

CAREER EXPLORATION

RESOURCES AND TOOLS

ASSESS YOUR QUALITIES

Take time to consider the characteristics and attributes that make you the unique person you are today. Various assessments and inventories are available at the Career Center to help you identify your interests, personal preferences, work values, and skill sets. Relate yourself to possible careers!

Resources

- **Strong Interest Inventory (SII):** This inventory compares your responses to those of professionals who are both satisfied and competent in their work. A profile of general occupational themes, basic interests, and professions is generated based on similarities. SII highlights *what work might capture your attention*.
- **Myers-Briggs Type Indicator (MBTI):** This is the most widely used personality assessment, with over 2 million people taking it annually. The MBTI is used to identify significant personality preferences, and how people function differently. This instrument can be used to determine *how you approach work*.
- **Work Values Inventory:** Occupations and jobs have features that are more or less important to different people, such as security, variety, altruism, prestige, and others. Work values don't identify any particular occupation but they provide insight into *why you are motivated to do the work*.

RESEARCH OCCUPATIONS YOU'RE CURIOUS ABOUT

Investigate the work you find interesting by gathering facts on targeted professions. Then converse with professionals doing that type of work. If the work continues to capture your attention, spend time observing people in your targeted profession in a variety of settings. Become occupationally literate!

Resources

- **Occupational Outlook Handbook:** The mother-load of occupational information gathered by the Bureau of Labor Statistics. Data is available on the nature of work, working conditions/settings, education, job outlook, and national average earnings. www.bls.gov/oco/
- **Oregon Labor Market Information System (OLMIS):** Provides regional information on various occupations including the nature of the work, working conditions/settings, educational requirements, job outlook, and average earnings. OLMIS has links to actual job postings. www.qualityinfo.org/olmisj/OIC.
- **Professional Associations:** Most professions have a society or association which provides information on standards of practice, training, certification, salary, best practices, thought leaders, trends, and issues. Members of these associations are potential contacts for job shadows, internships, and information.
- **Publications:** Journals, recruiting literature, and government agencies provide a wealth of occupational information. The Career Resource Center features current issues of *The Portland Business Journal*, *Oregon Business Magazine*, *Occupational Outlook Quarterly*, and *Job Choices*.

DO SOME WORK IN YOUR AREA OF INTEREST

Through trial and error, determine the type of work that is a good fit. Gain exposure and experience by doing the work you find interesting through an internship, part-time job, work study, or volunteering.

Learn by doing!

Resources

- **Career Network:** A database of over 1,000 alumni willing and able to discuss their profession with interested students. Many offer internships or paid positions at their organization.
- **www.careercenterjobs.org:** Work Study, Internships, Community Service, Part-time and Full-time job postings are frequently updated.
- **Fairs:** The *Work & Service Fair* is held the first Thursday of each semester showcasing a wide range of opportunities for internships, part-time jobs, work study, or community service projects.
- **Faculty:** Professors bring a wealth of knowledge and community contacts. Work with your faculty advisor to brainstorm and research organizations with whom they are connected.
- **Family and Friends:** Those closest to you are eager to help. Talk to people who know people who are looking for help. Most opportunities present themselves through social networks.