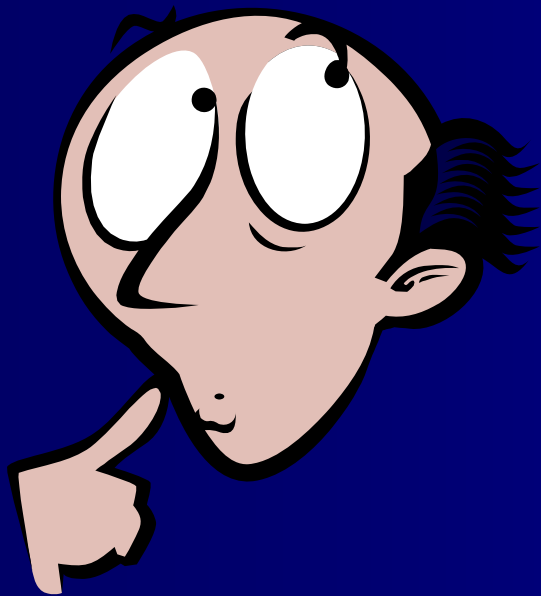


The Future is Yours!

Freshman Year Career Development Module

Career & Academic Planning Center
Savitz Hall

Steps... A Career and Academic Planning Model



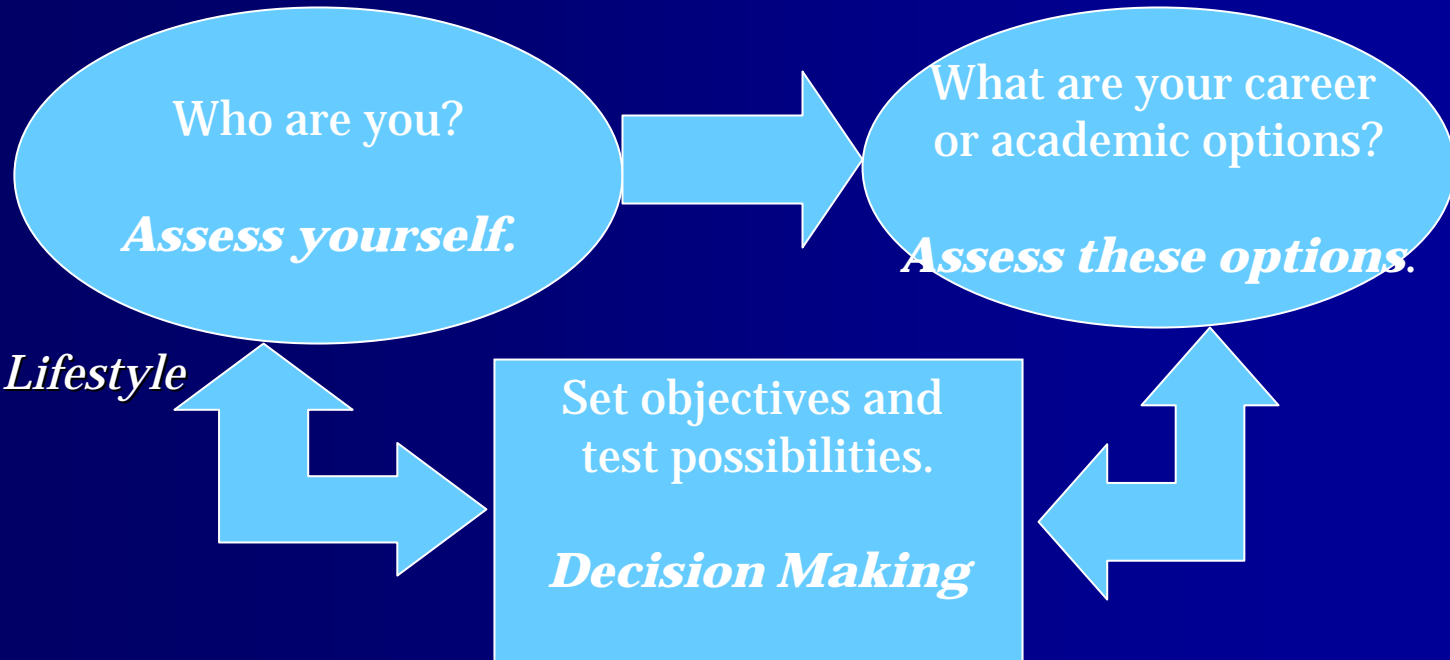
1. Answer the question “Who Am I?”
2. Learn about career and academic options.
3. Set objectives and test possibilities.
4. Repeat process if necessary.

