

CAREER DECISION MAKING

AT A GLANCE...

- These five levels of career decision-making can help you narrow down your career path
- It matters more that you take the steps to gain clarity and not that you choose a career right away
- Jot down ideas that come from your search

WHAT LEVEL ARE YOU AT?

There are levels that can guide you through the career decision making process. Answer the questions to know what level you are at. Each level has a list of resources that can help you narrow down your career path. There are also "Actions" which include your next steps in career development.

LEVEL 1 YOU CAN'T DECIDE WHICH CAREERS TO CONSIDER.

You are at this level if you have trouble answering questions like:

What are your interests? Why do you like them? What inspires you? Describe yourself. What is your personality like? What are your strengths? Where are you most comfortable? How do you spend your free time?

Resources: Personality and Interest Assessments (MBTI, SII, Typefocus), whatcanidowiththismajor.com, careers.byu.edu, Career Studio mentors, Career Studio Exploration Experts

Actions: community involvement (clubs, volunteer, GEs), ST DEV Student Development classes.

LEVEL 2 YOU ARE INTERESTED IN 1-3 BROAD FIELDS

You are at this level if you have trouble answering questions like:

What do you like learning about? What school subjects do you enjoy and do well in? What makes your life meaningful? What would others say you do well?

Resources: learntobecome.org, onetonline.org, Occupational Outlook Handbook, oci.byu.edu, Career Studio mentors, Career Studio Exploration Experts

Actions: information sessions on-campus internships, career fairs, career exploration interview

LEVEL 3 YOU ARE INTERESTED IN 4-6 SPECIFIC OPTIONS

You are at this level if you have trouble answering questions like:

Who can I talk to in this occupation? What can I ask them? What is this occupational workplace like? How much money will I make in this occupation?

Resources: LinkedIn.com, BYU Connect, careers.byu.edu, handshake.byu.edu, Career Studio mentors, Career Studio Exploration Experts

Actions: career exploration interview, networking, lunch & learn, career fairs

LEVEL 4 YOU CAN'T DECIDE BETWEEN 2-3 SPECIFIC OPTIONS

You are at this level if you have trouble answering questions like:

Who can I talk to, and how do they feel about their job? What does a day on the job look like? What is perceived job growth? Where would I live? Would I feel fulfilled? Does this company align with my values?

Resources: linkedin.com, handshake.byu.edu, Career Studio mentors, Career Studio Exploration Experts

Actions: site visits, internships, shadowing, career exploration interviews, BYU Handshake, career fairs, meeting with professors

LEVEL 5 I KNOW A SPECIFIC OCCUPATION I WANT TO PURSUE

You are at this level if you have trouble answering questions like:

What are my long-term and short-term goals? What are my alternative possibilities? Who do I want to emulate? Are there opportunities for change or growth within this field? How can you find these answers?

Resources: handshake.byu.edu, linkedin.com, Indeed.com, Career Shift (careers.byu.edu), Career Studio mentors, Career Studio Exploration Experts

Actions: volunteering, internships, part-time job, career fairs

EVALUATE YOURSELF

Check your confidence at each level to determine where you need to start. Being passive will not produce results—action is required. Start checking off as many of these activities as you can, and you'll find yourself on your way to a great career. It matters more that you are taking steps to gain clarity, not that you choose a career right away. Use the empty lines to jot ideas or thoughts.