



Career Development

Choosing a Major and Career

MyPlan www.myplan.com

MyPlan provides self-assessments for students to take to learn about their interests, skills, and values as they relate to majors and careers. After taking the assessments, a list of recommended careers is provided. Students can learn more about those careers, including suggested majors. There is also the option to search for specific majors and careers. The NEIU license code (FV36H5JK) is needed to have free access to all of the assessments.

Occupational Outlook Handbook www.bls.gov/ooh/

A fantastic resource created by the Bureau of Labor Statistics to help people make better career choices. There are numerous ways to search, and very detailed descriptions of hundreds of careers. Much more than just statistics, these descriptions make it much easier to get a handle on what different professions are all about.

O*Net www.onetonline.org

Another terrific resource from the U.S. Department of Labor offers lots of ways to both search for specific careers and to browse by different characteristics.

Professional Associations www.jobstars.com/professional-associations-organizations/

Professional associations, for example the National Association of Social Workers(NASW), offer information about the profession, required credentials and licensure, accredited schools, job boards with job titles and descriptions you can explore, and much more.

Illinois workNet Center www.illinoisworknet.com

Lots of information for Illinois residents related to career exploration.

Professors

Your instructors have had many students who went into a variety of professions, and will be happy to speak about potential options with you.

Professionals

People who work in the professions you are considering are usually very happy to speak with you about what their experience has been like, the types of training they recommend, and the pros and cons of the profession from their point of view. These are called "informational interviews." Learn more by reading the flyer on *Informational Interviews* found on our website.

Job Shadowing/Observations

This is taking your investigation a step further, by actually watching someone who is in the profession you are considering. This obviously gives you a much more detailed view of a "day in the life" of that profession, but be careful not to evaluate based on just one experience. The person you shadow may have a very different experience than someone else, so observing several people is best. These types of experiences are sometimes required by graduate schools before you apply, so that the program is assured that you understand what you are applying for.

Volunteering

If you are interested in a career with a non-profit organization, volunteer for it! Even if you are interested in a private sector career such as accounting, you can volunteer at a non-profit to "practice" that profession in the real world. This provides not only a learning experience but valuable skills to add to your resume.