

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](http://www.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:
<http://www.myplan.com>.
- 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.