

Career Goal Score Card

Exploring Majors and Careers.

Many students starting college are unsure of what they want to do with their lives and this uncertainty can impact their ability to choose a major. When choosing a major, it's important to have an understanding of who you are and what you want from a career. Take the time to explore your options and to make a good decision for you, because the major you choose impacts the classes you will take and the careers you can pursue. To assist you in choosing a major, we recommend gathering information about your personal attributes by completing the following online exercises available on the FCC Career Center website.

My Interests:

Complete "The Career Interest Game" and fill in the section below with your exercise results.

1st interest choice _____

2nd interest choice _____

3rd interest choice _____

Based on my top interest choices, my top ten careers that match my Interests are (choose 3-4 from each interest letter)

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |

On-Campus resources available in the Career & Transfer Center that I may find helpful in researching my interests:

- Self-Directed Search (SDS) Assessment
 - Career Workshops (see back)
- Individual Career Advising Appointments
 - Career Classes – SD100 or SD115



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My Personality Type:

Your online navigation for Personality Type...
www.frederick.edu > Student Services > Career & Transfer Center > Career Center > Career Resource Links > Self-Assessment > "Jung Typology Test"

Complete the "Jung Typology Test" and fill in the section below with your four letter code test results.

Based on my four letter code, my top ten careers that match my Personality Type (choose from your list of possibility):

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

On-Campus resources available in the Career & Transfer Center that I may find helpful in researching my Personality Type:

- Myers-Briggs Type Indicator Assessment
- Career Workshops (see back)
- Individual Career Advising Appointments
- Career Classes – SD100 or SD115

My Skills:

Your online navigation for Skills...
www.frederick.edu > Student Services > Career & Transfer Center > Career Center > Career Resource Links > Self-Assessment > "Match your Skills to Careers"

Complete the "Match Your Skills to Careers" exercise and fill in the section below with your top ten skills.

List of my Top Ten skills that I prefer to use in the workplace:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

On-Campus resources available in the Career & Transfer Center that I may find helpful in researching my Skills:

- "Skills Checklist" worksheet
- Career Workshops (see back)
- Individual Career Advising Appointments
- Career Classes – SD100 or SD115

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My Values:

Your online navigation for Values...

www.frederick.edu > Student Services > Career & Transfer Center > Career Center > Career Resource Links > Self-Assessment > "Work-related Values Assessment"

Print and complete the "Work-related Values Assessment" exercise and fill in the section below with your top three values.

List of my Top Five values:

1. _____

2. _____

3. _____

4. _____

5. _____

On-Campus resources available in the Career & Transfer Center that I may find helpful in researching my Values:

- "Defining Your Values" worksheet
- Career Workshops (see back)
- Individual Career Advising Appointments
- Career Classes – SD100 or SD115

My Top Careers/Majors:

Based on the personal attribute information I have gathered, my Top Ten Careers/Majors that I want to explore are:

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

Your online navigation for information about careers/majors you want to further explore...

www.frederick.edu > Student Services > Career & Transfer Center > Career Center > Career Resource Links > Career Explorations

For Information about specific Majors

check out the following links:

"What can I do with a major in..?"

"What Can I Do with This Major?"

For Information about specific Careers

check out the following links:

O*Net

Occupational Outlook Handbook

On-Campus resources available in the Career & Transfer Center that I may find helpful in researching careers/majors:

- "Good Websites for Information on Majors" worksheet
- "Occupational Facts" worksheet
- Transfer workshops (check online for list of upcoming events)
- Individual Career and/or Transfer Advising Appointments
- Career Classes – SD100 or SD115

Where to find us:
Career and Transfer Center B/C Knuckle (KC100)
www.frederick.edu • 301.846.2594

A Sample of Career Workshops

Available that students find helpful in exploring majors and careers:

Career Professional Series –

Learn about careers from the professionals who work in them everyday.

"CSI" Training: Career Search Investigation Series-

Join us for a series of training sessions that will help you uncover information important to your personal "CSI" profile. Topics include Exploration, Investigation, and Decision Making.

Popcorn and a Video Series -

Join us for free popcorn and a video on a variety of career topics dealing with choosing a career to searching for a job.

Check the Online Career Center Calendar or stop by the Career and Transfer Center for a complete list of workshops available each semester.

Online Career Assistance:

For online career assistance, go to the FCC Home Page at www.frederick.edu. Then click on "Student Services" located on the top of the FCC Home Page screen. Then click on "Career & Transfer Center" and choose "Career Center".

Where to go for career information

Click on **Career Center Overview** to learn about the 5 steps in the Career Development Process.

Click on **Choose a Career** to complete a quick career check-up that will identify steps you should take in choosing a career.

Click on **Choose a Major** to view a video vignette highlighting steps involved in choosing a major.

Click on **Career Tutorials** to view online workshops on **Career Exploration** or **Job Search** topics.

Click on **Ask a Counselor** to ask a career-related question from a Career Counselor.

Click on **Career Resources Links** for links to **self assessments**, **career information** and **job search websites**.

View the **Career Calendar** for upcoming events; click on **View All...** to see a full listing.

Click on **Frequently Asked Questions** for more information on how to use the website.

Click on **Contact Us** if you want to ask a question related to the website.