



Chapter – 02

Exploring Career Development Options

The Learning Outcome of this chapter ...

- Understand the common myth on career development
- Learn the career development process
- Practice the four year plan and year by year check list
- Learn the self assessment
- Exploring the majors & careers

Common Myths

Dispelling common myths

Often in our discussion with students we find that there are some misconceptions about the career development process and career services. Here are a few common myths;

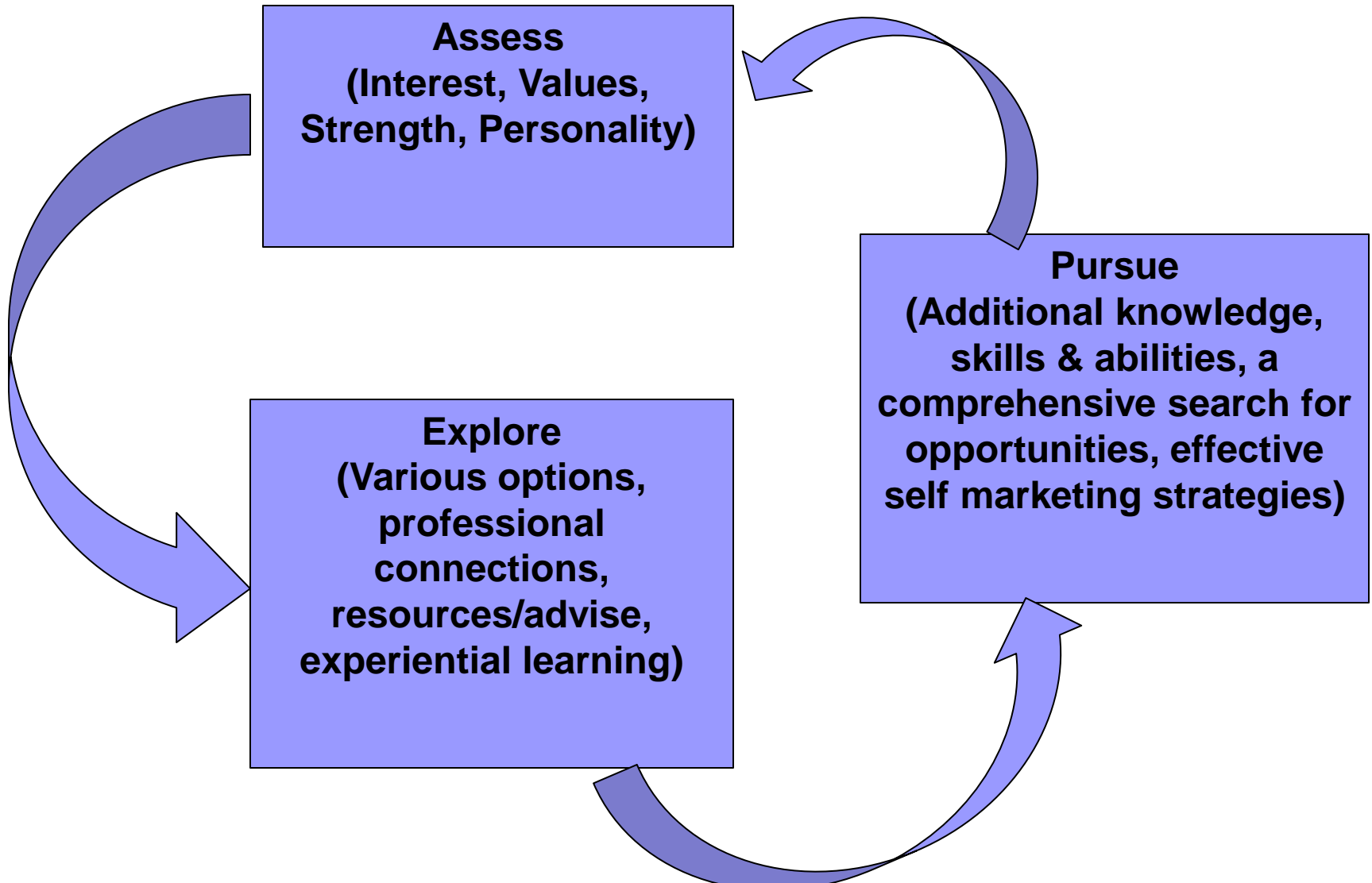
Task - 01

Visit the career service unit at SEUSL, and collect the information of registered Industries and the fields for internship and training program. (This includes a variety of corporate and non-profit organizations)

The Career Development Process

- ❑ The career development process is a journey that involves **developing and refining goals**.
- ❑ This journey unfolds as you gain knowledge and experiences and it continues throughout your time at University and beyond. (In fact, you may repeat this process at various stages of your career)
- ❑ The earlier you begin to focus on your career development, the more you are prepared that you will be to pursue a wide range of options and opportunities.

