



Career Services

UNDERSTANDING HOW TO USE CAREER SERVICES

HUSSON CAREER SERVICES

Here at Husson University we believe career exploration is an essential component to any student's education, whether or not you happen to be starting as a freshman or graduating as a senior. The art of career decision making is an extensive process that requires personal reflection and assessment that Career Services can help you achieve.

HOW CAN A CAREER COUNSELOR HELP ME?

A career counselor can assist you with:

- Administering and interpreting personality and career interest assessments
- Researching career interests and employment opportunities
- Developing and improving résumés and cover letters
- Locating internships and related part-time jobs
- Interviewing strategies and mastering professional etiquette skills
- Networking and making connections with working professionals
- Graduate school advising

CAREER COUNSELORS DON'T:

- Place you in internships and jobs. We can help with the process, but it is ultimately up to you to secure these positions.
- Write your résumé and cover letters for you
- Make career decisions for you
- Advise you on mental health issues. If you are in need of mental health services, please contact Husson Counseling Services



HUSSON
UNIVERSITY

Office of Career Services

201 Peabody Hall | Monday - Friday 8:30 am - 4:30 pm |
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CAREER ASSESSMENTS

Career assessments are best used in collaboration with our career advisors. They can interpret your results and work with you to help with through your career development. If you would like a paper version, we will do our best to accommodate.

Focus 2

- Our office subscribes to this easy-to-use comprehensive online career assessment tool. This will help you explore majors and careers based on your personality, interests, skills, and values. This is a great tool for anyone ranging from first year undergrads to alumni.
- To access, go to our Student page through Husson Eagle Connect. Alumni can reach out to our office to gain access.

My Next Move

- This is a career interest assessment through O*NET Online that is based on Holland's RIASEC code. Once you have your results, you can search through O*NET's extensive database for careers and majors that fit your code.
- www.mynextmove.org/explore/ip

16 Personalities

- This is a short free version of the Myers-Briggs Type Indicator. This assessment will help you gain insight to your personality type and give an overview of your strengths, weaknesses, and how you work best with others.
- www.16personalities.com

Challenge Cards and Other Assessments

- The Challenge Cards are a card sort that focuses on what challenges you would like to solve in the world. Our career advisors may recommend other types of career assessments in our office as well.

CAREER DEVELOPMENT IN STEPS

STEP 1 - KNOW YOURSELF

Use career assessments and think about your values, interests, skills, and goals.

STEP 2 - EXPLORE OPTIONS

Explore majors, research occupations, and meet with Career Services. Instead of asking yourself what job you want, ask yourself what challenge in the world do you want to solve?

STEP 3 - GET FOCUSED

Narrow down your options and begin to make decisions, set goals, and form an action plan.

STEP 4 - TAKE ACTION

Gain experience through internships and part-time work. Connect with employers in your field of interest and begin your full-time job search.

A LESSON IN PLANNED HAPPENSTANCE

Planned Happenstance occurs when an individual allows for chance events to unfold in their lives by being open-minded and willing to engage in new opportunities. Generate Happenstance within your career through a series of steps:

- Take advantage of unexpected communication such as phone calls and unanticipated meetings with professionals.
- Consider the chance events that have already occurred in your own life today. How did these events impact you positively? How would your life be different if they had not happened?
- Remember to keep your options open, the most fitting job may be located in the least expected places.
- Continue to build a solid network of professionals from your field of interest when the chance presents itself.

COMMON CAREER MYTHS

Myth 1: My major will determine the best career path for me.

Some college majors are job specific, however, other majors prepare students for a job within a certain field instead of one role. Your major may have little influence with your chosen career path or even be completely unrelated. Ultimately, you decide which direction to take.

Myth 2: My career will last my entire lifetime.

Statistically the average American student is believed to have a total of 9 to 11 jobs within their lifetime; rarely will one career actually last an entire lifetime. As life naturally changes, so might your career aspirations and preferences; keep your mind open to new ideas and opportunities.

Myth 3: Career assessments will show me my destined career path.

Assessments are not designed to be deciding factors on your career path. Instead their purpose is to give you a better understanding of your work interests and personality traits. The results are not an end-all be-all.

Myth 4: My dream job will eventually find me, I just need to be patient.

If you wait too long you might miss career opportunities. Finding the ultimate job will require dedication, research, good communication and exploring new opportunities when they arise. The perfect job may come along by accident or when least expected!

