# how 2 guide: Career Exploration Process

## INFORMATION ABOUT YOU

Skills
Interest
Personality
Values
Needs
Ambitions

## INFORMATION ABOUT CAREERS

Nature of the Work
Nature of the Industry
Educational Requirements
Employment Information
(Availability and location of jobs)
Compensation

Use MyPlan.com

## GENERATE AND EVALUATE OPTIONS

Will I like this job?
Can I do this job?
How well will this job meet my needs?

Use MyPlan.com

If you are having trouble generating options or making a decision, or just feel confused/overwhelmed by the process, meet with a counselor from **Counseling & Psychological Services.** Call 590-7950.

## DECISION MAKING

Narrow down your options and investigate further

Make a choice

Monitor and re-evaluate

If you have questions about the careers that interest you or would like help gathering more information about them, meet with an advisor from **Career Development Services.** Call 590-7946.