

Choosing a Major & Exploring Careers: Resources to Get Started



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***Major and Career Exploration is a process. To get started, consider these three factors:
Your Educational Goals, Interests, and Values.***

Your Educational Goals

How much total time are you interested in investing in your education?

- Training or Certificate (up to 1 year)
- Associate's Degree (2 years)
- Bachelor's Degree (4 years)
- Master's Degree or beyond (6+ years)

What would you like to study? Why?

- Are you passionate about a particular subject?
- Did someone make a suggestion? "You would make a great ___!"
- Are you following in someone's footsteps?
- Are you aligning your college major/program with a specific career?

Educational Options at Onondaga Community College

Degree Type	Length of Program	Goal	Transfer?	Workforce?
Certificate	1-year program	Build specific industry skills	May be able to stack additional courses to earn an Associate's Degree	Yes
A.A.S. Associate of Applied Science	2-year degree	Workforce	Yes, but may be missing required General Education courses	Yes

The 8 Schools at Onondaga Community College

<http://www.sunyocc.edu/8-schools-onondaga-community-college>

School of Art, Design, Music & Media	School of Business	School of Computing & Applied Technologies	School of Education
School of Health	School of Liberal Arts	School of Math, Science, and Engineering	School of Public Safety and Community Service

The 8 Schools at Onondaga Community College

OCC's degrees and certificates are organized into eight different Schools.

- Each of the Schools has a unique academic focus and is part of the Onondaga Community College family.
- They act as a home for students with similar interests and goals.

Suggested Resources

Individual OCC School Pages – *See links above*

- Each OCC School has a comprehensive webpage that outlines all the certificate and degree programs, as well as full program details, and course descriptions.
- Be sure to click on each of the course names and review the course descriptions and gauge your interest.

What Can I Do With This Major

Use this resource to research common career paths associated with nearly 100 college majors, typical employers that hire in each field, and strategies designed to maximize career opportunities.

Get started with What Can I Do With This Major

1. Go to sunyocc.edu/career-services
2. Click the *Explore Jobs Based on Major* red button
3. From the home page, click View All Majors or use the search box to enter a field of study/major you are interested in

Use the Major/Program of Study Exploration Chart on pages 5 & 6 during your college major/program of study research to document key program details and your preferences/opinions.

Your Interests

- What are you interested in?
- Would you like to incorporate your interests/passions into your future career?

Suggested Resources

Career Coach

Take the Career Assessment in Career Coach and learn about yourself and your interests. Based on your answers, Career Coach will give you personalized Career Matches, which you research and learn more about.

Get started with Career Coach:

1. Go to sunyocc.emsicc.com
2. Click on *Sign Up* in the top right corner, create an account
3. Take the assessment
4. Receive your Interest/Holland Code Results – your dominant personality traits that impact your interest and fulfillment with a career
5. Research your career matches based on your Holland Code results
6. Review details about your Career Matches including:
 - Daily tasks
 - Education required
 - Skills employers want
 - Local salary
 - Employment projections
 - Companies who hire
 - Live job postings
 - Associated OCC major

MyNextMove

MyNextMove is a user-friendly, interactive tool that allows you to research more than 900 different careers.

Get Started with MyNextMove:

1. Go to mynextmove.org
2. Search for careers by Keyword, Industry, Job Outlook, Interests (Holland Codes), or Job Prep (amount of education required)
3. Review details about each career including:
 - On the job tasks and responsibilities
 - Knowledge required
 - Skills required
 - Abilities needed
 - Personality traits of successful workers
 - Technology used on the job
 - Education required
 - Job outlook
 - National/local salary information
 - Live job postings

Use the Career Exploration Chart on page 7 during your career/occupation research to document details and your preferences/opinions.

Your Work Values

- . What are your work related values?
- . Work related values are overall aspects of work that are important to your personal satisfaction.
- . Your top work value(s) should be “deal breakers” to whether or not you would want to pursue a particular career or job.

Work Values

- Achievement** | Careers which are results oriented and allow employees to use their strongest abilities, giving them a feeling of accomplishment.
- Independence** | Careers that allow employees to work on their own and make decisions.
- Recognition** | Careers that offer advancement, potential for leadership, and are often considered prestigious.
- Relationships** | Careers that allow employees to provide service to others and work with co-workers in a friendly non-competitive environment.
- Support** | Careers that offer supportive management that stands behind employees.
- Working Conditions** | Careers that offer job security and good working conditions.

Suggested Resource

O*NET Online

O*NET online helps you discover careers that fit with your interests, skills, and experience and helps you understand what it takes to be successful.

