Career Options for Your Major

David McVey, Career Counselor
Academic Advising and Career Center • (916) 278-6231 • www.csus.edu/careercenter
Career Planning Process: Part I

**Self-Assessment** will help you explore who you are:
- What are you interests?
- What classes have you enjoyed?
- What activities have you enjoyed doing the most?
- What are you hobbies or things you like to do for fun
- What types of jobs or careers are people involved in around you?
- What have you dreamed about doing?
Researching Careers and Academic Programs will help you answer some of the following questions:

- What work environments or activities would I like to explore?
- What training and education is required in my field(s) of interest?
- Who could I visit or speak to in order to learn more?
- What is the work environment culture like?
- How does my major relate to what I would like to do?
- What are the job duties of the position(s) of interest?
Decision-making, Goal Setting and Action-steps will help you:

- Identify your career and/or educational goals.
- Develop an action plan to achieve your goals.
- Obtain help with choosing or changing your major.
- Learn how to relate your major to the world of work.
- Obtain assistance when you are having difficulty identifying or achieving your education or career goals.
Experiential education provides strategies for gaining experience and connecting with professionals:

- Informational interviews
- Job shadowing
- Career and job fairs
- Mentoring
- Part-time, full-time jobs
- Volunteer positions
- Study Abroad
- Attending professional association meeting or conferences
- Internships
- Cooperative education positions
Effective job search strategies help students plan and organize their job search campaign and obtain experience in the world of work and/or enter a graduate or professional school. The Career Center provides assistance with:

- Interviewing techniques
- Job search strategies and resources
- Tips on professional dress
- Negotiating strategies
- Resume and cover letter assistance
- Personal statements for graduate school
- Internship search strategies
Types of Majors

Broadly speaking there are three types of majors:

- **Applied Majors**, e.g., Accounting, Computer Science, Graphic Design

- **Liberal Arts Majors**, e.g., Communication Studies, Humanities and Religious Studies, Ethnic Studies

- **Either Applied or Liberal Arts Majors**, Depending upon how you use the major when you graduate, e.g.,
  - Music Major working for an insurance company = Liberal Arts
  - Music Major working in the music industry = applied
College Majors:

- Help you develop valuable transferable skills that employers seek, such as
  - Communication
  - Organization
  - Leadership
  - Time management
  - Research
  - Working with others
  - Writing
  - Technology
Choosing a Major First😊

Careers that look for any major

Graduate school

Add a certificate

Careers that related directly or indirectly to your major, coursework, or concentration

Teaching: college or K-12

Peace Corps, JusticeCorps, AmeriCorps

- What are my career options😊
Choosing a Career Path First 😊

- Choosing a Career Path:

- What steps do I need to get there 😊
Use GE to Explore Career Options

- Career CE 1A: Civil Engineering Seminar
- RTPA 1: Orientation to Recreation, Parks and Tourism Administration
- NURS 10: Health Care Issues & Delivery Systems (GE)
- ANTH 3: Introduction to Archaeology (GE)
- CRJ 1: Introduction to Criminal Justice and Society (GE)
- INTD 20: Design (GE)
- SWRK 96: Introduction to Social Work
Many Opportunities Exist in the World of Work
For All Majors

- Government: City, County, State, Federal
- Association Management
- Non-profit Organizations
- Distributors / Wholesalers
- Supply Chain Industry
- Non-governmental Organizations
- Small and Medium Private Companies
- Colleges and Universities
- Multinational Corporations
- Start-up Companies
- Entrepreneurs
Remember the Power of Liberal Arts Majors

- Humanities and Religious Studies
- English
- Psychology
- Communication Studies
- Ethnic Studies
- Women’s Studies
- Sociology
- Anthropology
- Asian Studies
- Liberal Studies
Sample of Liberal Arts Occupations

Account Executive
Program Manager
Sales Representative
Bookstore Manager
Buyer
Executive Assistant
Financial Aid Counselor
Government service
Human Resources Assistant
Insurance Agent
Claims Representative
Underwriter
Loan Officer
Lobbyist
Manager Trainee

Marketing Assistant
Mass Media Assistant
Project Manager
Public Relations Assistant
Research Assistant
Special Events Coordinator
Speech Writer
Stockbroker
Press Secretary
Operations Manager
Media Specialist
Paralegal Assistant
Staff Assistant
Real Estate Broker

Occupations may require additional training and/or experience*
Transferable Skills: Liberal Arts Majors

- Writing
- Speaking
- Cross-cultural knowledge
- Numeracy
- Analytical thinking
- Creative thinking
- Effective with ambiguity
- Learning and synthesizing new ideas
- Self-motivated
- Research and information retrieval
Don’t forget emerging occupations:

- Astrobiology
- Behavioral Geneticist
- Bioinformatics and Computational Biology
- Business Ethics
- Carbon Management Consultant
- Computer Animation and Digital Imaging
- Data Mining
- Emergency Management Specialists
- Green / Environmental Career Fields
- Health Informatics Specialist/Manager
- Human-Computer Interaction
- Immigration Specialist
- International Logistics Manager
- Materials Science
- Personal Chef
- Sub-orbital Space Flight
- Wellness Coach
Relating Your Major to Interests

- Identify your career and/or educational goals. The student who is very creative who majors in Interior Design.

- The student who enjoys leading and becomes President of a student club majors in Business Administration with a concentration in General Management.

- The student who loves hiking and the outdoors and majors in Recreation, Parks and Tourism Administration.

