

# **Exploring Majors & 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**

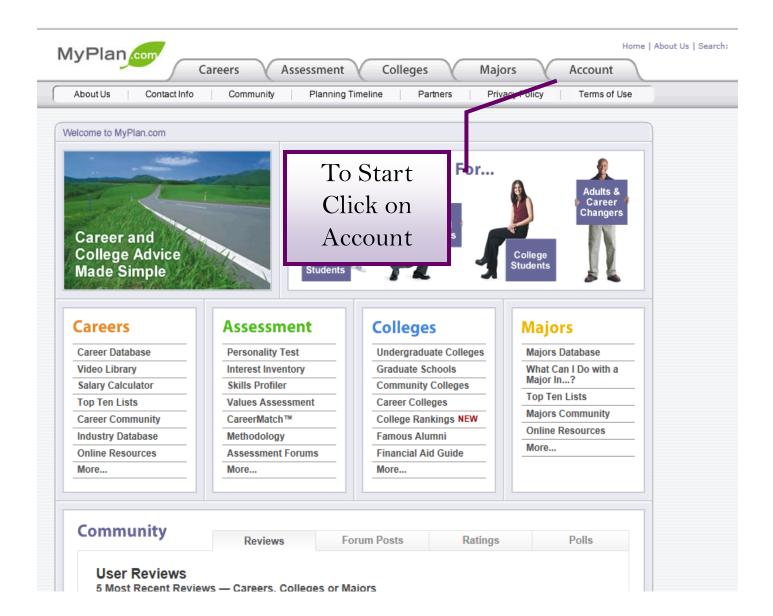
- Self-awareness Increasing your self-awareness will help you determine a major or career path that is a good fit for you.
- Engage in discussion, activities, and *career assessments* (such as MyPlancov) to identify your interests, values, abilities, and personality. Through career counseling you can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

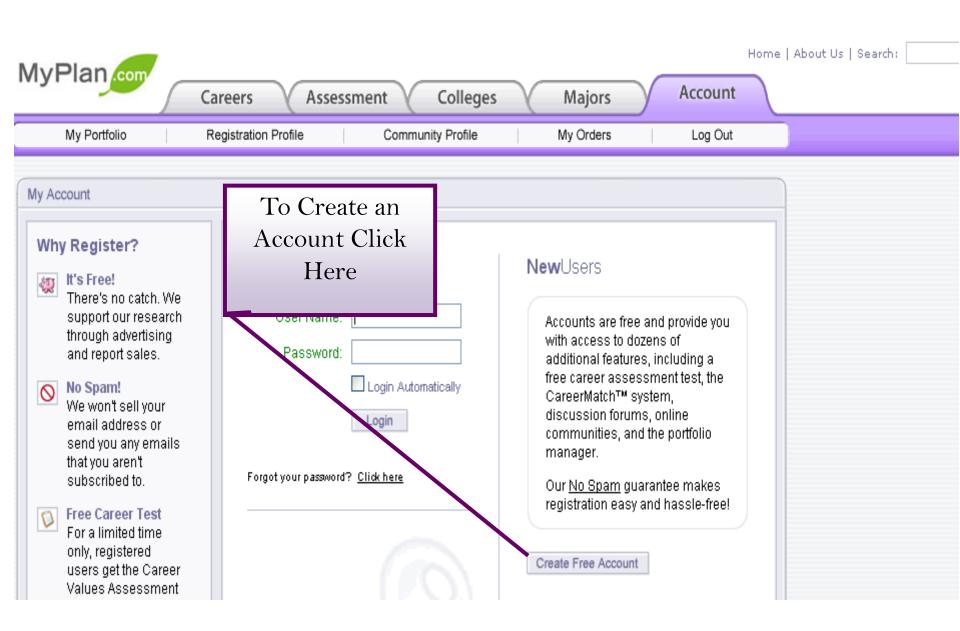
Explore career options so you can connect your knowledge, interests, values, abilities, major and personality to careers.

For more information see:

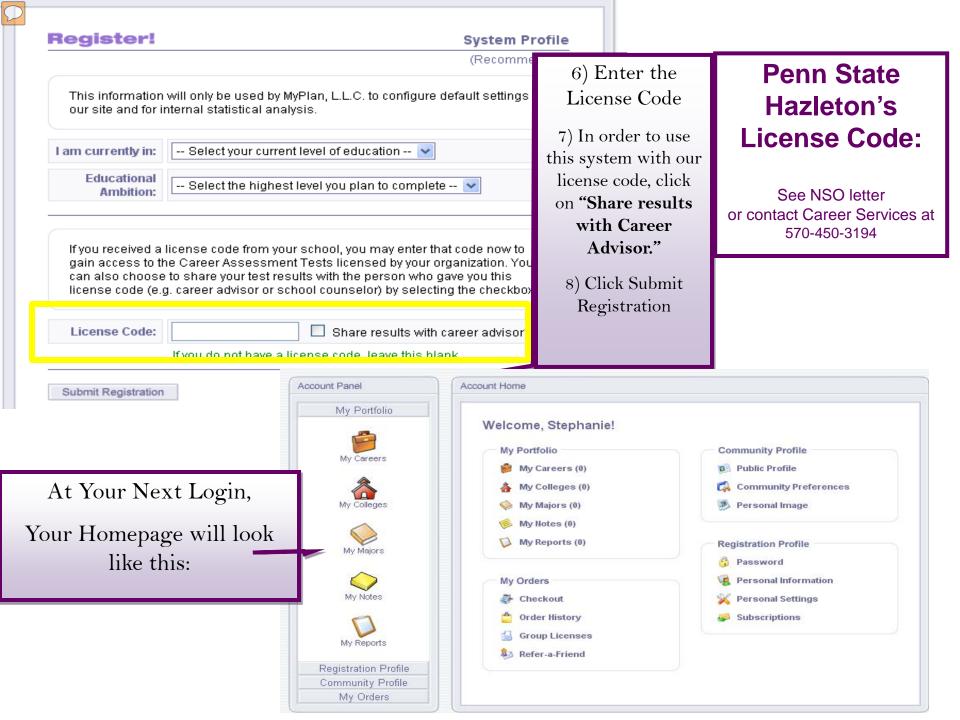
### http://studentaffairs.psu.edu/career/students/exploring.shtml

