

EXPLORING YOUR CAREER FIT

What Does This Mean?

Figuring out 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.

Career: 1) A profession which one trains for and pursues as a lifework; 2) the occupation (job title) or series of occupations that sum up a person's life in the world of work.

Definition #2: "What Color Is Your Parachute?"
(Richard Nelson Bolles)

Why Is It Important?

Exploring your career fit will help you:

- See your value and validate your purpose in life.
- Identify which jobs and careers may be the most enjoyable and fulfilling for you.
- Figure out which college to attend and ultimately which college major to choose.
- Determine which high school or college 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 match who you are (your V.I.P.S.).

- Search the internet (*see to the right*)
- Ask questions of your high school or college counselors.
- 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).

Suggested Career Web Sites

Mapping Your Future:

<http://www.mappingyourfuture.org>

Roadtrip Nation:

<http://roadtripnation.com>

Occupational Outlook Handbook:

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

<http://www.bls.gov/k12/index.htm>

ONET (Occupational Information Network):

<http://online.onetcenter.org>



What Happens Next?

After you have figured out your career fit, do the following:

- Identify employers that want to hire someone with your V.I.P.S.
- Design a resume that reflects your match with employers and internship/jobs of interest.
- Start preparing for potential interviews – *review the internship/job description; research the employer; think of examples that demonstrate your match with the employer and internship/job; and practice your interviewing.*



INFORMATIONAL INTERVIEWING: A great way to identify careers that match your V.I.P.S. is to talk to people in jobs or career fields that you are interested in. Informational interviewing is simply spending 20-30 minutes interviewing someone who is in a job or career field that you are interested in. People are busy, but you will find that many are open to talking to students about their jobs/companies. You can do informational interviews now, and you should do a lot of them.

Advice - Suggestions - Tips

Once you determine what career field(s) you have an interest in, ask others for help in getting connected to individuals in these fields. Some people who can be of help: *family, friends, teachers, and high school guidance counselors.*

When you contact an individual for an informational interview, share the following: 1) *you are a high school or college student with an interest in learning about their job, company and or career field;* 2) *you would like to spend 30 minutes in person or over the phone to ask questions and get advice;* 3) *you would like to know if and when they are available to speak with you.*

Come to the informational interview on time, nicely dressed, and with a pen and paper to take notes.

As the individual is answering your questions, think about how what is shared about the job, company and or industry matches with your V.I.P.S. (values, interests, personality traits, skills).

Respect the individual's time, and honor your commitment to take no more than 30 minutes unless you are granted more time.

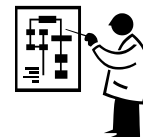
Before the informational interview ends, ask the individual if he/she can recommend anyone else for you to speak with to learn more about the job, company and or industry. Ask if the individual can make an introduction on your behalf (in addition to providing you a name and contact information).

Thank the individual for his/her time, and ask to stay in touch.



SAMPLE QUESTIONS

- What do you like most about your job or company?
- What steps did you take to get into your job?
- What skills are most required for your job?
- What are some of the challenges of your job?
- What college classes have been most helpful to you in your job?
- How many hours per week do you typically work?
- What advice would you give to a high school student interested in a job/career in your industry?



FINAL CAREER ADVICE

1) Actively identify and believe in the various strengths you have been given – use them to create a more fulfilling life for yourself and to benefit other people. 2) Surround yourself with mentors and other supportive people who can guide you and cheer you on in your career pursuit(s).

RECOMMENDED BOOKS

“What Color Is Your Parachute?”
Richard Nelson Bolles

“Do What You Are”
Paul D. Tieger & Barbara Barron

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Who Is Ron Roberts, Jr.?

He is a former college career and student services advisor. Ron has also recruited top college students for internships and jobs in public accounting. He is extremely passionate about guiding high school and college students to satisfying careers and to a satisfying college experience.