How Do I Know I’m in the Right Field?

Regent University Career Resource Center (CRC)
Holly Doolin, Hilary Pethtel, and Joel Ladd
Welcome!

Introductions

• Name
• Major or Current Field
• What do you feel is holding you back?
How DO you know?

- Passion
- Fulfilling
- Enjoyment
- Energizing
- Satisfying
- Fulfills your calling
- INVIGORATING
- Favorite topic of conversation
- Makes you “pound the table”
- Invigorating
- Look forward to your work
- Purposeful
- Puts a sparkle in your eye
**GOAL**: to find a career that is satisfying and fulfills God’s calling for your life.
1. Ask yourself, “Who am I?”

2. Determine your mission.

3. Obtain practical experience and education.

4. Seek who you are as God’s child.

5. Take assessments from the CRC.

6. Seek God’s calling for your life.

7. CRC

8. Career Services

9. Shadowing, etc.

10. Do your emotions or situation impact your job satisfaction? Are you typically unsatisfied in any relationship or job?

11. Contact the PSC, which can help you explore these issues and work toward your career goals.

12. Do you have difficulty performing your job duties?

13. Contact the Center for Student Development or Career Services, which can help you master professional skills.
Case Example

Kasey does not feel like she is fulfilling her life purpose through her current career. However, she is not sure what career she would be interested in or what her God-given abilities are.

Solution
Find out who you are! Take assessments at the CRC that will help to evaluate your values and interests and match them to an appropriate field. Seek God’s guidance while making career decisions. Quiet your life long enough to hear God speak about your calling.
Case Example

Bob has to engage in public speaking for his job every week. He likes every aspect of his job except the public speaking because it makes him anxious. Unfortunately, this is now impacting the quality of his work and keeps him from being promoted.

Solution
Contact the Center for Student Development or Career Services, which can help you master professional skills, like public speaking.
Case Example

Lucinda feels unsatisfied with her job but is just not sure what else she would do. Some things interest her but she is not quite sure what careers would suit her interests. She does not feel like she knows enough about the careers she might consider or how she would go about obtaining positions in those fields.

Solution
Obtain practical education and experience. Schedule a CRC consultation to gain education about possible careers and the paths to attain them. The Career Services Center can help you develop your professional skills. Finally, “try it on.” Find out what jobs look like in real life by planning shadowing experiences.
Case Example

Ryan dreads attending work every morning. In fact, he has tried jobs in 8 other fields and has had a similar experience with every one. He also finds himself having significant problems maintaining relationships and finding joy in most parts of his life.

Solution
Contact the Psychological Services Center, which can help you explore these issues and work toward your career goals.
God, Emotional Health, and Your Calling

God has shaped and crafted us internally—with a unique personality, thoughts, dreams, temperament, feelings, talents, gifts, and desires.

He has planted ‘true seeds of self’ inside of us.

- Peter Scazzero,
  *Emotionally Healthy Spirituality*

So why could I be having a hard time knowing what I really want to do in life?

The ‘Big 3’ Temptations to live from the False Self

- *I am what I do (performance).*
- *I am what I have.*
- *I am what others think.*

Each, in its own way, screams:
“God’s love for you will never be enough. You are not lovable. You are not good enough.”
God, Emotional Health, and Your Calling

If we chase after the Big 3, we never get to hear and follow our true desires.

We MUST encounter, soak in, swim in “the river of God’s deep love” if we want to know Him and ourselves.

Listening to our emotions ushers us into reality. And reality is where we meet God.

- Dan Allender and Tremper Longman, Cry of the Soul

Getting out of the False Self takes....
• Quiet
• Honesty and courage
• “Swimming in the river of God’s deep love”
• The support of others

I am what I do.
I am what I have.
I am what others think.
A “taste” of career assessment:

Holland Occupational Themes
Realistic: The Doer

• Working with your hands, tools, machines, and things; practical, mechanically inclined, and physical

Possible careers include:

