undecided 101: major & career exploration

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presentation outline

- introduction
- activity
- which came 1st? the career or the major?
- choosing a major
- choosing a career
- FOCUS Career Assessment
- questions & comments
activity
most important advice

DON’T FREAK OUT!!!
which came 1st? the career or the major?

- depends on career
  - special certifications, skill sets, or knowledge base
    - ex: doctor, pilot, accountant, etc.

- generally, an undergraduate degree signifies that you are an educated person that is trainable
why is this so hard?

- this is your life
- decision making is hard
  - dependent decision strategy
    - defer choice to others
  - intuitive decision strategy
    - rely on gut feeling
  - Informed decision strategy
    - Exploring options, getting feedback, then making a decision
it’s all about you.

- when choosing a major, there are 4 areas to examine
  - interests
  - personality
  - skills
  - values
choosing a career/major is like shopping for a car...
what features would you want in a car?

leather
sunroof
6 disk cd changer
dvd player
22” dubs
The average person works:

<table>
<thead>
<tr>
<th>Activity</th>
<th>Hours/Day</th>
<th>Days/Week</th>
<th>Weeks/Yr</th>
<th>Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 hours a day (getting ready,</td>
<td>12</td>
<td>5</td>
<td>50</td>
<td>40</td>
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<tr>
<td>commute, etc.)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>60 hrs/week</td>
<td>3,000 hrs/yr</td>
<td>120,000 hrs/yr</td>
<td></td>
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</tbody>
</table>

Could you spend 120,000 hours doing something that you aren’t interested in?
exploring your interests…

- Interests develop from past experiences & assumptions formed from past environments
  - what do you like to do?
  - what excites you?
  - what are your hobbies?
what equipment must the car have to run properly?

- tires
- engine
- steering wheel
- oil
- gas
car needs = personal skills

- could you remain in a job if you couldn’t perform the work?
what skills do you have?

- good with people?
- artistic?
- logical?
- technical skills?
- special talents?
what aspects are important to you when buying your car?

- American or foreign made?
- Fuel efficient?
- Good warranty?
- Resale value?
- Insurance rates?
Would you want a job that conflicted with your personal values?
what values do you hold dear?

- what are values?
  - ex: family, honesty, seeing the results of your work, etc.
what do you do to ensure that the car will work?

- look under the hood?
- take a test drive?
reality testing = related work experience

- test out a career / major before you commit to it.
- ex: internships, co-ops, volunteering, interviews, job shadowing, etc.
- what are some ways you can test drive your career?
how do you research a car’s make, model, or history?

- car facts
- the bluebook
- internet
bluebook = major investigations

- interview faculty members, current students, graduates, etc.

- what can I do with a major in?
  - [http://www.deltastate.edu/pages/1719.asp](http://www.deltastate.edu/pages/1719.asp)
bumps in the road...

- **internal**
  - anxiety
  - life responsibilities
  - fear of failure
  - low self confidence
  - poor study habits
  - procrastination

- **external**
  - economic trends
  - educational requirements
  - employment outlook
  - job discrimination
  - lack of educational opportunities
  - lack of funds
career center and counseling center presents:

FOCUS career assessment

http://focus.deltastate.edu

keycode: fightingokra
questions?? comments??

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