The Career Center’s website offers students activities and resources they can use to explore who they are, research academic and career options, and gather information helpful when making education and career decisions. The following is a list of suggested activities that instructors can use with students to introduced them to the Career Planning Process. To begin, have students view the Career Planning Process on the Career Center’s website: [http://tinyurl.com/m3t4833](http://tinyurl.com/m3t4833).

Note: After students complete the assigned activities, it is recommended that they stop by the Career Center for a drop-in session to discuss how these activities relate to education and career decisions they are considering.

1. **Self Exploration Section**: [http://tinyurl.com/m6nbz2m](http://tinyurl.com/m6nbz2m)
   a. Complete each of the eight Self Exploration Activity sheets.
   b. Summarize what you learned by completing the Summary Page at the bottom of the Self Exploration Activities Section.
   c. Write a 2-page paper on what you learned about yourself and how the activities related to current or future education and/or career decisions you are considering.

2. **Researching the World of Work Section**: [http://tinyurl.com/k4r8lbd](http://tinyurl.com/k4r8lbd)
   a. Research three occupations/industries of interest using any three of the websites listed in the Researching the World of Work Websites section.
   b. Write a 2-page paper summarizing occupational information on each of the three occupations, including the main job duties, job outlook, training required, salary, skills required, and two related occupations. In addition, consider the following questions:
      i. How did you develop an interest in these occupations? Do you know anyone who works in a similar field or occupation?
      ii. Did your interest in any of the occupations change after learning more?
      iii. How do these occupations relate to education and/or career decisions you are considering?
      iv. What did you learn about yourself and the world of work researching your choices?

3. **Researching College Majors Section**
   a. Research three academic majors you are considering or would like to learn more about, using the link: [http://tinyurl.com/moyj9q3](http://tinyurl.com/moyj9q3).
   b. Search the career options related to your majors of interest by using the two Google search strategies: e.g., “graphic design” inurl:careers • allintitle:“careers for English majors”
   c. Stop by the Academic Department Office of any majors you are considering in order to meet with a faculty academic advisor to learn more about that major, including prerequisites, total units required for the major, available concentrations or options, impaction, pre-major requirements, related career options (Career Center helpful here too), and skills/aptitude required.

4. **Choosing a Major and Career Path Section**
   a. Read the essay on how your college education relates to the world of work and answer the questions at the end of the essay. Access essay through, Relating Education to Work and Career.
   b. After reviewing the Decision-making Handout, write a 2-page essay addressing these questions:
      i. Which parts of the decision-making process can you relate to and why?
      ii. How does the decision-making process relate to decisions you have made in the past?
      iii. Describe how you go about making decisions. Are there any family and/or cultural influences that may impact major and/or career decisions you are considering?
      iv. Identify what education, major and/or career decisions you are considering and any campus/community resources that are available to assist you.

5. **Experiential Education Section**: [http://tinyurl.com/mhngir2](http://tinyurl.com/mhngir2)
   a. Read each of the experiential education options listed in this section. Choose two and drop by the Career Center, Lassen Hall 1013, for a drop-in session to learn more about the two experiential education options you have chosen.