CAREER EXPLORATION ASSIGNMENT

Using provided online resources, student identifies 10 career paths which could potentially exist for his/her selected field of study. Student is expected to submit a list of the 10 identified career paths as well as a two-page essay comparing and contrasting two of the paths in relation to the student's interests, skills, and values (citing resources used).

NOTE: For an optional assignment add-on, have student complete the Occupational Research Worksheet which, once completed and uploaded to the student’s Handshake profile, fulfills a Sophomore-year requirement in the Career Development Model.

Assignment learning goals:
1. Student will demonstrate a broader understanding of potential career paths emerging from his/her selected field of study.
2. Student will analyze and describe the degree of alignment of two career paths to his/her own skills, interests, and values.
3. Student will build skills in navigating at least three online career resources and document their use.

Resources for student use:
• What Can I Do With This Major?
  Accessed from the Career & Co-op Center website: https://umasslowell.uconnectlabs.com/

• FOCUS ® 2 CAREER
  Accessed from the Career & Co-op Center website: https://umasslowell.uconnectlabs.com/

O*Net - Accessed from the Career & Co-op Center website: https://umasslowell.uconnectlabs.com/

• Handshake (Using Job Search function; search for jobs by selected major)
  Accessed from the Career & Co-op Center website: https://umasslowell.uconnectlabs.com/

• Massachusetts Career Information System (MassCIS)
  https://masscis.intocareers.org

Essay prompts:
1. Of all the career paths you’ve discovered, which two paths are you most interested in learning more about at this time?
2. What are the major similarities and differences in these two career paths?
3. Of the two career paths you’ve researched in more depth, which one appears to be a better match for your interests? Explain.
4. Of the two career paths you’ve researched in more depth, which one appears to be a better match for your skills? Explain.
5. Of the two career paths you’ve researched in more depth, which one appears to be a better match for your values (what you find most important in life)? Explain.

Additional Career & Co-op Center resources for faculty and/or student use:
• MassCIS Guide (pdf)