

**Advising Assignment—Part II—Majors & Occupations**

Objectives:

- Learn about yourself
- Learn occupational matches
- Learn major matches
- Apply knowledge to your career and educational plan

**Part I**

Directions: Log onto Discover. Click on “Inventories” tab and complete each of the 3 inventories—interests, abilities, values. Click on “Inventories Summary”. From the “My Results” box, click on 1—3 different career areas and read about occupations that interest you. Click on the “Training” tab to see which majors will help you prepare for each occupation. Fill out the information below and bring this to your first advising appointment.

1. Career Area Selected: \_\_\_\_\_

- List your occupation of interest in this area: \_\_\_\_\_
- Which major(s) will prepare you for this occupation? \_\_\_\_\_
- What are 2 things about this major that interest you? \_\_\_\_\_
- What are some related occupations or majors? \_\_\_\_\_

2. Career Area Selected: \_\_\_\_\_

- List your occupation of interest in this area: \_\_\_\_\_
- Which major(s) will prepare you for this occupation? \_\_\_\_\_
- What are 2 things about this major that interest you? \_\_\_\_\_
- What are some related occupations or majors? \_\_\_\_\_

3. Career Area Selected: \_\_\_\_\_

- List your occupation of interest in this area: \_\_\_\_\_
- Which major(s) will prepare you for this occupation? \_\_\_\_\_
- What are 2 things about this major that interest you? \_\_\_\_\_
- What are some related occupations or majors? \_\_\_\_\_

# DISCOVER Worksheet

## Freshmen Assignment

### Part II: Freshman Year Success Goals (develop suitable educational and career plans)

**Objectives:**

- Learn to use and apply information in Discover self-assessment to set goals
- Learn to gather information to explore and /or validate goals
- Apply findings to your education and career plans

**Step I:** Use the information in Part I of the Discover Worksheet to reflect and record your thoughts about choices.

What have you learned (or confirmed) about yourself from taking Discover? \_\_\_\_\_

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Which occupations seem to be a good fit for you considering your interests, abilities, and values? \_\_\_\_\_

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

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**Step II:** Next Steps to confirm choices

In order to explore and /or validate your occupational choice, do the following things, (discuss these with your Advisor or career consultant, who can help you). (examples: Conduct an informational interview, talking with people who work in these occupations, participate in job shadowing experience, volunteer, mentoring, etc.)

Activity	Date I Will Complete It

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