

KNOW YOURSELF

Identify your values, interests, personality type and skills.



Further develop your skills, network and job search strategy.

TAKE ACTION

EXPLORE OPTIONS

Research career options.



Reality-test fields of interest.

GAIN EXPERIENCE

CAREER DECISION MAKING MODEL

KNOW YOURSELF

The first step in making a career decision is to identify your values, interests, personality type and skills. These important "who am I?" pieces will help you generate career ideas that may be a good fit.

How can I assess my values, interests, personality and skills?

- Meet with a Career Counselor.
- Take career assessment(s).
- Speak with family, friends, mentors and colleagues about your strengths and interests, and how they align with potential careers.

Reflect: What careers align with my values, interests, personality and skills?

EXPLORE OPTIONS

Research career options to learn more and narrow down your list of possibilities.

How can I learn more about careers I am interested in?

- Research job titles, industries and companies online.
- Conduct Informational Interview/s with professionals in a career you are considering.
- Job shadow.
- Learn about careers that are related to your major.
- Explore what UCR alumni have done with their degrees using LinkedIn's "Find Alumni Tool."
- Attend the Career Center's Job Discovery Series panels each quarter.
- Join a student organization.

Reflect: Which career path(s) am I most interested in?

GAIN EXPERIENCE

Reality-test your career ideas by getting experience in fields of interest.

How can I gain experiences that will help me clarify my career goals?

- Get an internship or part-time job.
- Get involved in research with a faculty member.
- Volunteer.
- Take on a leadership role within a student organization.
- Attend career fairs and employer information sessions.

Reflect: What career path would I like to pursue?

TAKE ACTION

Further develop your skills, network and job search strategy for the career path you plan to pursue.

What is my career action plan?

- Continue to gain experience, and build skills in your career field.
- Research and apply to graduate or professional school, if needed.
- Proactively develop and maintain your network.
- Have your resume and cover letter critiqued at the Career Center.
- Practice your interview skills.
- Attend career fairs and recruiting events.
- Join professional associations.
- Develop a strong work ethic, and refine your professional etiquette.

Reflect: Continuously evaluate your career goals. Your values, interests and skills may change over time.