



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?: an online resource helping you connect majors to careers
- Occupational information
- Self-Assessments (with a Career Specialist and online)
 - CliftonStrengths for Students (\$15)
 - Focus 2 (Free)

JOB SEARCH PREPARATION

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

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

Who can I speak with?

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.

What can I find online?

MU Career Center Website: <http://career.missouri.edu>

Resources for exploration, resumes, cover letters, interviews, job search, grad school prep, & 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

Employment site that features part-time jobs, campus jobs, internships, full-time positions, career events, interview schedules, and career fairs

CAREER READINESS

Learn and develop the skills that employers are expecting from college students.

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



**CRITICAL THINKING/
PROBLEM SOLVING**



LEADERSHIP



**TEAMWORK/
COLLABORATION**



**ORAL/WRITTEN
COMMUNICATIONS**



**PROFESSIONALISM/
WORK ETHIC**



**DIGITAL
TECHNOLOGY**



**CAREER
MANAGEMENT**



**GLOBAL/INTERCULTURAL
FLUENCY**

CAREER MANAGEMENT ACTION ITEMS

Here are some ways you can best prepare for the next step in your career journey.

Career management is the ability to identify and articulate of one's skills, strengths, knowledge, and experiences relevant to career goals.

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

next steps:

Talk with a Career Specialist for one-on-one assistance: <https://career.missouri.edu/connect>
Check out more resources at <https://career.missouri.edu> > Resources tab