The Career Development Process



The Four Year Plan

Did you know that career development process begins as soon as enter University?

Every class you take and experience you have build your skills, expand your interest, and most of all, inform your goals.

Here is a four-year plan with suggested activities for each year in University.

The Four Year Plan (First)

- ❑ Look for extra curricular activities to gain skills and experience. The best way to make a smooth transition to University is to get involved.
- ❑ Meet the career guidance advisor.
- ❑ Use what can I do with my major?
- ❑ Talk to academic advisors, seniors and faculty members about the majors & career
- ❑ Consider and understand your interest, skills, values and personality may relate to potential major, and career choices.

The Four Year Plan (First)

- Ask yourself what like most about your classes and which extracurricular activities interest you most.
- Attending workshop, seminars, and career fair.

The Four Year Plan (Second)

- ❑ Review the entire list of 1st year.
- ❑ Continue to explore your academic interest through a variety of course.
- ❑ Meet with a career counselor/ Mentor to talk about different options for majors and careers.
- ❑ Search to find resources, and information about majors, internship, and careers.
- ❑ Attend career program to learn about a wide range of career fields and interesting and diverse career path.

The Four Year Plan (Second)

- ❑ Continue to get involved in volunteer work and extracurricular activities.

The Four Year Plan (Third)

- ❑ Review the entire 2nd year activities.
- ❑ Have your resume critiqued by a career counselor.
- ❑ Search for internship program.
- ❑ Attend career fairs to learn more about employers and their opportunities.
- ❑ Developing the contact with professionals and update your field of interest.

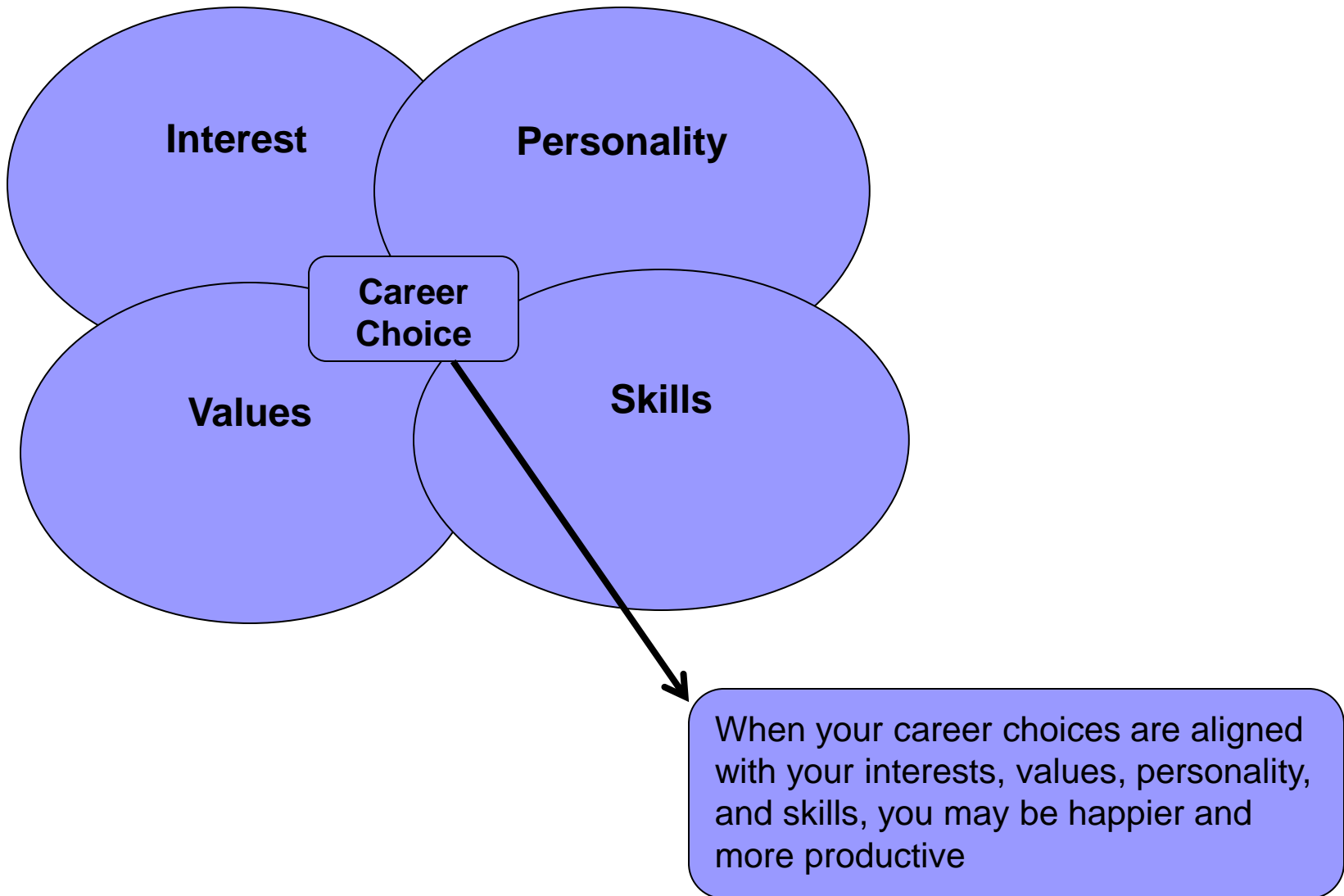
The Four Year Plan (Fourth)

