

Career Exploration



The O*NET system serves as the nation's primary source of occupational information, providing comprehensive information on key attributes and characteristics of workers and occupations. The O*NET database houses this data and O*NET OnLine provides easy access to that information.

1. Go to <http://online.onetcenter.org>
 2. Find Occupations: Learn about career options categorized by Career Cluster, Industry, Bright Outlook, Job Family, and more.
 3. Advanced Search: Filter through careers by knowledge, skills, abilities, interests, and work values.
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FOCUS 2 is a self-paced career and education planning system designed to help you select the right major, clarify your career goals, and provide you with valuable occupation information.

Focus Provides:

- Career Assessments
- Occupational Advice
- Videos About Various Career Fields
- Career Planning Tools
- Career Options by Education Level
- Side-by-Side Occupation Comparisons

Focus Answers the Questions:

- What can I do with a major in ...?
- How can I prepare now for my future career?
- What is the job outlook for my chosen career field?

How to gain access and use this system:

1. Go to the Career Advising Homepage usueastern.edu/price/career-advising/index and click on the "Focus 2 Assessment" icon.
2. Click on "Create a new account" and generate a profile using "aggies" as your access code. Write down your username and password for future use.
3. Complete all five assessments in the Self-Assessment section.
4. Go to the "Narrow and Refine Your Results See Your Top Career Choices" found in the Self-Assessment section. This report looks at your completed assessments. If an occupation appeared in more than one of your assessment results, it will appear in the list. Start at the top of the list, as those occupations appeared most frequently. You can click on any occupation to learn more.

*NOTE: Don't think an occupation has less relevance to you because it appears in the bottom half of your top choices. It can still be a great match for you once you consider all your options.

5. Use the [Save This Occupation](#) icon to save desirable occupations.
6. Visit with the career advisor to review your results in the Academic Advising Office.

ACCESS CODE: Aggies USERNAME: _____ PASSWORD: _____

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Making Sense of the World of Work: The Holland Code

*TIP: search with your Holland Code on O*Net*

What is the Holland Code? The Holland Code is a strategy for organizing information about the three "worlds" of career planning: World of Self, World of Work, and World of Education.

How does it work? There are six general themes (see below) which can be used to describe people, jobs, and educational environments. Since people and environments are complex, it usually takes 2 or 3 themes to describe them.

Over 12,000 occupations **have** been coded using this method. These codes are based on statistical analyses of data collected over a long period of time involving very large numbers of people. Read below to informally assess your Holland Code. As you go through the process of thinking about which themes describe you the best, you will be doing one of the most important parts of the career planning process - trying to understand and define yourself.

WHICH THREE THEMES DESCRIBE YOU BEST? _____

REALISTIC

Career Motivator: Using Physical Skill

- Values work with tools and objects rather than with people and words
- Wants to see practical results from their work
- Likes a physical or outdoor component
- Acquires technical, mechanical, athletic skill
- Apt to be reserved, traditional, concrete, genuine; often cool to radical new ideas and creative arts

Typical jobs: engineer, forester, farmer, skilled laborer, truck driver, pilot, soldier, aircraft mechanic, protective services, technical fields

CONVENTIONAL

Career Motivator: Organizing

- Values accuracy, organization, company policy, practicality, security, stability, dependability
- Likes to process data, manage information, collect things, play board games, work with numbers
- Apt to be orderly, careful, thrifty, respectful, efficient, persevering

Typical jobs: banker, accountant, credit manager, actuary, building inspector, IRS agent, paralegal, proofreader

ENTERPRISING

Career Motivator: Persuading and Influencing

- Values risk-taking, status, competition
- Enjoys selling, managing, persuading
- Apt to be ambitious, competitive, persuasive, self-confident, goal-directed, fast-paced

Typical jobs: HR director, life insurance salesperson, manager, buyer, financial planner, marketing executive, realtor, politician, caterer, CEO (or want-to-be's)

INVESTIGATIVE

Career Motivator: Analyzing

- Values math, scientific inquiry, intellectual effort
- Wants to understand and predict physical, biological, or cultural phenomena and practices
- Likes to work with theories, do research, test ideas
- Apt to be analytical, cautious, independent, curious, introspective, critical, studious

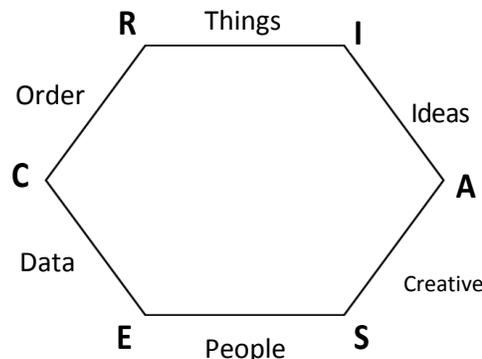
Typical jobs: psychologist, chemist, veterinarian, geneticist, college professor, social scientist, geologist, dentist, curator, dietician, physician, statistician, systems analyst

ARTISTIC

Career Motivator: Expressing Creativity

- Values independence, self-expression, unstructured methods, new ways of doing things, aesthetic beauty
- Use creativity, imagination, intuition
- Appreciates the artistic work of others in museums, theaters, and books
- Apt to be open, impractical, original, nonconforming, sensitive, idealistic, complicated, expressive

Typical jobs: artist, musician, writer, architect, reporter, librarian, English/art teacher, lawyer, corporate trainer, translator, sociologist, broadcaster



SOCIAL

Career Motivator: Helping Others

- Values helping, nurturing, caring for others
- Uses human relations competencies
- Prefers social context, seek personal meaning
- Apt to be agreeable, cooperative, friendly, warm, patient, tactful, responsible

Typical jobs: elementary school teacher, high school counselor, social worker, nurse, recreation leader, minister, physical therapist, midwife, school administrator

SIR/TV Decision-Making Matrix

Use to compare and contrast occupations or majors using SIR/TV factors.

Directions:

1. Complete steps 1 - 4 in the table below
2. Use O*NET OnLine (www.onetonline.org) and FOCUS eastern.usu.edu/career found in the "Great Resources" section) for your research.
3. Self-awareness is an on-going process; change your ratings if the rankings don't feel right.
4. If you have a tie in total ratings, make a choice between the two and rank the tie so you don't have two careers with the same ranking.
5. If you aren't clear about your feelings, this is an indicator that you need more information either about yourself, about the option, or both.

Step 1. Identify five Careers/Majors you are interested and list them in the row below.					
Careers or Majors ->	1.	2.	3.	4.	5.
Step 2. Research each factor (Skills, Interests, Realities, Temperament, and Values) typically associated with the careers/majors listed in Step 1 using Focus and O*NET Online. Then rate each factor 1 – 5 (1 = “not a good fit” and 5 = “perfect fit”). Put ratings in the boxes below.					
Skills: <i>Do you have or can you learn the skills required? Consider the skills you prefer using.</i>					
Interests: <i>Do you have a history of interest in this area or a related area (preference for working with people, things, ideas, data)?</i>					
Realities: <i>Factors outside of you which influence your decision: time to graduate, salary, family, advancement, labor market (Look at Outlook, Earnings, & Areas of Study)</i>					
Temperament: <i>Personality traits: i.e. creative, practical, extrovert, logical, etc. (Look at Working Conditions).</i>					
Work Values: <i>Prestige, variety, creativity, leadership, high achievement, physical activity, purposeful, independence, work with mind</i>					
Step 3. Add your scores →					
Step 4. Rank your results (highest: 1 st - lowest: 5 th) →					

