Exploring Majors and Career Options

Make the Most of your time at Penn State

• Visit Career Services to explore your own process of decision-making, engage in self-assessment activities, and identify the action steps necessary to define and achieve your goals

• Meet with your academic adviser to learn about majors, academic options, course content, and requirements

• Establish a relationship with faculty to learn about opportunities to gain experience in and outside of the classroom

• Increase your exposure to career fields of interest through job shadowing, internship, volunteer, or work experiences during academic and summer breaks

Career Planning Steps

• Self-awareness
  Increasing your self-awareness will help you determine a major or career path that is a good fit for you.
  Engage in discussion, activities, and career assessments (such as MyPlan.com) to identify your interests, values, abilities, and personality. Through career counseling you can work toward understanding who you are and apply this information to career decisions.

• Explore Career Options
  Explore career options so you can connect your knowledge, interests, values, abilities, major and personality to careers.

For more information see:

http://studentaffairs.psu.edu/career/students/exploring.shtml

1) Begin by entering the following web address into your internet browser:
2) Click on Account tab at the top of the page.
3) Click on Create Free Account
4) Select a username you’ll be sure to remember
5) Create a password
6) Enter profile information
7) Make Sure To Read the Terms of Use and Privacy Statement
8) Check the read box
9) Click continue
10) Enter the License Code - See NSO letter or contact Career Services at 570-450-3194.
11) In order to use this system with our license code, click on “Share results with Career Advisor.”
12) Click Submit Registration
13) Click on ASSESSMENT
14) Use this bar to select different Assessments:

15) Interest Inventories*
16) Personality Test
17) Values Assessment
18) Skills Profilers

*For NSO, you are required to complete the Career Interest Inventory, however, we encourage you to complete the other assessments for your own awareness and exploration.

19) Once you have completed your assessment(s) or you have questions regarding selecting a major and/or career, please contact us at 570-450-3194.