Understanding Myself and My Options

When selecting a major it is important to gain a better understanding of yourself and your options. To help you gain a better understanding of your skills, interests and values, complete the following activities:

- Values: your guiding principles that reflect what is most important to you in life.
- Interests: topics you enjoy reading about and activities you like to participate in.

Review the questions below; write your answers in the space provided

- Skills: Activities you do well, either learned (e.g. playing basketball) or innate (e.g. coordination) • I often find myself drawn to books, magazines, or TV shows on topics such as... During my free time, I like to... Would I rather have more free time and less money, or more money and less free time? What subjects/classes do I enjoy most? When I was young, the career I was most interested in was... What type of assignments interest me? What do people close to me say I do well? What is difficult for others but easy for me? What student organization would I like to learn more about? What did I like most and least about the jobs/volunteer experiences I have held?
 - If I didn't have to worry about money, the job I would really love is...

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Values, Interests and Skills

In the column below rank your *values* from 1(most important) to 15 (least important). Repeat the ranking process for *Interests* and *skills*.

Values	Interests	Skills			
Creativity	Community Service	Analytical/Problem solving			
Earning Potential	Creative/Performing Arts	Athletic			
Further Education	Fashion	Communication			
Independence	Interpersonal Relationships	Counseling			
Job Location	Literature/Reading	Creativity/Artistic			
Leadership	Money/Investing/Finance	Design			
Faith/Spirituality	Music	Instructional/Mentoring			
Level of Prestige	Nature/Environment	Interpersonal			
Personal/Professional Balance	Organizing	Leadership			
Service to Others	Politics	Managerial			
Security	Planning	Mechanical			
Vacation/benefits	Science	Research			
Variety of Tasts	Sports	Technology			
Work environment	Teaching	Visionary			
Work scheduled	Salesmanship	Organizational			
Other:	Other:	Other:			
Values: Can you compromise any of the values you ranked? List any below.					
Iow would you feel if your values did not match with a particular major or career you were onsidering?					

Skills: Are there any skills not listed that you would like to learn? If yes, list the skills below.

Transferable Skills & a Liberal Arts Education

Communication Skills

Most liberal arts degrees offer a broad educational base and do not track you for specific careers. You will graduate with skills and abilities that make it possible to succeed in many fields. These skills are referred to as *transferable skills*. Transferable skills are experiences or abilities that you can use in many different work settings. These skills can be developed on the job, through internships, coursework, leadership positions, athletics, etc. Developing a list of skills you have and most enjoy can help you focus on major and career interests. Below is a brief list of skills that you may have. Circle the skills you already have and note any that you would like to develop.

Research Skills

Informing

Explaining

enthusiasm

Encouraging

Communicating

Communication Skins	Management Skins	Research Skills
Writing	Planning	Analyzing ideas
Editing	Organizing	Analyzing things
Speaking	Leading	Researching
Influencing	Supervising	Investigating
Persuading	Motivating	Reading for information
Reasoning	Recruiting	Gathering data
Presenting	Initiating projects	Critical thinking
Teaching	Coordinating	Observing
Directing	Giving directions	Examining
Questioning	Delegating	Inspecting
Motivating	Applying policy	Diagnosing
Motivating	Strategizing	Calculating
Helping Skill	Financial Skills	Creative Skills
Helping Skill Sensitive	Financial Skills Calculating	Creative Skills Innovating
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Sensitive	Calculating	Innovating
Sensitive Empathize	Calculating Computing	Innovating Creating
Sensitive Empathize Counsel	Calculating Computing Budgeting	Innovating Creating Imagining
Sensitive Empathize Counsel Advocate	Calculating Computing Budgeting Bookkeeping	Innovating Creating Imagining Designing
Sensitive Empathize Counsel Advocate Listing	Calculating Computing Budgeting Bookkeeping Accounting	Innovating Creating Imagining Designing Conceptualizing
Sensitive Empathize Counsel Advocate Listing Understanding	Calculating Computing Budgeting Bookkeeping Accounting Record keeping	Innovating Creating Imagining Designing Conceptualizing Visualizing
Sensitive Empathize Counsel Advocate Listing Understanding Team work	Calculating Computing Budgeting Bookkeeping Accounting Record keeping Detail	Innovating Creating Imagining Designing Conceptualizing Visualizing Painting
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Sensitive Empathize Counsel Advocate Listing Understanding Team work Mentoring Coaching	Calculating Computing Budgeting Bookkeeping Accounting Record keeping Detail Accuracy Speed	Innovating Creating Imagining Designing Conceptualizing Visualizing Painting Humor

Recording

Organizing

Inspecting

Compiling

Retaining

Management Skills

List any skills you would like to develop:

Constructing

Operate equipment

Physical Coordination

Repairing Restoring

Activity Identification

Below is a list of activities followed by a letter in parenthesis (RIASEC). These letters correspond to the personality traits associated with John Holland's Career Interest Theory. This theory categorizes people and careers by six personality types – Realistic, Investigative, Artistic, Social, Enterprising and Conventional. By finding the category you most closely relate to, you may find connections to potential careers to pursue. Most people relate to more than 1 category and many categories have careers or disciplines that overlap with others. Use this as a starting point to begin your major and career exploration process. You should not view this is a decision making tool.