- Agriculture
- Archaeology
- Architect
- Astronaut
- Athlete
- Chef
- Computer science
- Driver
- Electrical engineering
- Engineer
- Firefighter
- Gardener
- Information technology
- Instructional technology
- Martial arts,
- Mechanic/Automobiles
- Mechanical engineering
- Paramedic
- Pharmacy
- Physical therapy
- Pilot
- Police Officer
- Soldier
- Veterinarian
(I) Investigative: The Thinker

• Working with theory and information, analytical, intellectual, scientific

Possible careers include:

• Actuary
• Computer science
• Economist
• Engineer
• Finance
• Lawyer
• Mathematics
• Pharmacy

• Physician/Medical school
• Professor (all fields)
• Psychologist
• Psychiatrist
• Science
• Statistics
• Surgeon
(A) Artistic: The Creator

- Non-conforming, original, independent, chaotic, creative

Possible careers include:

- Actor
- Writer/Poet
- Dancer
- Painter/Graphic designer
- Musician
(S) Social: The Helper

- Cooperative environments, supporting, helping, healing/nurturing

Possible careers include:

- Therapist
- Audiologist
- Babysitter
- Caretaker
- Mental Health Counselor
- Education
- Instructional technology
- Martial arts
- Nurse
- Nutritionist
- Physician
- Professor
- Psychologist
- Receptionist
- Social Worker
- Teacher
- Theology
- Trainer (business)
- Speech-language pathologist
(E) Enterprising: The Persuader

• Competitive environments, leading, persuading, selling, dominating, promoting, status

Possible careers include:

- Administration
- Academic administration
- Business/MBA
- Communications
- Insurance
- Investment Banker
- Journalism
- Law / Politics
- Marketing / Advertising
- Management
- Management Consultant
- Public Health
- Publishing
- Public relations
- Public policy
- Real Estate
- Retail
- Stockbroker
- Salesmen
(C) Conventional: The Organizer

- Precise, perfect attention to detail, orderly, organizing, status

Possible careers include:

- Accountant
- Actuary
- Administration
- Banking/Investment
- Business/MBA
- Clerk
- Copy Editing

- Instructional technology
- Lexicographer
- Librarian
- Payroll
- Proofreader
- Secretary
- Technical writer
Want to Know More?

Contact a Career Consultant now!
(757) 352-4927

Personalized Services Available:

➤ We can help you discover who you are, using consultation and assessments.
➤ We can help you create a personal mission statement to guide your career and education.
➤ We can help you identify what fields of work that fit who you are.
➤ We can assist you with occupational research to gather career information and trends.
➤ We can help you identify your career objectives.
➤ We can help you identify potential obstacles to growing in your chosen career.
## What is your RIASEC?

Mark a check mark by each of the statements below if you like to do the activity or have an interest in the activity.

<table>
<thead>
<tr>
<th>I consider myself to be athletic</th>
<th>Total all of the statements and write that number below</th>
</tr>
</thead>
<tbody>
<tr>
<td>I am a nature lover</td>
<td>R</td>
</tr>
<tr>
<td>I am curious about the physical world (nature, space, living things)</td>
<td></td>
</tr>
<tr>
<td>I am independent</td>
<td>I</td>
</tr>
<tr>
<td>I like to fix things</td>
<td>A</td>
</tr>
<tr>
<td>I like to use my hands (plant a garden, help with fixing up the house)</td>
<td></td>
</tr>
<tr>
<td>I enjoy exercising</td>
<td>S</td>
</tr>
<tr>
<td>I like to save money</td>
<td>E</td>
</tr>
<tr>
<td>I like to work until the job gets done</td>
<td></td>
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<tr>
<td>I like working on my own</td>
<td>C</td>
</tr>
</tbody>
</table>

Total all of the statements and write that number below

Total: ___

Total: ___

Total: ___

Total: ___

Total: ___
WHAT IS YOUR RIASEC? (PART 2)
Do the other side first

Using the quiz on the other side, mark the answers for the 3 highest sections below with their number. If you have any ties, then mark both letters. The 3 highest totals will be your Profile. Use your Profile to see what type of personality you have and some occupations that would suit you best.

