

Questions to help with Career and Major Exploration

Self-Exploration:

- What academic subjects do you enjoy? Are there subjects where you receive the best grades?
- Are your strengths in the math/science areas or in the social sciences? Both?
- What extra-curricular activities do you enjoy? What do you learn about yourself from participating in the activities?
- What personal qualities do you see as your strengths? Limitations?
- In what kind of work environment do you picture yourself?
- If you have spare time, what do you do?
- Why are you in college?
- What does a college degree mean to you?

Academic Major/Occupational Information:

- What academic areas are you considering? What do you like about these areas?
- What do you want to learn more about?
- What occupations are you considering? What attracts you to these occupations?
- How do your abilities and skills fit the tasks needed to succeed in those areas?
- Will those occupations provide the rewards and satisfactions you want? Why?
- What are the differences between the majors/occupations you are considering? The similarities?
- Who has influenced your ideas about these alternatives?

Decision Making:

- Do you ever have trouble making decisions? How do you generally go about making a decision? Describe the process.
- What specific strategies do you use?
- Do you make decisions by yourself or do you need other people's opinions first?
- Are you feeling anxious about deciding about a major? Pressured?
- Have you set a deadline for making your choice of a major?

Choosing a Major – Web Resources

- **SUNY Cortland College Catalog**

The best source of information on all available majors

<http://catalog.cortland.edu/content.php?catoid=17&navoid=1193>

- **SUNY Cortland Career Services:** <http://www.cortland.edu/career> (HINT: Click on “Career Exploration”)

There are several resources available online and in the office. Career Services is located in Van Hoesen Hall, Room B -5.

- **The Career Interest Game:** <http://career.missouri.edu> (HINT: Click the Student/Alumni Tab/ then click Majors/Careers tab/ then click Online Assessments and Resources tab/under Interactive Assessment, click Play for Career Interest Game.)

The Career Interest Game is an interactive, online tool that matches your interest with different careers. The staff in the Career Center at the University of Missouri adapted the work of Dr. John L. Holland to create this tool for students. (HINT: Once the learn more link appears, click it for additional information about career possibilities.)

- **The Occupational Outlook Handbook:** <http://www.bls.gov/oco/>

For hundreds of different types of jobs—such as teacher, lawyer, and nurse—the Occupational Outlook Handbook tells you the training and education needed, earnings, expected job prospects, what workers do on the job, and working conditions. In addition, the Handbook gives you job search tips, links to information about the job market in each State, and more. You can also view frequently asked questions about the Handbook. Written by the Bureau of Labor Statistics, this is a must-have resource.

- **O*NET:** <http://online.onetonline.org/>

The “Occupational NETwork” is a nationally recognized source of career information (what workers do on the job, working conditions, the training and education needed, earnings, and expected job prospects) for an almost unlimited range of occupations.

- **Career Development:** <http://www.jobweb.com>

JobWeb® is a web site of career development and job-search information for college students and new college graduates. The site is owned and sponsored by the National Association of Colleges and Employers (NACE).

- **Career InfoNet:** <http://www.acinet.org/acinet/> (HINT: click on Explore Careers, the first tab)

America’s “Career Information Net” is one of the most comprehensive sites for career advancement. Many topics are covered in this site. (HINT: look for self assessments)

- **Career Zone:** <http://www.nycareerzone.org>

Career Zone is a tool designed to provide occupational information specific to New York State - especially useful for individuals who are planning to settle in New York State.