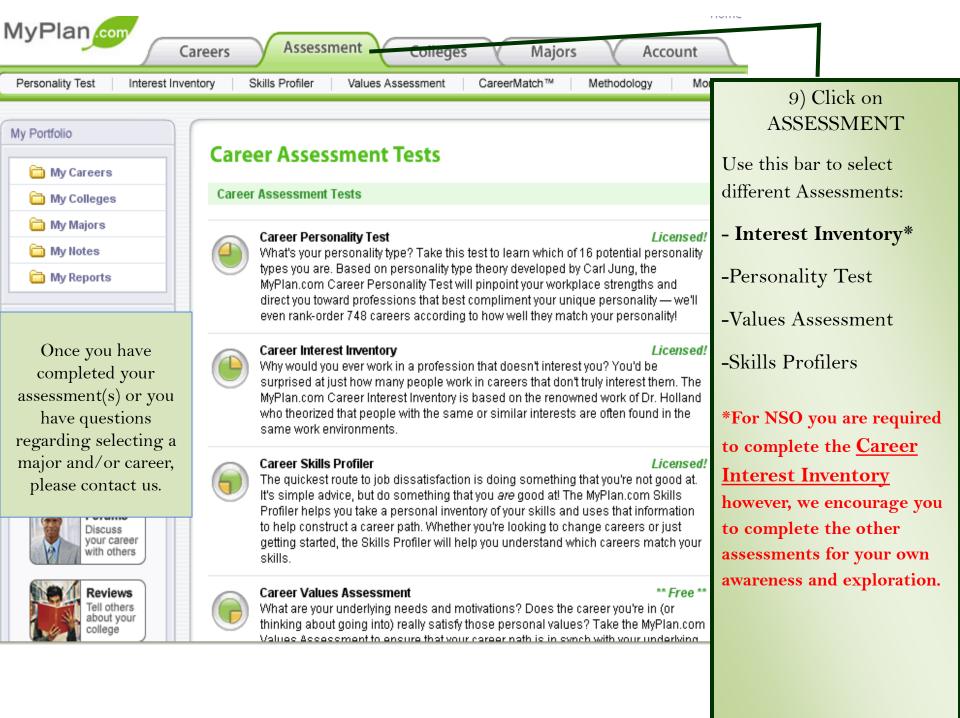
## Begin by entering the following web address into your internet browser: http://www.myplan.com





My Portfolio Re	gistration Profile Cor	nmunity Profile My Orders Log Out	
y Account			
Why Register?	Register!	Account Information	
There's no catch. We support our research through advertising and report sales.	Username:	(All nefds are required)	1) Select a
	Email Address:		
No Spam! We won't sell your email address or send you any emails that you aren't subscribed		Must be a valid, operational email address. Required only for security reasons and to prevent abusive postings in our community areas. An account confirmation will be sent to you by email.	username you'll be sure to remember
to.	Email client can read:	HTML Formatting  Text-Only	2) Create a
Free Career Test For a limited time only, registered users get the Career Values Assessment for free!	Password:		password
	Confirm Password:		
CareerMatch™ CareerMatch scores		Your password must be at least 6 digits long.	
careers based on your responses to the four career assessment tests.	First Name:		3) Enter profile information
	Last Name:		
Portfolio Manager The portfolio manager allows you to save your favorite careers, colleges and majors	Gender:	O Male O Female	
	Date of Birth:	Month V Day V Year V	
		You must be 13 or older to register.	
for easy access and comparison!	Zip/Postal Code:		
Discussion Forums Thousands of discussion forums enable you to meet and communicate with people from specific careers or colleges.	Country:	Select a Country	Make Sure To Read the Terms of Use and Privacy
	Occupational Status:	O Student O In a Career O Retired or Other	
	I have read and agree to	the Terms of lose and Privacy Policy	Statement
Notes & Bookmarks The notes tool allows you to create and save private notes for yourself and	Continue →		4) Check the read box
bookmark pages throughout the site.			5) Click continue





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