

CAREER ADVICE FOR COLLEGE STUDENTS

College & Career Leadership Conference

South Central Scholars

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START EXPLORING YOUR CAREER FIT

What Does This Mean?

Career Fit: The type of work that vibes with you and matches you the best so that you are the most satisfied and successful in what you do.

Why Is It Important?

Exploring your career fit will help you:

- See your value and prove that you have purpose in life.
- Identify which jobs and careers may be the most enjoyable and fulfilling for you.
- Figure out which college major to choose.
- Determine which student organizations to join.
- Choose an internship and eventually a job or graduate school after you finish college.
- Decrease the chance of entering into a job or on a career path that you will not like.

How Do I Do It?

- Do a self-assessment (figure out who you are – your V.I.P.S.).
- Values (What is most important to you)
- Interests (What you like to do or are drawn to)
- Personality (What characteristics/traits make you unique)
- Skills (What you are good at naturally or through training)

Find information on careers that you think fit who you are

- Search the internet
 - Occupational Outlook Handbook: <http://www.bls.gov/oco/>
 - ONET (Occupational Information Network): <http://online.onetcenter.org>
 - Vault.com: <http://www.vault.com/wps/portal/usa>
- Ask questions of your college career counselor.
- Read career related books in your local library.
- Take career interest assessments through your college career center.
- Talk to people who are in careers that interest you (informational interviews).

PLAN TO MAXIMIZE RESOURCES WHILE IN COLLEGE

What Does This Mean?

As soon as you get settled during your first year of college, start using the services and expertise of the various offices, programs, organizations, and people that are made available to you (e.g. career centers, professors, leadership programs, alumni, student organizations, study abroad programs, multicultural offices, industry professionals, volunteer opportunities).

Why Is It Important?

Using college resources will:

- Help you to have a more satisfying college experience
- Help you to deepen your career exploration
- Help you to gain experience, knowledge and skills that will make you more attractive to potential employers and graduate schools

How Do I Do It?

- Visit your college career center to see what services they can provide you

- Seek out your college campus activities/student services office to learn about student organizations, leadership programs, and volunteering opportunities
- Visit academic departments and or advisors to learn about graduate schools
- Get to know your professors and seek their advice on careers
- Study abroad for a semester
- Look for internship opportunities and try to do at least a couple while in college

SHARPEN YOUR COMMUNICATION SKILLS

What Does This Mean?

Work on the quality of your writing and your ability to speak clearly and persuasively 1-on-1 or to a group of people.

Why Is It Important?

- Communication is the top skill that most employers look for in job seekers
- Quality writing and speaking skills will help you to make a great impression on people
- Quality writing and speaking skills will help you with your resume and in your interviews

How Do I Do It?

- Make the effort to do well in your college English, writing, and speech classes
- Read books on effective writing and public speaking
- Look for opportunities to hone your verbal and writing skills (e.g. writing articles, poetry or stories; joining the debate club, participating in plays/skits; making presentations)

SAMPLE VALUES, INTERESTS, PERSONALITY TRAITS, AND SKILLS

Some Values: academics, beauty, cell phones, clothes, community service, family, food, friends, fun, intelligence, knowledge, money, morals, popularity, religion, respect

Some Interests: acting, dancing, drawing cartoons, eating, hanging out with friends, listening to music, playing sports, reading, singing, watching television, writing poetry

Some Personality Characteristics: aggressive, analytical, artistic, compassionate, conceptual, confident, cooperative, creative, decisive, detail oriented, diligent, driven, energetic, extroverted, flexible, focused, introverted, logical, organized, patient, perceptive, reserved, resourceful, sensitive, sympathetic, tactful

Some Skills: acting, counseling, dancing, drawing, leading, listening, organizing, playing an instrument, repairing things, researching information, singing, solving problems, teaching, writing

SELECT CAREER RELATED TERMS AND DEFINITIONS

Career: A profession which one trains for and pursues as a lifework; the occupation (job title) or series of occupations that sum up a person's life in the world of work.

Informational Interview: Asking a series of questions of someone who is in a job, organization, or career field of interest for the purpose of gathering detailed information.

Internship: A short-term work experience (typically while in college) intended to help increase learning about a career field, job, and or organization of interest.

Interview: A meeting between a potential employer and job seeker to better determine the job seeker's qualifications for the job desired.

Resume: A document highlighting a person's most relevant experience, education, activities, and skills for the purpose of obtaining a job interview.

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