

Career Planning

Many people think identifying a career path is an easy process that solely involves job searching and placement. The truth is that career development is a multi-step process that involves more than simply “job hunting.”

Career planning includes the following steps:

1. Increased awareness of yourself through self assessment (interests, abilities, values, personality)
2. Increased awareness of the world of work by learning and exploring the possibilities (which major(s) would best help you prepare for occupations in which you are interested?)
3. Determination of a career goal by integrating knowledge of yourself with knowledge of the work world
4. Development of a job search portfolio (marketing plan, target list, resume and cover letter, and other materials discussed in this guide)
5. Implementation of your job search strategy

You are not alone in your career planning process. Career Services provides counseling, resources, and various services to help you determine and achieve your career goal.



Exploring Careers

After conducting some initial self assessment, you are ready to explore careers. Career Services recommends the following strategies for exploring careers:

- Visit our Career Resource Library in HUC 532. Printed materials and handouts are available.
- Take a look at the Career Services website at careerservices.uab.edu. Click on Current Students/What can I do with a major in...
- Register for ECG 300, “Strategies for Effective Career Development”, a one-hour credit class that directs students through the career planning process.
- Take the inventories on the *Discover* program. Look through the list of occupations provided in your results. Learn about each occupation of interest by reading the work tasks, training (majors), qualities, salary, outlook and likes/dislikes. Select your favorites.

- Conduct information interviews with professionals in your occupations of interest to further understand careers and jobs.
- Pursue one or more of the following experiential education opportunities to personally learn the realities of an occupation:
 - Volunteer work
 - Job shadowing
 - Internship
 - Co-op
 - Mentoring

For more information on Experiential Education, see the career brief on Experiential Education.