Identifying Career Interests: Finding a Needle in a Haystack?

Rob L. Kay & Thorayya Said Giovannelli
Regent University
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
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?
Who can help me?

- The Career Resource Center (CRC) in the Student Center, Suite 201.
  
  Phone: 757.352.4927
  Email: 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
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!!!
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
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\textsuperscript{st}, then your 2\textsuperscript{nd} choice, & finally your 3\textsuperscript{rd} choice

<table>
<thead>
<tr>
<th>Realistic</th>
<th>Investigative</th>
<th>Artistic</th>
<th>Social</th>
<th>Enterprising</th>
<th>Conventional</th>
</tr>
</thead>
<tbody>
<tr>
<td>People who have</td>
<td>People who like to</td>
<td>People who have</td>
<td>People who like to</td>
<td>People who like to</td>
<td>People who like to</td>
</tr>
<tr>
<td>athletic or</td>
<td>observe, learn,</td>
<td>artistic, innovating or</td>
<td>work with people to</td>
<td>work with people to</td>
<td>work with data, have</td>
</tr>
<tr>
<td>mechanical</td>
<td>investigate, analyze,</td>
<td>intuitive abilities</td>
<td>enlighten, inform,</td>
<td>enlighten, inform,</td>
<td>clerical or numerical</td>
</tr>
<tr>
<td>ability, prefer to</td>
<td>evaluate or solve</td>
<td>and like to work in</td>
<td>help, train, or cure</td>
<td>help, train, or cure</td>
<td>ability, carry out</td>
</tr>
<tr>
<td>work with objects,</td>
<td>problems.</td>
<td>unstructured situations</td>
<td>them, or are skilled</td>
<td>them, or are skilled</td>
<td>tasks in detail or</td>
</tr>
<tr>
<td>machines, tools,</td>
<td></td>
<td>using their imagination and</td>
<td>with words.</td>
<td>with words.</td>
<td>follow through on</td>
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<tr>
<td>plants or</td>
<td></td>
<td>creativity.</td>
<td></td>
<td></td>
<td>others' instructions.</td>
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<tr>
<td>animals, or to be</td>
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<tr>
<td>outdoors.</td>
<td></td>
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</tr>
</tbody>
</table>
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)
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/ practicuum

So, identifying career interests at RU doesn’t have to be like finding a needle in a haystack!
Questions???


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.