Career and Major Decision-Making Model

Career development is a multi-step process that is customized for the individual’s needs. These steps can be completed through the following ways:

- Drop-ins hours Tues. - Thurs., 11:00 a.m. – 3:00 p.m.
- Individual appointments
- Workshops
- Online Resources at [www.uky.edu/careercenter/students/career-major-exploration](http://www.uky.edu/careercenter/students/career-major-exploration)
- Partnerships with Academic Advising Offices and the Counseling Center
1. Self Assessment

**Online Assessments:**
- **O*Net** – expanded industry and occupational interests and research
- **Sigi 3** – (Stuckert Career Center web page) offers career exploration in terms of Values, Skills, Military Experience, Personality Type and more.

**In-Person Assessments**
- **Strong Interest Inventory.** This interest profiler assigned and interpreted by certified advisors only.
- **Myers-Briggs Type Indicator (MBTI)**  [www.humanmetrics.com](http://www.humanmetrics.com) Assigned and interpreted by certified advisors only.
- **SkillScan**: decision-making tool based on an individual’s skill set.
- **Values Card Sort**: determining career path based on what is most important in one’s life.

2. Explore Options

**Explore Majors:**
- **Wildcat CareerLink (WCL) Explorer** – [www.uky.edu/careercenter](http://www.uky.edu/careercenter)
- **What Can I Do With a Major In...?** – on our webpage
- **UK Academic Majors**: [http://www.uky.edu/registrar/major-sheets](http://www.uky.edu/registrar/major-sheets)

**Explore Careers:**
- **Occupational Outlook Handbook** Can be accessed through [www.onetonline.org](http://www.onetonline.org) or [www.bls.gov](http://www.bls.gov)
- **CandidCareers** Videos of people describing their occupations and day to day duties.

3. Evaluate Fit

- Conduct Informational Interviews
- **CandidCareers** Videos of people describing their occupations and day to day duties.
- Shadowing
- Internships

4. Make Decisions/ Goal Setting

- Develop a plan of action
- Start your resume, cover letters, practice interviewing
- Search Jobs and Internships
- Network