



CHANDLER-GILBERT  
COMMUNITY COLLEGE

# CAREER EXPLORATION GUIDE



# All About Me

GET  
STARTED!

YOUR  
PERSONALITY **1**

YOUR  
INTERESTS **2**

## Please complete the following assessments.

There are no right or wrong answers,  
only what is right for you as an individual.  
For easier access to the links go to [www.cgc.edu/careers](http://www.cgc.edu/careers) and click on:  
What do I want to be.

### Look at your personality

<http://humanmetrics.com/cgi-win/JTypes1.htm>  
Complete the assessment on the Humanmetrics site.

My personality type is:

- |  |   |
|--|---|
| <input type="checkbox"/> ISTJ Duty Filler    | <input type="checkbox"/> ENTJ The Executives  |
| <input type="checkbox"/> ESTJ The Guardians  | <input type="checkbox"/> INTJ The Scientist   |
| <input type="checkbox"/> ISFJ The Nurturers  | <input type="checkbox"/> ENTP The Visionaries |
| <input type="checkbox"/> ESFJ The Caregivers | <input type="checkbox"/> INTP The Thinkers    |
| <input type="checkbox"/> ISTP The Mechanics  | <input type="checkbox"/> ENFJ The Givers      |
| <input type="checkbox"/> ESTP The Doers      | <input type="checkbox"/> INFJ The Protectors  |
| <input type="checkbox"/> ESFP The Performers | <input type="checkbox"/> ENFP The Inspirers   |
| <input type="checkbox"/> ISFP The Artists    | <input type="checkbox"/> INFP The Idealists   |

Once you know your four letter code go to:

Personality Page <http://www.personalitypage.com/careers.html>

Print out the information regarding your four letter code from this site.

### Look at your interests

Complete the exercise regarding your interests on this site:  
<http://career.missouri.edu/students/explore/thecareerinterestsgame.php>

My interest type is:

- |                                    |  |                                       |
|------------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Realistic | <input type="checkbox"/> Investigative | <input type="checkbox"/> Artistic     |
| <input type="checkbox"/> Social    | <input type="checkbox"/> Enterprising  | <input type="checkbox"/> Conventional |

# All About Me

## YOUR VALUES **3**

### Look at your values.

Knowing what you value regarding work is important.  
Rank in order the following values from 1-15  
with number one being the most important to you.

#### Example:

- I could perform my work with little supervision.
- I could be in charge.
- I could work a flexible schedule.
- I could do a lot of different things.
- I could make use of my strengths.
- I could provide for my family.
- I could make lots of money.
- I could get lots of recognition.
- I would be proud of my job title.
- I could be busy all the time.
- I would have few safety risks.
- I would be able to help others.
- I could be creative.
- I could work with people.
- I could work (circle one) indoors/outdoors/both.

**Feel free to add other values which are important to you:**

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# All About Me

## YOUR SKILLS 4

### Look at your skills

Print out the Transferable Skills Check list on the following site:<http://www.wisconsinjobcenter.org/publications/8961/>  
Follow the directions to determine skills you want to use in your next job.

The top four skills I would like to use in my next job/career are:

\_\_\_\_\_

## YOUR DECISIONS 5

### Make your decision

Have you thought about some career choices?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Now it is time to meet with a career advisor!

Together, all factors can be reviewed to determine your best career options.

# The Next Step

## Explore your career choices.

Taking the time to better understand yourself has led to some beginning career choices.

Now is the time to explore those career choices more fully.

*Progress always involves risk; you cannot steal second base and keep your foot on first.*

*-Frederick Wilcox*

*Small steps are needed to ensure this is the right career choice for you.*

I can do alone.	I need help.	<u>Activities</u>
_____	_____	Obtain information on my choice(s) through the U.S. Department of Labor <a href="http://www.bls.gov/oco/">www.bls.gov/oco/</a>
_____	_____	Research the industry: <a href="http://www.vault.com/hubs/industrylist">www.vault.com/hubs/industrylist</a>
_____	_____	Watch videos on selected profession(s) at: <a href="http://www.acinet.org/videos">www.acinet.org/videos</a>
_____	_____	Watch a movie which shows someone in that profession.
_____	_____	Read a professional magazine related to career field.
_____	_____	View a web site of a professional association related to career field.
_____	_____	Speak with an instructor for that major: _____
_____	_____	Look at actual job postings for people in that profession.
_____	_____	Talk with someone you know in that profession.
_____	_____	Find someone in that profession to interview. Conduct an informational interview. (See Career Center website for more information.)
_____	_____	Find companies which hire in that profession and research them.
_____	_____	Explore part time, or entry level positions/internships related to that profession.
_____	_____	Look for scholarships for students entering that major.
_____	_____	Declare major with Advisement.
_____	_____	Determine transfer requirements and deadlines if profession requires a bachelor's degree.