

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. See [here](#) for more information.
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.

Step 1. Identify 3-5 Careers/Majors you are interested in and list them in the row below.					
Careers or Majors →	1.	2.	3.	4.	5.
Step 2. Research each factor (Skills, Interests, Realities, Temperament, and Values) typically associated with the careers/majors listed in Step 1 using your Focus 2 results and O*NET Online. Then, rate each factor 1 – 5 (1 = “not a good fit” and 5 = “perfect fit”). Put ratings in the boxes below.					
Skills: <i>Do you have or are you motivated to learn the skills required? Consider the skills you prefer using.</i>					
Interests: <i>Do you have a history of interest in this area or a related area (preference for working with people, things, ideas, data, etc.)?</i>					
Realities: <i>Factors outside of you which influence your decision: time to graduate, salary, family, advancement, labor market, etc. (Look at Outlook, Earnings, & Areas of Study).</i>					
Temperament: <i>Personality traits: i.e. creative, practical, extrovert, logical, etc. (Look at Working Conditions).</i>					
Work Values: <i>Prestige, variety, creativity, leadership, high achievement, physical activity, purposeful, independence, work w/ mind, etc.</i>					
Step 3. Add your scores →					
Step 4. Rank your results → (highest: 1 st - lowest: 5 th)					