

Career Exploration - MYTHS

1. *"I am the only one on campus who is undecided on a career".*
It is normal for undergraduates to be undecided, and many students are.
2. *Choosing a major means choosing a career.*
While it is okay to base your career on your major, it is perfectly ok not to. Most employers look for qualities that may not be directly related to your major, skills such as good communication, quantitative, analytical thinking, teamwork, initiative. Employers are very interested in what you have done outside the classroom, such as internships, student activities, and leadership positions. Even students in technical fields such as engineering and computer science pursue non-related careers.
3. *Career assessments will tell me: the best careers for me/careers in which I will succeed/what my skills are.*
No career assessment can tell you what you the careers for which you are best suited. What they can do is give you more knowledge about how the interests and values that you already have are related to different types of careers, and where people with similar likes and dislikes tend to be working. It is up you to explore careers further and decide if they are a good match for you.
4. *There is one perfect occupation for me.*
There are many careers that can make you happy. Most people have multi-potentiality, and will be happy and capable of many careers.
5. *I need to choose one career for the rest of my life.*
According to statistics, most people will change jobs an average of 5-7 times throughout their lives, and change careers 3-5 times. Career development is a lifelong process, of learning more about yourself and the world of work.

Choosing a major is a common difficulty for college students. Some students may lack information on certain majors, while others are interested in many majors and are unable to pick among the many appealing options. Whatever the reason, it is important that you pick a major that is a good "fit" for you. Having this kind of "fit" will help you have more success and happiness in college, your career and beyond.

Below is a three-stage model for career development that should help you with your career decisions. If you are still struggling with choosing a major or a career focus, feel free to contact the Advising Center at 814.362.7645 to arrange a meeting for more in-depth career exploration activities.

- EXPLORE: Look for alternatives. What's out there? What majors might you explore? What careers might you enjoy?

- CLARIFY: Get detailed information about interesting options. Find the costs and benefits for each option. Try things on "for size" before committing.

- COMMIT: Take steps to make your dream become a reality. Taking steps now can help you shape your future.