

Occupational Research Worksheet

Step 1: Using the following resources, **brainstorm a list of two to five jobs** which may be relevant to your skills, interests, and/or academic major. **Complete a separate Occupational Research Worksheet for each position of interest.**

Resources:

What Can I Do With This Major:

Click on your major, and/or any other major(s) of interest, to find a list of related employment areas, employer types, and career strategies.

Labor Market Insights powered by Lightcast:

Scroll down the web page to find the Labor Market Insights tool and do the following:

- Enter an industry of interest and then enter the name of an occupation or select from the drop down menu
- Review the occupation description, employment trends, education levels, annual earnings, technical skills, and core competencies to learn about this career path
- Optional: review the job titles section to learn about other title for this field

FOCUS 2 Career:

Create an account using the instructions on our websites:

- Complete the skills, interests, values, and personality assessments
- Have the results of the assessments combined to generate a list of potential careers
- Review information about the careers within FOCUS 2

Step 2 (Optional): *Schedule an appointment with a career advisor* to discuss your career interests, ways to gain experience as a student, how to set a search strategy, and more. We also have *15-minute career consultations* available for resume reviews and quick career-related questions.

UMass Lowell Career & Co-op Center

Campus Offices: University Crossing, Suite 450 | O’Leary Library, 314 & 318

Website: career.uml.edu | **Phone:** 978-934-2355 | **Email:** career_services@uml.edu |

Facebook & Instagram: [@umlcareercoop](https://www.facebook.com/umlcareercoop) | **LinkedIn:** [linkedin.com/company/umlcareercoop/](https://www.linkedin.com/company/umlcareercoop/)

Occupational Research Worksheet:

Job Title	
Description of Position <i>Main duties and responsibilities</i>	
Education/Skills Required for this Position	1. 2. 3. 4. 5.
Related Education/Skills that YOU Have	1. 2. 3. 4. 5.
Average Salary for this Occupation	
Employment Outlook (Projected Growth)	
Your Interest, on a Scale of 1 to 10; i.e., <i>1 = no interest; 10 = extremely interested</i>	
How Practical a Fit is this Position? <i>1 = not at all practical; 10 = extremely practical</i>	
Next Steps <i>Courses you should take</i> <i>People you should talk to</i> <i>Companies you should follow</i> <i>Experience you should obtain</i>	1. 2. 3.

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