Career Planning
For Students
Adapted with permission from Focus2Careers, 2019

UMassAmherst
Career Development & Professional Connections
Piecing the Puzzle Together

Career Development is a lifelong process of:
- Self Knowledge
- Discovery
- Exploration
- Decision Making
- Action
- Adaptation

The pieces include exploration and planning of educational and career goals that are compatible with your unique interests, values, talents & personality.
Understanding **yourself** is the first step in career & educational planning

**Step 1:** Identify your interests, values, skills, lifestyle preferences and grow your personality & intellect

**Step 2:** Explore occupations & major areas of study compatible with your personal attributes.
Reality: 60% of Entering First Year Students...

“I Have To Declare A Major!”
Early Career Planning Helps You:

- Learn what majors are offered at UMass
- Select a major based on your interests & values
- Discover what you can do with a major
- What occupations best suit you
- Map out career plans, present & future
- Make informed decisions
- Work efficiently with academic advisors
- Sound knowledgeable with faculty
- Give you time to reassess as you need
Step 1: UMass Resources for Self Discovery

- Focus2 Assessment
- What Can I Do with This Major?
- MBTI or StrengthsFinder Workshops
- Participate in activities, RSO’s
- Get a part-time or summer job
- Attend virtual or in person career events
- Resources are on: www.umass.edu.careers
  (in the planning and exploration tab)
Understand the World of Work

- New occupations are emerging, others are disappearing
- Existing jobs are demanding higher levels of skills
Step 2: Resources for Opportunities

- Majors Fair hosted by Student Success
- College-based Career Centers’ assistance
- Make appointments via Handshake or Navigate
- Some centers offer walk-in services
- Handshake lists jobs, internships & career events
- In person & virtual career fairs & employer events
- Internships & Field experiences
- Online Resources: Videos, Big Interview
- UMass Alumni Network, Shadowing Programs
Start where you are at....

“I am completely unsure about my major and career and need to begin the career planning process.”

“I have some ideas about my major and career but I need to learn more about the tools and resources.”

“I am ready to make informed decisions about my education and career.”
Think Big Picture

Consider the big picture … “your life plan”.
Your career decisions will impact your lifestyle.

<table>
<thead>
<tr>
<th>Where you live</th>
<th>Your income</th>
<th>Time at home/Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your work hours</td>
<td>Your travels</td>
<td>Job security</td>
</tr>
<tr>
<td>Your work associates</td>
<td>Your choice of friends</td>
<td>Your leisure time</td>
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</tbody>
</table>
Reminders........

- There is no one perfect job/career/major for you.
- Your first job does not determine your whole career.
- Most career paths are zig zag not a straight line.
- Liberal arts & humanities are marketable coupled with internships.
- Your decisions should not be based solely on the current job market or money.
- Remember your work values & quality of life.
As you explore your career pathway ....
Talk with friends, family, advisors & faculty

<table>
<thead>
<tr>
<th>Be Proactive</th>
<th>Fine Tune</th>
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<tbody>
<tr>
<td>Career Planning is ongoing</td>
<td>Be open to developing new skills.</td>
</tr>
<tr>
<td>throughout all your life.</td>
<td>Be prepared to make changes as needed.</td>
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</tbody>
</table>

With a plan, you can better manage your path and take advantage of changes in the economy and job market

😊 www.umass.edu/careers