

Basic Career Research – Options Exploration
(Career Research – Part 1)

Point of This Assignment: 1) To narrow down your career options. 2) To do basic career research on three possible career options.

List 3 – 5 suggested careers given to you by each of the following assignments:

Myers-Briggs Type Indicator (MBTI) - Personality:

1. _____
2. _____
3. _____
4. _____
5. _____

Strong Interest Inventory (SII)- Interests:

1. _____
2. _____
3. _____
4. _____
5. _____

StrengthsFinder - Strengths: (May not indicate specific career, but potential transferable skills)

1. _____
2. _____
3. _____
4. _____
5. _____

Transferrable Skills:

1. _____
2. _____
3. _____
4. _____
5. _____

Values Survey:

1. _____
2. _____
3. _____
4. _____
5. _____

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Optional Assignments: *(The following assignments may have given you some clues regarding potential careers to consider. If so, list them as well.)*

Culture, Education, and Unspoken Expectations

1. _____
2. _____
3. _____

Generation

1. _____
2. _____
3. _____

Success

1. _____
2. _____
3. _____

True Self

1. _____
2. _____
3. _____

Reaching Career Goals

1. _____
2. _____
3. _____

Other Tools (i.e. Books or other resources in the Career Planning Center)

1. _____
2. _____
3. _____

Narrow Your List:

Now you are going to narrow down some of the options provided by those assessments. Write down five careers listed above that you want to learn more about:

1. _____
2. _____
3. _____
4. _____
5. _____

Get Basic Information about ALL FIVE of these careers from one of the two websites:

1. **Occupational Outlook Guidebook:** <http://www.bls.gov/ooh/home.htm>
2. **O-Net:** <http://www.onetonline.org/>

Attach a printout of the report for each for all five of these careers.

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<u>Career Title</u>	<u>Education Required:</u> <i>(From report)</i>	<u>Highlights of the Job</u> <i>(From report)</i> <i>Attach additional sheet if necessary</i>	<u>Labor Market Trend Prediction</u> <i>(From list above)</i>	<u>Similar Jobs</u> in the same field

Review Information Provided

Take a few minutes to read and review each printout and the information listed above. Highlight interesting information on each report. What is your basic reaction to each one? **Yes / No / Maybe** – (need more information or time to reflect)

1. _____
2. _____
3. _____
4. _____
5. _____

Further Research?

Your next task involves doing further research on one of the careers listed above. Which career do you want to spend more time learning more about on future assignments?

Test your understanding:

What is the main point of this assignment?

Why were you given this exercise?

What type of person would need to do this exercise?

How well do you fit the profile of the person for whom this assignment was created?

Reflection: *(Write down your response after completing this assignment.)*
