

# Choosing Your First Livelihood

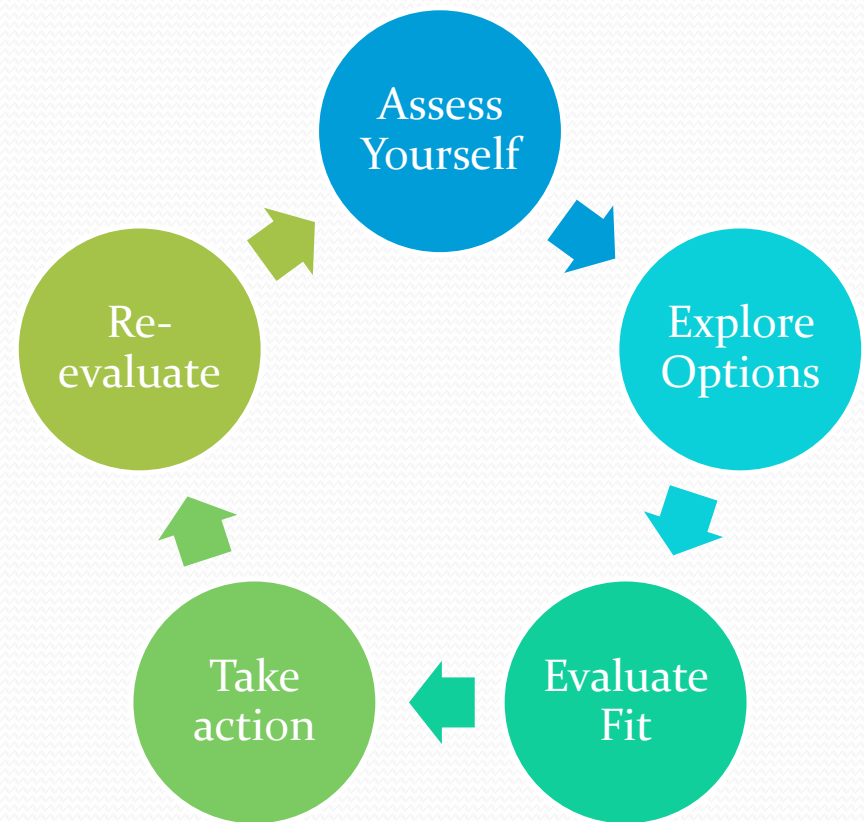
How To Make An Informed Choice

# Agenda

- Decision-making skills
- What goes into this job/career decision
- Career assessments
- Researching career fields and resources to use
- Talking to professionals
- Trying possibilities out
- Evaluating and re-evaluating

# How to make decisions

- Avoiding this is a choice
- How have you made decisions in the past?
- Identify objectives (assess yourself)
- Collect info and ideas
- Analyze Info
- Choose course of action
- Outcome and result
- Re-evaluate



# Identify Objectives (Assessment)

- Values
- Interests
- Skills/Abilities
- What do you want out of your career
- What do you want out of the other areas of your life
- Have assessments in Career Services to help with this

# Assessments I Use

- Values, Interests, and Ability Profiler
- Personality Mosaic based in RIASEC codes
- Paper and pencil “Art of Career Decision Making”
- Use ONET to tie the above to job titles ([www.online.onetcenter.org](http://www.online.onetcenter.org)).
- Come see me to take on of these

# Researching Career Fields

- Occupational Outlook Handbook
- Resources in Career Services Library
- Professional Association websites
- Vault.com and wetfeet.com
- ONET ([www.onetonline.org](http://www.onetonline.org))
- Look for descriptions of how the titles relate back to values, interests, skills, etc, especially through ONET

# Evaluate Fit and Take Action

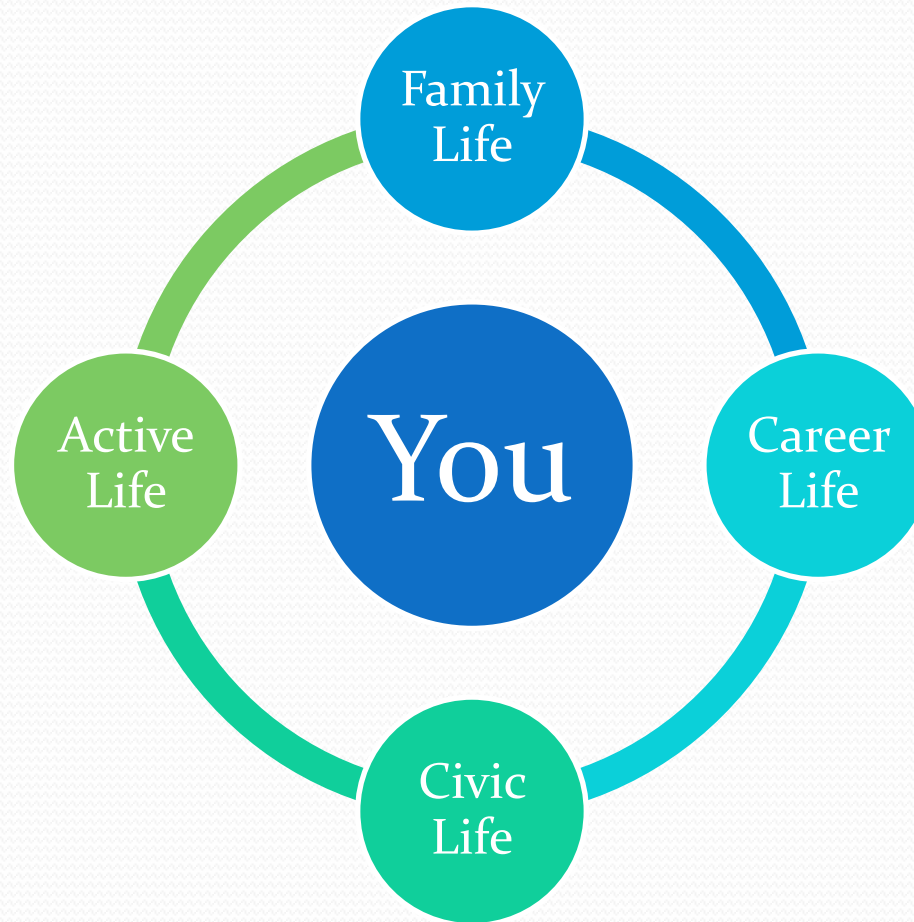
- Talk to professionals in the field to continue assessing the fit
- Get some experiential education to see if you like what you do in the job
- You can even start re-evaluating if you do this
- Learn from what you liked and didn't like to re-evaluate what you might look at next

# It May Take A Few Tries

- Don't be afraid that you will get stuck in a horrible career forever. Don't be afraid to make changes.
- You should continually re-evaluate as you understand yourself better and better.
- Ask others what they see as your strengths. They may help you unlock your passions/calling.
- It may not be your job that is your calling, but something on the side that makes you the most happy.



# It Is Your Life and Choice



# Let's Do Some Assessment

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