

CAREER EXPLORATION



*Discover Your
Future*

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CAREER PLANNING

Create a career plan to reach your ultimate career aspirations. There are many tips to follow to take you to that next step.

- Develop a Map
- Education
- Evaluate
- Investigate
- Skills and Interests
- Career Goal
- Support
- Job Search Methods
- Resume and Practice Interviewing Techniques



An informational interview is an opportunity for you to meet with someone in a particular field you are interested in, to:

- gather information
- seek advice
- obtain referrals
- get job leads

You might discuss...

- your career objectives
- qualifications
- your own and the other person's insights

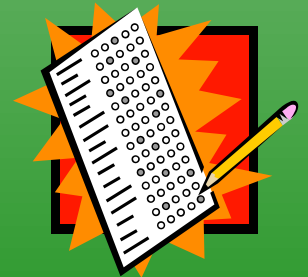
WHAT IS AN INFORMATIONAL INTERVIEW?



CAREER ASSESSMENTS AND INVENTORIES

*Career assessments and inventories are useful tools to help you decide what types of careers you may want to SUCCEED in. This is your **first step** to your expedition of your future.*

- Wisconsin Careers: Career Skills, Transferable Career Skills, Work Values, Workplace Skills, Interest Profiler, Career Interest Snapshot
- Skills One: Myers-Briggs Type Indicator, Strong Interest Inventory, Work/Life Values Checklist, Problem Solving Checklist, Interest/Skills Checklist.
- StrengthsQuest Discover and develop your strengths in academics, career, and beyond.
- Self-Directed Search, Career Key, True Colors, Values Clarification, Skills Inventories, Interest Inventories, and more.



INTERESTS AND SKILLS



Interests

- Think about your interests....
- Develop a list of 10 interests that you have enjoyed doing in the past 5 years.

Skills

- Consider your skills...
- Develop a list of 10 skills that you have enjoyed doing in the past 5 years.



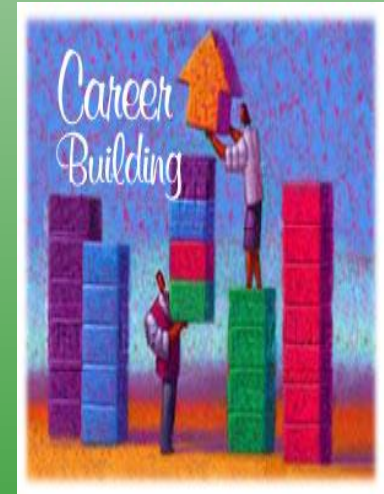
Once you have taken a career assessment and self reflected on your interests and skills, it is time to do the research for majors and career you desire. There are a variety of tools that you may use during this process.

Research Majors & Possible Types of Occupations

- Major exploration www.uwp.edu keyword: career
- Occupational Outlook Handbook www.bls.gov/oco
- O*NET online: <http://online.onetcenter.org/>
- WISCareers: <http://wiscareers.wisc.edu>
User code: uw-c636

- Career Books & Resources
- Conduct Informational Interviews
- Internships
- Volunteer
- Job Shadow
- Research Possible Employers
- Attend Career Fairs

EXPLORING MAJORS AND OCCUPATIONS



CAREER EXPLORATION

Career Plan

Procrastination is the thief of time.”

-Edward Young

- We spend most of our waking hours working or thinking about work.
 - 252,000 hours (45 years)
 - 84,000 hours sleeping
 - 84,000 hours working
 - 84,000 hours outside of work
- 0 -
- Diversity, flexibility, and a greater willingness to try new and different things are highly valued qualities in the Information Age.
- Your career will evolve considerably as you continue to work.

Career Planning for the Information Age

CHANGE is inevitable.

- *Expect It* *Adapt to It*
- *Accept It* *Plan for It*
- *Embrace It* *Prepare for It*
- Change doesn't have to turn YOUR LIFE upside down.



CAREER PLAN AND CAREER GOAL

Career Plan

CAREER GOAL

Career Goal:

Requirements:

Current Skills and
Interests:

Plan To Reach Your
Career Goal:

My Career Goals



MAKE CONNECTIONS AT CAREER CONNECTIONS


OCTOBER 29, 2009

10:00AM-2:00PM

MAIN PLACE



- Career Connections is *not a job fair*, it is an information fair
- You will have an opportunity to...
- Explore career possibilities
- Investigate graduate school opportunities
- Network with professionals in numerous career fields (and gather first-hand information about their education and experience)
- Resume critiques also available

- Join us for our feature presentation: 
- October 29, 2009 11:00am in the Oak Room
- LinkedIn is the number one online business social networking site with over 40 million members
- Start building your LinkedIn connections
- Create and improve your LinkedIn profile
- Network with students and professionals in various career fields

University of Wisconsin-Parkside