

Activity I (Occupations)

Objectives:

- Learn About Yourself
- Learn Occupational Matches

Part I

Directions: Log on to Discover. Click on “Inventories” tab and complete each of the three inventories—interests, abilities, values. Click on “Inventories Summary”. Choose at least three different career areas (listed in your “My Results” box) and click on those areas. Read about one occupation from each area (will appear in a list), OR three different occupations from one career area.

Suggested Career Area: _____ Occupation: _____

Suggested Career Area: _____ Occupation: _____

Suggested Career Area: _____ Occupation: _____

Part II

Directions: Write a summary about which occupation interests you most and why. _____

Activity II (Majors)

Objectives:

- Learn Suggested Majors (per occupation)
- Learn Major Options

Part I

Directions: Log on to Discover. Return to the three occupations you listed in Assignment I. For each occupation, click on the “Training” tab. Record below which majors could help you prepare for each occupation.

Occupation	Related Majors

Click on and read about each major that is suggested.

Worksheet continued on page 2

Part II

Click on the “Majors” tab and select “By World of Work Map”. Select a career area and a major within that area and record them below. Use the tabs at the top to look up and record the answers to the questions below. Complete this process on at least three majors. Click on the “Add To My Favorites” tab, as appropriate.

1. Career Area Selected: _____

Major Selected: _____

• What are two things about this major that interest you? _____

• What are some courses you might take in this major that interest you? _____

• What are some related majors? _____

• What are some related occupations? _____

2. Career Area Selected: _____

Major Selected: _____

• What are two things about this major that interest you? _____

• What are some courses you might take in this major that interest you? _____

• What are some related majors? _____

• What are some related occupations? _____

3. Career Area Selected: _____

Major Selected: _____

• What are two things about this major that interest you? _____

• What are some courses you might take in this major that interest you? _____

• What are some related majors? _____

• What are some related occupations? _____

Worksheet continued on page 3

Activity III (Goals)

Objectives:

- Learn to use the information gathered to set goals
- Learn additional steps to confirm goal choices

Part I

Directions: Log on to Discover, click the “Inventories” tab, select “Inventories Summary, “ and click the box on the right labeled “Think About Next Steps.” Journal answers to the questions on this page in Discover.

Summarize your journal entry here. _____

What have you learned (or confirmed) about yourself from taking the interests, abilities, and values inventories?

Which occupations seem to be a good fit for you considering your interests, abilities, values, personality, motivations and goals? _____

What majors are a good match for you and your career goal? _____

Part II

Next Steps

In order to be more sure about my occupational choice, I need to do the following things:
(examples: talk with people who work in these occupations, try a course, job shadow, volunteer, etc.)

Activity	Date I Will Complete It

For additional assistance, contact UAB Career Services at (205)934-4324.