R _____  I _____  A _____  S _____  E _____  C _____

Your Profile Letters:     __________    _________   __________

<table>
<thead>
<tr>
<th>R is for Realistic</th>
<th>Occupations you would enjoy</th>
</tr>
</thead>
<tbody>
<tr>
<td>People who have athletic or mechanical ability, prefer to work with objects, machines, tools, plants or animals, or to be outdoors.</td>
<td>Aircraft Mechanic          Automotive Engineer</td>
</tr>
<tr>
<td></td>
<td>Baker/Chef                                      Dental Assistant</td>
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<td></td>
<td>Engineer                                        Electrician</td>
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<td></td>
<td>Jeweler                                         Optician</td>
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<tr>
<td></td>
<td>Painter                                         Practical Nurse</td>
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</tbody>
</table>

<table>
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<tr>
<th>I is for Investigative</th>
<th>Occupations you would enjoy</th>
</tr>
</thead>
<tbody>
<tr>
<td>People who like to observe, learn, investigate, analyze, evaluate or solve problems.</td>
<td>Archeologist          Biologist</td>
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<tr>
<td></td>
<td>Chemist                                         Dentist</td>
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<tr>
<td></td>
<td>Geologist                                       Horticulturist</td>
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<tr>
<td></td>
<td>Meteorologist                                   Pharmacist</td>
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<tr>
<td></td>
<td>Physician                                       Software Engineer</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>A is for Artistic</th>
<th>Occupations you would enjoy</th>
</tr>
</thead>
<tbody>
<tr>
<td>People who have artistic, innovating or intuitional abilities and like to work in unstructured situations using their imagination and creativity.</td>
<td>Actor/Actress          Advertising Art Director</td>
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<tr>
<td></td>
<td>Dancer                                          Copywriter</td>
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<tr>
<td></td>
<td>Drama Teacher                                    Graphic Designer</td>
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<tr>
<td></td>
<td>Museum Director                                  Architect</td>
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<tr>
<td></td>
<td>Photographer                                     Reporter</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>S is for Social</th>
<th>Occupations you would enjoy</th>
</tr>
</thead>
<tbody>
<tr>
<td>People who like to work with people to enlighten, inform, help, train, or cure them, or are skilled with words.</td>
<td>Chaplain/Minister        City Manager/Public Manager</td>
</tr>
<tr>
<td></td>
<td>Professor                                       Cruise Director</td>
</tr>
<tr>
<td></td>
<td>High School teacher                              Librarian</td>
</tr>
<tr>
<td></td>
<td>Detective                                        Physical Therapist</td>
</tr>
<tr>
<td></td>
<td>Social Worker                                    School Counselor</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>E is for Enterprising</th>
<th>Occupations you would enjoy</th>
</tr>
</thead>
<tbody>
<tr>
<td>People who like to work with people, influencing, persuading, performing, leading or managing for organizational goals or economic gain.</td>
<td>Auto Sales Rep           Buyer</td>
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<tr>
<td></td>
<td>Credit Manager                                   Business Owner</td>
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<td></td>
<td>Flight Attendant                                 Hotel Manager</td>
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<tr>
<td></td>
<td>Insurance Agent                                  Lobbyist</td>
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<tr>
<td></td>
<td>Real Estate Agent                                Stockbroker</td>
</tr>
</tbody>
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<thead>
<tr>
<th>C is for Conventional</th>
<th>Occupations you would enjoy</th>
</tr>
</thead>
<tbody>
<tr>
<td>People who like to work with data, have clerical or numerical ability, carry out tasks in detail or follow through on others' instructions.</td>
<td>Accountant              Bank Teller</td>
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<tr>
<td></td>
<td>Building Inspector                               Cashier</td>
</tr>
<tr>
<td></td>
<td>Computer Operator                                Legal Secretary</td>
</tr>
<tr>
<td></td>
<td>Typist                                          Teacher</td>
</tr>
<tr>
<td></td>
<td>Librarian                                       Auditor</td>
</tr>
</tbody>
</table>

This assessment in a long form can be administered by the Counseling Center on East Campus (504-280-6683). This assessment is based on the Holland Interest Inventory. This list is by no means complete. There are hundreds of occupations for each Profile combination and you can explore more through the Counseling Center.
How Can I Know I Am In the Right Field?

Please give us your feedback.