- ❑ Review the entire list of activities for previous year.
- ❑ Consult with career counselor about your interests/goals, and develop a plan of action. Update your resume and critiques once again.
- ❑ Continue to search internship.
- ❑ Take advantage of employer information sessions to meet employer representative, gather first hand information, and gain a competitive edge.

The Four Year Plan (Fourth)

- Expand your networking activities.

Self Assessment



Self Assessment

Determine Your Interest

- ❑ Job satisfaction is closely linked to having an interest in the tasks you perform.
- ❑ This includes the things you enjoy doing and the mental and physical activities that you find stimulating.

Self Assessment

Determine Your Interest

Think about what you have already been successful at. Start by making a list of your accomplishments, those tasks or projects that you did well, and from which you derived a sense of pride, achievement, and satisfaction.

Self Assessment

Consider Your Value

- ❑ What is most important to you? Pursuing work that is congruent with your values can also provide work satisfaction.
- ❑ Do you want to believe in the mission of the organization?
- ❑ Do you want to work with an organization that follows green policies?
- ❑ Life styles issues such as salary, geographic location, flexible work hours, and commuting time are also factors that should be considered.

Self Assessment

Understand Your Personality

- ❑ Research shows that personality traits have a major role in job satisfaction and success.
- ❑ Determining whether you are the right fit for a job.
- ❑ Personality inventories give you insight into how your personality compares to others and how you prefer to work.

Self Assessment

Interpersonal Skills

- Relating well with others
- Listening to others opinions/concerns
- Responding to concerns
- Resolving disputes or conflict
- Assisting others
- Motivating individual/group
- Working as a team player

Self Assessment

Leadership Skills

- Decision making
- Motivating others
- Delegating
- Evaluating
- Problem solving
- Supervising/managing

Self Assessment

Communication Skills

- Writing
- Advising
- Presenting/public speaking
- Training/instructing
- Interpreting information

Self Assessment

Organizational Skills

- Follow through
- Planning
- Meeting deadlines
- Setting/attaining goals
- Multi tasking
- Time management

Exploring Majors & Careers

Did you know?

- ❑ Most students are undecided about their major or future career path when entering University.
- ❑ Gaining an understanding of your interest, values, skills and personality can help in the decision making process.
- ❑ Choosing one discipline over another will not necessarily limit your future career options.
- ❑ You can continue to explore multiple interest.
- ❑ No matter what major you choose, you will be qualified to do many things and will develop many skills valued by employees.