A Career and Academic Planning Model

by Dr. John Holland

Interests
Needs

Abilities
Values



Self Assessment

- Who Am I?

- Think about your values, goals, and dreams.
 - What did you enjoy as a young child?
 - What are your hobbies and interests?
 - What do you do well?
 - What are your values?

Self- Assessment

Directions

■ Complete Step #1

- Use a pen / pencil to complete the assessment
- In each section, check all items that describe you
- Add the totals

■ Complete Step #2

- List your top three categories/themes
- If you have a tie, include both!

Dr. John Holland's Theory

RIASEC

Realistic

Investigative

Artistic

Social

Enterprising

Conventional

Realistic

- Motivated by building, repairing and being outdoors
- I need: organization, structure, producing tangible results, doing manual things, working alone, and solving concrete problems.



Investigative



- Motivated by: analyzing, inquiring, and researching.
- I need: to solve abstract problems, conduct research, teach, design, and learn facts/principles

Artistic

- Motivated by: creative insights, expressing individuality, and producing art
- I value: creating artwork, acting, performing, playing an instrument, decorating, change, and emotions.

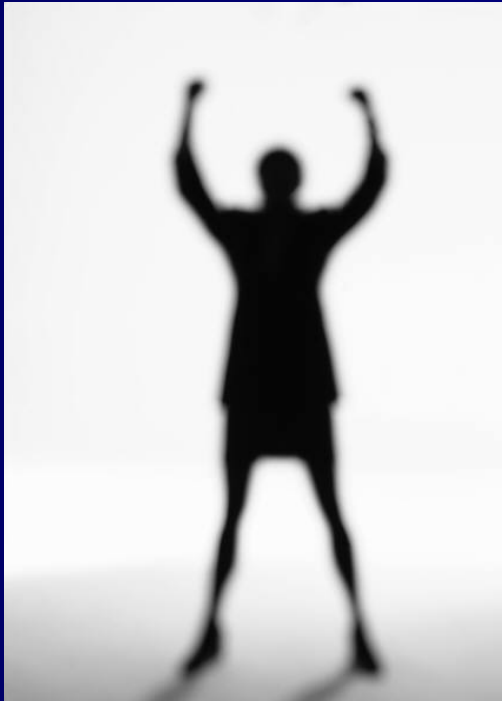


Social



- Motivated by: helping others, empowering others, instructing, nurturing.
- I value: communication, cooperation, consensus, relationships, personal growth, trust, and feelings.

Enterprising



- Motivated by: persuading, selling and leading.
- I value: influencing others, status, leadership positions, material possessions, excitement and risk-taking.

Conventional

- Motivated by:
organizing, processing
data, and managing
information.
- I value: order,
predictability, stability,
practicality,
dependability, security
and organization.



Choosing A Major Vs. Choosing a Career

- Choosing a major is only one step toward exploring a number of possible career paths.
- Any major can prepare you for a number of different career paths.

Testing the Water...

- Internship Opportunities
- Federal Off-Campus Work-Study and/or part-time jobs
- Volunteer placements
- Faculty
- Friends/Family



Internships



- Allow for on-the-job experience
- Paid vs. unpaid
- May be completed for credit
- Resume Experience

Federal Off-Campus Work-Study and Part-time employment

- Do you have a Federal Work Study award (as part of a financial aid package?)
- Contact the CAP Center for an appointment to learn more!

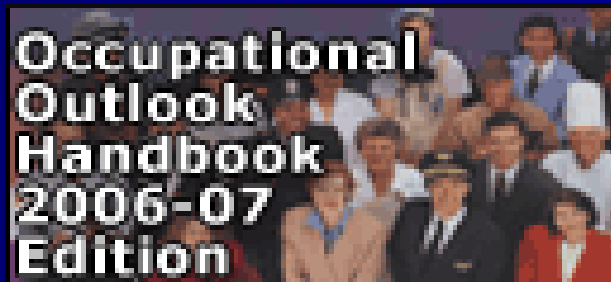
Volunteer Placements

- Non-paid work experience
- Placements are usually for non-profit environments
- Great experience for resume building
- Excellent networking opportunity

Friends and Family



- Excellent for networking
- Usually provide easy access to working environment
 - Provide excellent experience!



Occupational Outlook Handbook

<http://www.bls.gov/oco/>

www.rowan.edu/cap

