

# Identifying Career Interests: Finding a Needle in a Haystack?

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# Introduction

- Average American spends over 2,000 hours at work!
  - That's 80,000 hours if you work consistently for 40 years!!
- While statistics vary annually, recent data indicates that at least 1/3 of Americans believe that they are at a dead end in their job (Career Vision, 2005)
- With the job market ever-changing, more important to know what you want



# Career Interests

- Research has shown that higher levels of interest relates to higher levels of emotional well-being
- Also, those who report more interest in their career are more likely to report work as enjoyable & be successful (Dik & Hansen, 2008)
- Career interests have been divided into:
  - General interests
  - Basic interests, i.e. span several specific occupations
  - Specific occupation interests (Liao, Armstrong, & Rounds, 2008)

# Possible Questions?

- Who can help me?
- What will it cost?
- So, *how* does this help me?
- What can I do with this info?

# Answers!

- Who can help me?
  - The Career Resource Center (CRC) in the Student Center, Suite 201.  
Phone: 757.352.4927  
Email: [career.resources@regent.edu](mailto:career.resources@regent.edu)
  - The CRC staff are clinical psychology students who are supervised by faculty
  - Appointments can be in person or over the phone

# Answers!

- What will it cost?
  - Career consultations are free for Regent students & staff
  - The regular assessment price is \$15 per assessment
  - A comprehensive full career assessment battery of 4 tests is \$45
- So, *how* does this help me?
  - Better prepared to select & pursue major (s)
  - More aware of own interests in the job field
  - Better prepared for job interviews
  - And more!!!

# Identifying Interests

- Are various assessments and tests offered at the CRC that help to better understand one's career interests
  - Strong Interest Inventory (SII)
  - Self-Directed Search (SDS)
  - Vocational Preference Inventory (VPI)
  - Myer-Briggs Type Indicator (MBTI) cross b/w personality & occupation assessment

# Identifying Interests

- To know your interests-need to know yourself
- *Imagine walking into a room in which the 6 groups of people below are already interacting. Read the descriptions of each group & list the group you would be drawn to 1<sup>st</sup>, then your 2<sup>nd</sup> choice, & finally your 3<sup>rd</sup> choice*

<u>Realistic</u>	<u>Investigative</u>	<u>Artistic</u>	<u>Social</u>	<u>Enterprising</u>	<u>Conventional</u>
People who have athletic or mechanical ability, prefer to work with objects, machines, tools, plants or animals, or to be outdoors.	People who like to observe, learn, investigate, analyze, evaluate or solve problems.	People who have artistic, innovating or intuitional abilities and like to work in unstructured situations using their imagination and creativity.	People who like to work with people to enlighten, inform, help, train, or cure them, or are skilled with words.	People who like to work with people, influencing, persuading, performing, leading or managing for organizational goals or economic gain.	People who like to work with data, have clerical or numerical ability, carry out tasks in detail or follow through on others' instructions.

# Codetypes

- Realistic: the "Do-ers". Are practical
  - Aerospace Physiologist (RSE) or Dental Tech (REI)
- Investigative: the "Thinkers". Are inquisitive
  - Civil Engineer (IRS) or Psychologist (ISA) 😊
- Artistic: the "Creators". Are imaginative
  - Actor (AES) or Interior Designer (AES)

# Codetypes con't

- Social: the "Helpers". Are friendly
  - Minister (SAI) or City Manager (SEC)
- Enterprising: the "Persuaders". Are assertive
  - Financial Planner (ESR) or Lawyer/Attorney (ESA)
- Conventional: the "Organizers". Are well-organized
  - Accountant (CSE) or Tax Consultant (CES)

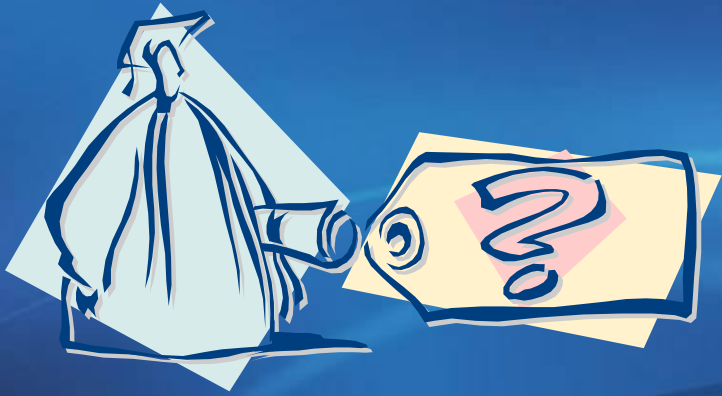
# Possible Questions?

- What can I do with this info?
  - Consider getting a career consultation or testing
  - Review your interests & major. Do they coincide?
  - Consult your academic advisor
  - Consult career databases, such as O\*NET, or websites, such as the U.S. Department of Labor

# Conclusions

- There are a lot of questions in selecting classes, majors, etc. However, there are a lot of resources at Regent to get you ready!
  - CRC
  - Academic counselors
  - Peers
  - Internships/ practicums
- So, identifying career interests at RU *doesn't* have to be like finding a needle in a haystack!

# Questions???



# References

- Dik, B.J., & Hansen, J.C. (2008) Following passionate interests to well-being. *Journal of Career Assessment*; 16; 86-100.
- Liao, H., Armstrong, I.A., & Rounds, J. (2008) Development and initial validation of public domain Basic Interest Markers. *Journal of Vocational Behavior*; 73; 159–183.
- N/A (2008). Explore the possibilities: The career interests game. Retrieved on January 21, 2009 from, <http://career.missouri.edu/students/explore/thecareerinterestsgame.php>
- N/A (2005). Career vision: Job satisfaction statistics. Retrieved on January 21, 2009 from, [www.careervision.org](http://www.careervision.org)

# Clues For Clarifying Your Interests

- What classes or subject areas fascinate you?
- What careers have you considered throughout your lifetime?
- If you won the lottery, what might you do (after initial celebration, travel, etc.)?
- What is the most gratifying thing you have accomplished?
- What would you do if you knew you would not fail?
- What are your goals & dreams? Include short-term & long-term.

## Career Quest – Assessing Career Interest

Please give us your [feedback](#).