Get started with O*NET Online:

1. Go to onetonline.org/
2. Choose *Advanced Search* from top menu
3. Click on *Work Values* from the drop-down menu
4. Click the specific Work Value that is most important to you
5. View the list of occupations that correspond to that Work Value
6. Click each career title to view the details including:
 - . On the job tasks responsibilities
 - . Technology skills
 - . Tools used
 - . Knowledge
 - . Skills
 - . Abilities
 - . Work activities
 - . Detailed work activities
 - . Work context
 - . Job Zone - amount of preparation required
 - . Education
 - . Credentials
 - . Interests
 - . Work styles
 - . Work values
 - . Related occupations
 - . Wages & employment
 - . Active job openings

Use the Career Exploration Chart on pages 7 during your career/occupation research to document details and your preferences/opinions.

Major/Program of Study Exploration Chart

Follow these steps to learn about OCC's programs of study:

1. Go to catalog.sunyocc.edu
2. Select "Programs of Study"
3. Fill in the chart below with information about each program you are interested in. Use more than one sheet if necessary.

Program Name	Certificate or Degree?	Minimum grade <u>or</u> GPA requirement	<i>Read</i> the summary, program learning outcomes (PLO), & course descriptions. Interested? Bored? What is your gut reaction?		List the pros (positive) and cons (negative) for each program	Program ranking 1 = Most interested 3 = Neutral 5 = Least interested <i>Can any programs be eliminated?</i>
	Type of Degree?	Application Required?	<i>Reaction to Program Learning Outcomes (PLO)</i>	<i>Reaction to Course Descriptions</i>		
	Certificate or Degree (circle one)	<input type="checkbox"/> Minimum grade: ___ <input type="checkbox"/> Minimum GPA: ___ <input type="checkbox"/> No grade/GPA req.			Pros:	
	Type of Degree? (circle one) Transfer: AA, AS Into Workforce: AAS	Application required? (circle one) Yes No			Cons:	
	Certificate or Degree (circle one)	<input type="checkbox"/> Minimum grade: <input type="checkbox"/> Minimum GPA: <input type="checkbox"/> No grade/GPA req.			Pros:	
	Type of Degree? (circle one) Transfer: AA, AS Into Workforce: AAS	Application required? (circle one) Yes No			Cons:	

Major/Program of Study | Additional Exploration & Research

1.	Research Majors	http://whatcanidowiththismajor.com/
2.	<p>Meet with <i>faculty</i> in program(s) you are exploring. <i>Unsure who to meet with? Career Services can help!</i></p>	<p>Faculty Member Name:</p> <hr/> <p>Phone Number:</p> <hr/> <p>Email:</p> <hr/>
	<p>Sample Questions to Ask:</p> <ul style="list-style-type: none"> ○ What are the benefits to this academic program? 	<p>Meeting Notes:</p>
3.	<p>Speak with <i>students</i> in the program(s) of study you are exploring. <i>Unsure who to meet with? Career Services can help!</i></p>	<p>Student Name:</p> <hr/> <p>Phone Number:</p> <hr/> <p>Email:</p> <hr/>
	<p>Sample Questions to Ask:</p> <ul style="list-style-type: none"> ○ What made you choose this program of study? ○ What do you like best / least about this program? ○ What are your plans after OCC? 	<p>Meeting Notes:</p>
4.	<p>Meet with an <i>advisor</i> from your School to fully understand the curriculum, course requirements, etc.</p>	<p>Advisor Name:</p> <hr/> <p>Phone Number:</p> <hr/> <p>Email:</p> <hr/>
	<p>Sample Questions to Ask</p> <ul style="list-style-type: none"> ○ If I change my major, how will it impact: <ul style="list-style-type: none"> • the # of credits I need to graduate? • my financial aid? • my GPA? • opportunities for transferring? ○ Is there anything else I should consider? 	<p>Meeting Notes:</p>

Career Exploration Chart

My top 3 Career Coach (Interest/Holland) Codes are: Realistic Investigative Artistic Social Enterprising Conventional

- . Using Career Coach, MyNextMove, or O*NET, research your top Career Matches or the Occupations/Career Fields you are interested in.
Use additional sheets if necessary
- . After completing the chart are there any that you want to explore further?
- . Are there any that you can rule out? Rank them in order of interest to you.

Career Field or Occupation of Interest	Education or Training Required	List the pros (positive) and cons (negative) for each Career Field or Occupation	Notes or Ranking
		Pros:	
		Cons:	
		Pros:	
		Cons:	
		Pros:	
		Cons:	

