CAREER AND MAJOR EXPLORATION

Deciding on a Major - Investigating Careers - Identifying Interests - Reflecting on Strengths

- Career and major guidance consultations with a Career Specialist
- Career course: SSC 2100 Career Explorations (1 credit)
- What Can I Do with This Major?: online resource helping you connect majors to careers
- Occupational information
- Self-Assessments (on-site and online)
  - CliftonStrengths for Students ($15)
  - Focus 2 (Free)
  - Missouri Card Sort (Free)

JOB SEARCH PREPARATION

Part Time Jobs - Campus Employment - Work Study - Internships - Full Time Jobs - Full Time Service

- Résumé, Cover Letter, and CV reviews
- Interview preparation and mock interview walk-ins
- LinkedIn profile consultations
- GoinGlobal: research jobs in 80+ countries and 50+ major US cities
- Glassdoor: company reviews, salaries, & more
- Big Interview: web-based program that combines interviewing training and practice

STAFF AND SERVICES

Career Specialists
Trained student employees ready to consult about career topics and help direct you to resources, information and exploration tools. Available by drop-in and by appointment.

Career Counselors
MU graduate students who are available to meet with you regularly and offer a holistic approach to the social, career, and personal aspects of your decisions. Available by appointment.

Hours (drop-in and by appointment):
Monday – Friday 9:00 a.m. to 4:00 p.m. (fall and spring semesters, closed during University breaks)

Contact Us:
Zoom, email, and phone: https://career.missouri.edu/connect/
Career Specialist and Career Counselor appointments: http://muconnect.missouri.edu

ONLINE RESOURCES

MU Career Center Website: http://career.missouri.edu
Information on exploration, resumes and cover letters, interviews, job search, grad school prep, and more.

Mizzou Career Tools: https://mizzoucareertools.uconnectlabs.com
Searchable database of all career resources: links, handouts and videos.

HireMizzouTigers, powered by Handshake: www.HireMizzouTigers.com
Student employment site which features part-time jobs, campus jobs, internships, full-time positions, career events, interview schedules, and career fairs.
BE CAREER READY

Employers are looking for candidates who have developed **key transferable skills** as a college student. Use your time as a Mizzou student to **gain experiences in and out of the classroom** and connect your experiences to these competencies.

**Career readiness** is the attainment and demonstration of requisite competencies that broadly prepare college graduates for a successful transition into the workplace. - National Association of Colleges and Employers

**Top 8 Career Readiness Competencies**

- ORAL/Written Communications
- Critical Thinking/Problem Solving
- Teamwork/Collaboration
- Leadership
- Digital Technology
- Global/Intercultural Fluency
- Professionalism/Work Ethic
- Career Management

**Career Management Action Items**

Career management is the ability to identify and articulate of one’s skills, strengths, knowledge, and experiences relevant to career goals. Here are some examples of action items to help you be best prepared for the next step:

**Communication:** Share your unique experience in a professional way through:
- Résumés - Cover letters - Online image - Interviews - Networking

**Academics:** Do your best to learn the most about:
- Majors - Coursework material - Campus resources

**Relationships:** Developing your network by developing meaningful connections with:
- Faculty - Staff - Peers - Mentors - Employers

**Exploration:** Research how you might fit with available career options by learning about your:
- Strengths - Interests - Abilities - Values

**Experience:** Be active in your MU, local, and global communities by exploring opportunities in:
- Academics - Employment - Involvement - Volunteer work

**Reflection:** Consider and evaluate possibilities as you progress on your career journey by:
- Drawing connections between past and future - Sharing ideas with people close to you

Come to the **MU Career Center** for more information about how you can become career ready!