- The student who loves to speak in front of groups who majors in Communication Studies.
Fields and Industries

- Life, Physical, and Social Science Occupations
- Architecture and Engineering Occupations
- Arts, Design, Entertainment, Sports, and Media Occupations
- Business and Financial Operations Occupations
- Community and Social Services Occupations
- Computer and Mathematical Occupations
- Farming, Fishing, and Forestry Occupations
- Healthcare Practitioner and Technical Occupations
- Healthcare Support Occupations
- Legal Occupations
- Life, Physical, and Social Science Occupations
- Education, Training, and Library Occupations
- Transportation and Material Moving Occupations
- Farming, Fishing, and Forestry Occupations
- Protective Service Occupations
- Sales and Related Occupations
- Office and Administrative Support Occupations
- Management Occupations
There are often many other options related to a specific profession...

- **Professional Career Field**
  - Dentist, Physician, Optometrist, Osteopathic Medicine, Pharmacist, Nurse, Veterinarian, Physical Therapist, Physician’s Assistant

- **Assistant Positions**
  - Surgical Assistant, Pharmacy Tech, Licensed Vocational Nurse, Veterinarian Assistant, Dental Hygienist, Optometry Tech

- **Allied Health Professions**
  - Veterinary Medical Technologist, EMT, Medical Laboratory Technologist, Ophthalmic Technologist

- **Health Related Community Agencies**
  - American Lung Association, American Diabetes Association, Blood Source-Sacramento

- **Companies that Manufacture Products or Services Used By Profession**
  - Insurance, software, billing, pharmaceutical, recruiting and staffing agencies, IT consultants

- **Related Health Professions**
  - Art Therapist, Respiratory Therapist, Nuclear Medicine, Orthotist, Prosthetist, Dietician, Occupational Therapist, Health Educator

- **Professional Associations**
  - Emergency Nurse Association, American Public Health Association
And other positions within the same industry...

- Accounting
- Marketing
- Nursing
- Human Resources
- Sales
- Lobbyists
- Training and Development
- Distributors
- Finance
- Physicians
- Customer Service
- Medical Records
- Insurance
- Administrators
Creating Career Options for Your Major...Strategies

#1: **Conduct Internet Searches**: Use Google and type in the following search strings...

- English careers
- allintitle:”marketing careers”
- sociology inurl:careers
#2: Locate Professional Associations or Societies related to your major: Use Google and type the following:

- Anthropology association OR society OR council
- “graphic design” association inurl:career

Professional associations will often have career information on their website
Creating Career Options for Your Major...Strategies

#3: See if there are student clubs or organizations that relate to your field or area of interest.

Go to: www.csus.edu/soal to search for student clubs and organizations on campus.

Student clubs will often have mentoring programs, guest professionals from the field, or field trips to companies/industries.
# 4: **Informational Interviews/Job Shadowing:** Meeting and/or observing professionals in the field is a great way to learn about career options related to your major.

- Professional associations
- Faculty contacts and referrals
- Linked In and other social networking sites
- Career Fairs and other Career Center events
#5: Attend Employer lectures and Panel events: Academic departments, student clubs and the Career Center sponsor employer career panels and lectures.

- Career Center website: [www.csus.edu/careercenter](http://www.csus.edu/careercenter)
- Student clubs and organizations
- Professional meetings
- Conferences and trade shows
#6: Meet with Faculty Advisors in your academic department of interest: Faculty and academic departments are excellent sources of career and major information.

- Career Center website: [http://www.csus.edu/academics/AtoZ%20academic%20departments.html](http://www.csus.edu/academics/AtoZ%20academic%20departments.html)
- Department website
- Faculty with knowledge and/or experience in the field
- Alumni
Creating Career Options for Your Major...Strategies

- **#7: Job Listing Websites:** Utilize job listing websites to search for your major and see what occupations appear.

  - [www.indeed.com](http://www.indeed.com)
  - [www.simplyhired.com](http://www.simplyhired.com)
#8: YouTube: Use YouTube to search for videos on your career field of interest. Search on the following:

- Biochemistry Careers
- A day in the life of a technical writer
#9: Conferences and Trade Shows: Search conferences and/or trade shows near where you live. Often volunteering at the conference will result in a reduced rate. Use Google to search for the following:

- Writing conference 2011
- Interior design trade show OR conference 2011
- Search old conference programs to learn about a field: Sociology conference 2010
#10: Social Networking Sites: Gather career and major information through social and professional networking sites:

- [www.linkedin.com](http://www.linkedin.com)
- [www.facebook.com](http://www.facebook.com)
- [www.twitter.com](http://www.twitter.com)
Career Options for Your Major: Next Steps...

- Visit the Academic Advising and Career Center, Lassen Hall 1013.
- Conduct Internet research
- Consider informational interviews and job shadowing
- Related major and career information to who you are
- Narrow your choices
- Create experiences and opportunities
Resources

- Roadtrip Nation: [www.roadtripnation.com](http://www.roadtripnation.com)
- California Career Zone: [www.cacareerzone.org](http://www.cacareerzone.org)
- Sacramento State Majors: [http://www.csus.edu/webpages/collegedepts.stm](http://www.csus.edu/webpages/collegedepts.stm)
- EUREKA, California Career Information System: [www.eureka.org](http://www.eureka.org)
  - Site ID Code = SDJOP5F
- Sloan Career Cornerstone Center: [www.careercornerstone.org](http://www.careercornerstone.org)
- Career Center Website: [www.csus.edu/careercenter](http://www.csus.edu/careercenter)
- Career Planning Process with links: [www.csus.edu/careercenter/students/career_plan_process/index.stm](http://www.csus.edu/careercenter/students/career_plan_process/index.stm)
- O*NET Online: [http://online.onetcenter.org](http://online.onetcenter.org)