

# Exploring Majors & Careers

## Careers Goal Score Card

*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 Career and Transfer Resources webpage.*

### My Interests:

Your online navigation for Interests...

[www.frederick.edu](http://www.frederick.edu) > Resources > Counseling & Advising > Career & Transfer Resources > Students & Alumni > Learn about yourself > Interest

Complete O\*NET® Interest Profile. Click through "next" on the result page, choose the top three interests with the highest score.

*Realistic, Investigative, Artistic, Social, Enterprising, Conventional*

1st \_\_\_\_\_

2nd \_\_\_\_\_

3rd \_\_\_\_\_

### Choose a Job Zone:

Based on my top interest choices, the following are career matches that I like:

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

*On-Campus resources available in the Counseling & Advising Office that I may find helpful in researching my interests:*

- Self-Directed Search (SDS) Assessment • Career Workshops (see back)
- Individual Career Advising Appointments • Career Classes – ACE110 or ACE111A

# Career Goal

## My Personality Type:

Your online navigation for Personality Type...

[www.frederick.edu](#) > [Resources](#) > [Counseling & Advising](#) > [Career & Transfer Resources](#) > [Students & Alumni](#) > [Learn about yourself](#) > [Personality](#)

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

\_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_  
\_\_\_\_\_ %    \_\_\_\_\_ %    \_\_\_\_\_ %    \_\_\_\_\_ %

Based on my four letter code, my top ten careers that match my Personality Type (Go back to FCC website & click "here" under personality for career matches.):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

*On-Campus resources available in the Counseling & Advising Office that I may find helpful in researching my Personality Type:*

- Myers-Briggs Type Indicator Assessment
- Career Workshops (see back)
- Individual Career Advising Appointments 301.846.2594
- Career Classes – ACE110 or ACE111A

## My Skills:

Your online navigation for Skills...

[www.frederick.edu](#) > [Resources](#) > [Counseling & Advising](#) > [Career & Transfer Resources](#) > [Students & Alumni](#) > [Learn about yourself](#) > [Skills](#)

Complete the "O\*NET" Skills Search" exercise and fill in the section below with your top occupations.

List of my Top Ten occupations matching your skills.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

*On-Campus resources available in the Counseling & Advising Office that I may find helpful in researching my Skills:*

- "Skills Checklist" worksheet
- Career Workshops (see back)
- Individual Career Advising Appointments 301.846.2594
- Career Classes – ACE110 or ACE111A

# Career Goal

## My Values:

Your online navigation for Values...

*www.frederick.edu > Resources > Counseling & Advising > Career & Transfer Resources > Students & Alumni > Learn about yourself > Values*

Click on start test box. Complete test and create free account.

List of my Top Five values:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

*On-Campus resources available in the Counseling & Advising Office that I may find helpful in researching my Values:*

- "Defining Your Values" worksheet
- Career Workshops (see back)
- Individual Career Advising Appointments 301.846.2594
- Career Classes – ACE110 or ACE111A

## 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. \_\_\_\_\_

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

*www.frederick.edu > Resources > Counseling & Advising > Career & Transfer > Students & Alumni > Explore Careers or Explore Majors*

For Information about specific Careers check out the following links:

O\*Net

Occupational Outlook Handbook

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?"

**Where to find us:**  
**Career and Transfer Resources • J201**  
**www.frederick.edu. 301.846.2471**

## **A Sample of Career Workshops**

**Available that students find helpful in exploring majors and careers:**

### *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.

Stop by the Counseling & Advising office in J 201 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](http://www.frederick.edu). Then click on "Resources" located on the top of the FCC Home Page screen.

Click on "Counseling & Advising", then on "Career & Transfer Resources".

### **Under Career Services:**

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

Click on **Students & Alumni** to "Learn About Myself," "Explore Careers," and "Explore Majors."

## **Career and Transfer Resource Center Mission Statement**

The **Career and Transfer Resource Center** at Frederick Community College provides comprehensive services to assist students in achieving their career and transfer goals through individual career and transfer counseling, online resources, campus programming, and credit courses. The center provides opportunities for students to make connections with business and educational partners leading to a successful transition beyond FCC. In addition to students, we serve a multitude of constituents including alumni, faculty, staff, business and educational partners.



**7932 Opossumtown Pike • Frederick, Maryland 21702 • [www.frederick.edu](http://www.frederick.edu)**

Frederick Community College prohibits discrimination against any person on the basis of age, ancestry, citizenship status, color, creed, ethnicity, gender identity and expression, genetic information, marital status, mental or physical disability, national origin, race, religious affiliation, sex, sexual orientation, or veteran status in its activities, admissions, educational programs, and employment.

Frederick Community College makes every effort to accommodate individuals with disabilities for College-sponsored events and programs. If you have accommodation needs, please call 301-846-2408. To request a sign language interpreter, please call 240-629-7819 or 301-846-2408 (Voice) or email [Interpreting@frederick.edu](mailto:Interpreting@frederick.edu). Sign language interpreters will not be automatically provided for College-sponsored events without a request for services. To guarantee accommodations, requests must be made at least five workdays in advance of a scheduled event.