



Guide to Exploring Majors and Careers

careers.rutgers.edu

Division of Undergraduate Academic Affairs,
Rutgers, The State University of New Jersey

RUTGERS
University Career Services
New Brunswick



Self-Assessment

Planning your career is a challenging and exciting process. Your skills, interests, personality, and values play an important role in your career choice. Self-assessment is the process of gathering information about yourself in order to make an informed career decision and ultimately establish a successful career identity. Learn about your values, interests, personality, and skills by reflecting on your experiences and completing a self assessment.

What To Assess?

Personality: How well you fit in certain work environments

Interests: What you enjoy doing

Skills: What you do well

Values: What motivates you

How To Get Started

University Career Services offers various career assessments including: Focus 2, Myers-Briggs Type Indicator, and the Strong Interest Inventory. Meet with a Career Development Specialist to determine which assessments are best for you and how to use them.

Web Resources

- University Career Services: careers.rutgers.edu ("Assess Your Skills & Interests," "Explore Majors & Careers," and "Exploring Rutgers Majors" sections)
- O*NET: www.onetonline.org/
- Occupational Outlook Handbook: www.bls.gov/ooh
- The UCS YouTube Library
- Vault (access through CareerKnight)

Exploration Tips

- Get involved on campus
- Check out the Rutgers academic department websites to review course offerings and faculty
- Meet with your academic advisor or dean to make sure you know all the academic requirements
- Engage in conversations with fellow students about their majors and coursework
- Connect with alumni on the Rutgers Student-Alumni Career Connect system
- Sign up for a field trip to learn more about careers you can pursue with your major

Exploring Majors and Careers

Remember that a major doesn't always determine a career. While there are occupations that do require specific academic majors for certification (i.e. nursing and engineering), many do not. In fact, many graduates are working in career fields that are not directly related to their undergraduate programs of study.



WHAT IS A CAREER INTEREST CLUSTER?



A GROUPING OF OCCUPATIONS AND BROAD INDUSTRIES BASED ON COMMONALITIES

Understanding the career interest cluster approach to career decision-making changes the question from a one-step to a two-step process:

ONE STEP

1. What can I do with a major in _____ ?



TWO STEPS

1. What job functions, industries, and work settings interest me?
2. What coursework and hands-on experiences would be beneficial?

Career Clusters

A career cluster is a grouping of similar occupations.

- Arts, Communications, and Entertainment
Advertising, Art History, Communications, Fashion, Graphic Design, Journalism, Marketing, Writing...
- Business, Financial Services, and Logistics
Accounting/Finance, Business, Economics, Financial Statistics, Information Technology, Sales, Supply Chain Management...
- Education and Public & Human Services
Advocacy, Community Health Education, Higher Education, Law, Mental Health Counseling, Social Work...
- Food, Agriculture and Environmental & Natural Resources
Agribusiness, Agronomy/Plant Sciences, Animal Care/Veterinarian, Food Science, Sustainability...
- Life Sciences and Health
Allied Health, Biotechnology, Forensic Pathology, Medicine, Nursing, Pharmacy, Physical Therapy...
- Science, Technology, Engineering, and Math
Astronomy, Computer Science, Engineering, Geology, Material Sciences, Mathematics, Statistics, Physics...

Unsure about a major or your career options?

Schedule a 30-minute appointment with a Career Development Specialist through your **CareerKnight** account.

CareerKnight

Your Key to Exploring Majors and Careers

CareerKnight is your online career management system, developed specifically for Rutgers students and alumni. Through CareerKnight you can navigate every step of your career development plan with an abundance of resources:

- Schedule career advising appointments
- Register for upcoming workshops and events
- View and apply for internship and job listings
- Participate in the On-Campus Interviewing Program
- Learn about the latest career and internship fair

careers.rutgers.edu/CareerKnight

Offices

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