

EXPLORING MAJORS & CAREERS ACTIVITY

Use to compare and contrast occupations or majors using multiple factors.

Directions:

1. Complete steps 1-4 in the table below
2. Use O*NET and your Focus 2 results for your research.
3. Self-awareness is an on-going process; change your ratings if the rankings do not feel right.
4. If you have a tie in total ratings, make a choice between the two and rank the tie so you do not have two careers with the same ranking.
5. If you are not clear about your feelings, this is an indication that you may need more information either about yourself, about the option, or both. This activity below can help you identify your interests.

Step 1: Identify 4 careers/ majors you are interested in, and list them in this grid.

Step 2: Research and rank each of your 4 careers/ majors based on the criteria listed in the column to the left.

Step 3: Add your columns down.

Step 4: Rank in order of highest (1) to lowest (4) interest.

6. If you are clear about your feelings, this is an indication that you may be ready to begin developing career competencies associated with your choice(s) through part-time work, volunteering, joining clubs & organizations, etc. See here for more information.

Activity is on the next page.

Top Four Career/ Major Grid	List one of your top 4 career/ majors here.	List one of your top 4 career/ majors here.	List one of your top 4 career/ majors here.	List one of your top 4 career/ majors here.
Skills: Do you have or are you motivated to learn the skills required? Consider the skills you prefer using.				
Interests: Do you have a history of interest in this area or a related area (preference for working with people, things, ideas, data, etc.)?				
Realities: Factors outside of you which influence your decision: time to graduate, salary, family, advancement, labor market, etc. (Look at Outlook, earnings, and area of study.)				
Work Values: Prestige, variety, creativity, leadership, high achievement, physical activity, purposeful, independence, work w/ mind, etc.				
Add your columns.				
Rank 1-4 (1= highest, 4 = least)				