

Career exploration is a multi-faceted, active and dynamic process. You learn best by doing and talking with people, but there are also assessments and online resources that can be very helpful.

## 1. Identify your aspirations, interests, skills, personality and work values

There are many ways to identify these factors – you can start by reflecting on these types of questions to see if they point to specific interests and strengths:

- What is my career fantasy / dream job?*
- What is an example of a time I felt like I was in the zone – what was I doing?*
- What are my hobbies?*
- What are my favorite classes?*
- What types of people interest me the most?*

Consider taking a career assessment with a career counselor to learn more about your strengths, interests, values, and personality. The CPP offers two formal assessments, the Myers Briggs Type Indicator (MBTI) and the Strong Interest Inventory. Make an appointment with a career counselor on WolfLink/Handshake to see if these or other informal assessments would be helpful. There are also several free self-assessments that can help you in this process:

<https://www.wou.edu/professional-pathways/students/exploring-your-possibilities/assessments/>

My Strong Interest Inventory Results: \_\_\_\_\_

My MBTI Results: \_\_\_\_\_

## 2. Explore what you can do with different majors

- Learn more about WOU majors: <http://www.wou.edu/resources/student-resources/academics/>
- Visit “What Can I Do With This Major?”: <https://whatcanidowiththismajor.com/>

My top major choices: 1.) \_\_\_\_\_ Why? \_\_\_\_\_

2.) \_\_\_\_\_ Why? \_\_\_\_\_

## 3. Research Occupations

Research job duties, tasks, education requirements, salary, and job outlook on O\*NET <https://www.onetonline.org/> and Occupational Outlook Handbook <https://www.bls.gov/ooh/>

Occupations that interest me:

Job Title 1: \_\_\_\_\_ Education required: \_\_\_\_\_

Job outlook/growth: \_\_\_\_\_ Average salary: \_\_\_\_\_

I like this occupation because: \_\_\_\_\_

\_\_\_\_\_

Job Title 2: \_\_\_\_\_ Education required: \_\_\_\_\_

Job outlook/growth: \_\_\_\_\_ Average salary: \_\_\_\_\_

I like this occupation because: \_\_\_\_\_

\_\_\_\_\_

## 4. Explore through Experience

Nothing beats experience when exploring careers – first you do, then you know! These are ways you can gain experience while at WOU:

- Volunteer <http://www.wou.edu/professional-pathways/volunteer/> or participate in an Alternative Break <http://www.wou.edu/professional-pathways/ab/>
- Participate in an Internship <http://www.wou.edu/professional-pathways/internships/>
- Work at a part-time job while at WOU – visit WolfLink/Handshake on your [Portal](#) to find listed opportunities on campus and off campus
- Get involved with a student organization on campus (all clubs: <https://wou.presence.io/> )
- Job shadow or conduct an informational interview - contact a WOU alumni or other professional on WolfLink/Handshake <https://wou.joinhandshake.com>
- Participate in an Undergraduate Research experience <http://www.wou.edu/pure/students/>

## 5. Find sample job postings

Job listings show you what a job entails and what employers require of qualified applicants. Use WolfLink/Handshake, or search sites such as Indeed.com, LinkedIn, ZipRecruiter, Mac’s List, Oregon Employment Department <https://www.qualityinfo.org/>, etc.

Job Title 1: \_\_\_\_\_ Employer: \_\_\_\_\_

\_\_\_\_\_

Requirements I meet: \_\_\_\_\_ don’t meet \_\_\_\_\_

I like this job because: \_\_\_\_\_

Job Title 2: \_\_\_\_\_ Employer: \_\_\_\_\_

\_\_\_\_\_

Requirements I meet: \_\_\_\_\_ don’t meet \_\_\_\_\_

I like this job because: \_\_\_\_\_

## 6. Ask the Experts

- Get advice from faculty and current students in your academic department of interest
- Arrange Informational Interviews with professionals in occupations of interest (<https://wou.edu/professional-pathways/students/making-connections/>.)
- Connect with a WOU Alumni Mentor on WolfLink/Handshake <https://wou.joinhandshake.com>
- Attend CPP networking events, career fairs, employer and grad school information sessions – look for upcoming events on WolfLink/Handshake <https://wou.joinhandshake.com> and our [calendar of events](#)
- Use LinkedIn to find and connect with professionals in your fields of interest
- 3 people I would like to ask for information: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_
- 3 events I could attend at WOU or in the community \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_