The Career Exploration Process

When you choose your classes, pick your major, and imagine what you will be doing with all that you have learned after graduation, you are paving the road to your future. These decisions will determine how you will spend about 62,400 hours of your life, the average amount of time we all spend at work before we retire. Don't take these decisions lightly! Base these decisions on what interests you, what your personal values are and what you are skilled in. Be aware of all your options and make an informed decision that will lead you to a happy, healthy and prosperous future!

Step One: Assessment

- Who am I?
- What are my abilities?
- What are my values?
- What are my interests?
- What experiences do I have?

Step Two: Exploration

- Does this major/occupational area match my interest pattern?
- Is this major/occupational area compatible with my personality style?
- Are identified work values consistent with the major/occupational area?
- Is this major/occupational area consistent with my abilities?
- Is the time it takes to complete the educational requirements acceptable to me?

Step Three: Decision Making

- Which major or occupational area seems to be the best fit based on the previous step?
- Does the major or projected plan of study need to be altered?
- Are there internships or other ways to gain valuable experience in this area?

Step Four: Evaluating the Decision

- Are classes and internship/professional experiences enjoyable?
- Are grades improving or remaining at an acceptable level?
- Has motivation improved?

If the answer is yes to these last questions, then the process is complete for now. If the answer is no for any of these questions, begin the process again. This process will be utilized over and over again throughout the course of one's career. Each time there is a chance for promotion, a chance to change occupations, or a chance to change tasks within a job, this process will be repeated.