CAREER EXPLORATION OPTIONS

Please give yourself sufficient time to discover yourself and career options. There is no one “right way” on how to decide on a career, but use these suggestions to guide your process.

_____ Explore careers by taking an interest inventory
Take the O*NET Interest Profiler at http://www.mynextmove.org/
Explore more careers using your Interest Profiler Holland Code at: http://www.onetonline.org/
Under “Advanced Search” choose Interests; select your top Holland Code areas
Log into the MCC Career Research Library Guide http://www.mcckc.edu/counseling/
Click on Career Exploration. This guide provides a one-stop-shop area for multiple sites

_____ Take a course in a subject you like; explore majors
Explore the subjects you really enjoy and learn more about them
Talk with your instructors about their field and subjects they teach
Explore “What Can I Do With A Major In…….” at:
http://www.mcckc.edu/counseling/ Click on: Career Exploration, then Majors

_____ Read about what “real people” do on the job
Log onto Vocational Biographies website at: http://www.vocbiosonline.com
Username: Longview CC Passcode: 935Buc

_____ Connect your past accomplishments, strengths, hobbies, personality, and values to careers
Respond to “27 Questions To Find Your Passion” http://www.mcckc.edu/counseling/
Click on Career Exploration; Click on Assessments, then 27 Questions

_____ Talk with professionals (Informational Interviews) in fields you might like
Read a tutorial on interviewing at: www.quintcareers.com/informational_interviewing.html

_____ Talk with friends, parents, relatives, and community members
People who know you best may be able to offer you suggestions

_____ Get involved in a campus or community organization
Meet individuals with similar interests, add to your resume and make professional connections

_____ Take GUID109 – Career Exploration Seminar
The “Lexus” of exploration options! This is a one-credit hour course offered by MCC that will help you explore your major and career options: Check out the MCC class schedule for Guid 109 classes

_____ Indecisive? Explore handouts and websites addressing Decision Making
Identify your Decision-Making Style, assess your decision difficulties and gather tips
http://www.mcckc.edu/counseling/ Click on Career Exploration; Click on Decision Making

_____ After researching some of the ideas above, make a tentative choice
Try the career or major “on for size;” tell others about it and see how it feels

_____ Meet with a counselor at MCC to discuss or follow-up on your career and life goals
Appointments can be made by stopping by the Counseling Office or by calling 816-604-2269
Explore the MCC Counseling website: http://www.mcckc.edu/counseling/

It is okay to be deciding on career; it means you are flexible and open to ideas.

Be proactive in your search and take action today.