit” for you. Not everyone is cut out for the same job. Salary means nothing if going to work every day makes you miserable! There are many great careers out there that are consistent with your personality, skills, values and interests. To get an idea of what they might be, meet with a career counselor and sign up for Career Quest, a comprehensive set of inventories, which includes the MBTI, Strong Interest Inventory, as well as a Skills and Values assessment via Sigi 3. These inventories assess all four areas of your self-concept and provide you with potential major and career paths to consider.

CAREER QUEST

Instructions for MBTI (Type Focus)

- Go to site address: www.typefocus.com
- Click on “New Users Start Here.” Enter in name, email, etc.
- Enter Access Code: CBU8998 (Note: no spaces in password)
- Click on “Self-Assessments”
- Click on “Personality Assessment”. Take assessment.
- Explore careers that fit your personality by clicking “Explore Occupations”, “Assessment Results,” then “Personality Assessment Results.”
- You may also complete the optional “Interests” and “Values” self-assessment modules and explore careers based on those results.

Instructions for the Strong Interest Inventory

- Go to the web address: <http://online.cpp.com>
- Login: (case sensitive) Enter cbuclient
- Password: (case sensitive) Enter cbucareer
- User ID: No need to enter data here, unless resuming an incomplete assessment.
- Click on the “Begin” button next to the Newly Revised Strong.
- Fill out the personal information: First Name, Last Name, your identified Gender, and Email Address. (Note that all other demographic information is optional.) Click on “Submit” when finished.
- Complete the instrument by answering EVERY QUESTION and click on the “Done” button.
- If you are not able to finish in one sitting, please write down the ID number you are given. This will allow you to resume where you left off, using the same client ID.
- In order to get your Strong Interest Inventory results, you must meet with Cathy Lantrip, the Career Counselor. Send an email to clantrip@cbu.edu to schedule an appointment time.

Instructions for Sigi 3

- Go to the web address: www.tinyurl.com/cbusigi
- Create New Login.
- Under “Self-Assessment,” click “Fast Start Values” and complete.
- Under “Self-Assessment,” click “Fast Start Skills” and complete.
- Next, under “Explore Occupations” see what careers fit your values by selecting “Search by Values.”
- Then, see what careers fit your skills by selecting “Search by Skills.”
- Save those careers that interest you.



Majors Checklist – Which Ones Interest You?

CBU has dozens of majors for traditional students to choose from! (Additional majors are available in the evenings through our College of Adult Professional Studies, but those majors are not offered to traditional day students.)

Arts Majors	Business Majors	Engineering Majors	Science Majors
Applied Psychology: • Consumer Behavior • Organizational Psychology Creative Writing Education: • Cultural Studies (4-8) • Early Childhood (PreK-3) • Liberal Studies (K-6) • Middle & High School Subjects (English, History, Math, or Natural Science) • Special Education Interventionist • Visual Arts English English for Corporate Communication History Psychology Religion & Philosophy: • Philosophy • Religious Studies Visual Arts: • Art Therapy • Graphic Design • Studio Arts	Accounting Business Administration • Banking • Finance • Hospitality & Tourism Management • International Business • Management • Management Information Systems • Marketing • Sport Management	Biochemical Engineering Chemical Engineering Civil Engineering Electrical Engineering • Computer Systems • Electronics & Systems Electrical Engineering & Computer Science Engineering Management • Information Management • Packaging • Sustainability • Video Game Design Mechanical Engineering	Biochemistry Biology Biomedical Sciences Chemistry Computer Science • Bioinformatics • Business • Engineering • Forensics Computer Science & Mathematics Ecology Engineering Physics BS Mathematics • General Science • Bioinformatics • Forensics BA Mathematics Natural Science Natural Science (Public Health) Nursing (RN to BSN) Physics
Arts Minors	Business Minors	Engineering Minors	Science Minors
American Studies Anthropology Cognitive Neuroscience Creative Writing Criminology Engineering Psychology English Foreign Language Graphic Design History Peace Studies Philosophy Political Science Psychology Religious Studies Sociology Theatre Arts Visual Art Professional Writing Certificate	Accounting Banking Business Administration Economics Finance International Business Management Management Information Systems Marketing Sport Management	Electrical Engineering Engineering Management Packaging Video Game Design	Biology Chemistry Computer Science Mathematics Physics Public Health
Interdisciplinary Programs			
Majors		Minors	
Cyber Security & Digital Forensics Interdisciplinary Studies (Build Your Own Major)		Global Studies Sustainability Studies Women's & Gender Studies	

For more help with major decisions, check out the CBU Catalog: <http://www.cbu.edu/academic-catalog>

For career options, see the “What Can I Do with a Major In...?” series: <http://www.cbu.edu/what-can-i-do-with-a-major-in>

Contact Career Services to schedule a career counseling appointment: career@cbu.edu