Circle the activities you enjoy.

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40 Crafts (A) 80 Working outdoors (R)		Hands-on activities (R)		Taking orders (C)
	40	Crafts (A)	80	Working outdoors (R)

Total the number of times each letter was cir	number of times each letter was circled on the previous page.		
R I A S E C			
Enter the letters that are circled the most:			
1.			
2.			
3.			
J.			
This top 3 letters list a preference you may have list of majors that are categorized by the R-I-A-Putting Together	e for types of careers or majors. Look at page 7 to see a S-E-C Holland Codes.		
Look back the your skills, interests and values,	fill in the summary sheet below		
My Top 5 Skills Are:	My Top 5 Values Are:		
1.	1.		
2.	2.		
3.	3.		
4.	4.		
5.	5.		
My top 3 Activities (Interests Codes):	My top 3 majors (see page 7):		
1.	1.		
2.	2.		
3	3		

Credits

- Choosing a major or occupation (2009). Retrieved February 3, 2011 www.career.fsu.edu/img/pdf/guides
- Career Services Center: St. Cloud University (2010). Retrieved February 3, 2011. www.stcloud.edu/careerservices
- http://www.career.cornell.edu/exploration/goals/default.html
- http://www.quintcareers.com/choosing_major.html

ACADEMIC MAJORS & THE HOLLAND GAME

REALISTIC(R)	INVESTIGATIVE(I)	ARTISTIC(A)	SOCIAL(S)	ENTERPRISING(E)	CONVENTIONAL(C)
Athletic Training	Aquatic & Coastal	Broadcasting	Justice Studies	Business	Business Administration
Aquatic & Coastal	Sciences	Classics	Nutrition: Dietetics	Administration	- Accounting
Sciences	Anthropology	Communication	Education	- Accounting	- Finance
Biology	Biochemistry	Studies	- Elementary	- Economics	Computer Science
Business Admin -	Biology	Modern Languages	Education	- Finance	Economics
Accounting	Chemistry	English: Creative	-Early Childhood	- Hospitality	Justice Studies
Chemistry	Computer Science	Writing	F41	Management	- Justice Systems
Computer Science	Justice Studies	English	- <u>Eff</u> ealth	- International	- Paralegal Studies
Economics	- Justice Systems	Fashion Studies	-Biological Sciences	Business	Nutrition
Geography:	- Paralegal Studies	Fine Arts:	-Physical Education	 Leisure Industries 	 Food Management
Environmental	Jurisprudence	- Art Education	-Physical Science	& Tourism	Mathematics
Studies	Economics	- Art History	Education	- Hospitality	- Math Education
Geosciences	General Humanities	- Studio (BA/BFA)	-Secondary	Management	- Mathematics of
Industrial Design	Geography	 Industrial Design 	Education	- Management	Finance
Information	History	- Graphic Design	-Social Science	- Management	Physics
Technology	Linguistics	- Animation &	Education	Information	- Education
Justice Studies	Nutrition	Illustration	Family, Children and	Systems	- Astronomy
Mathematics	Mathematics	- Filmmaking	School Settings	- Marketing	
Molecular Biology	Molecular Biology	General Humanities	Modern Language	- Operations	
Psychology	Physics	Linguistics	_ Arabic, French,	Merchandising	
Physical Education	Physics: Astronomy	Music	Latin, Italian, Spanish	- Retail	
 Adult Fitness 	Concentration	-Music Jazz Studies	Philosophy	Merchandising	
Science Informatics	Political Science	-Music Education	Public Health	and Management	
	Psychology	-Musical Theater	Religious Studies	Communication	
	Science Informatics	-Music Performance	Urban Studies	Studies	
	Sociology	-Music Theory	Women & Gender	-Public Relations	
	Women and Gender	Composition	Studies	- Speech	
	Studies	-Music Therapy		Communication	
		Theater Studies		Fashion Studies	
		-BFA Acting		History	
		-BFA Dance		Jurisprudence	
		-BA Dance Education		Theater Studies	
		-BFA Musical Theater		Political Science	
		-BFA Production			
		Design			
		Philosophy			